NDB No. 11001
Alfalfa seeds, sprouted, raw
Medicago sativa

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.82	0.299	6		1		30.63	2.78	
Energy kcal	23		0	NC	4		8	1	
Energy kJ	96		0	NC	4		32	3	
Protein (N x 6.25) g	3.99	0.563	10		1		1.32	0.12	
Total lipid (fat) g	0.69	0.141	10		1		0.23	0.02	
Ash g	0.40	0.044	10		1		0.13	0.01	
Carbohydrate, by difference g	2.10		0	NC	4		0.69	0.06	
Fiber, total dietary g	1.9		0	O	4		0.6	0.1	
Sugars, total g	0.20		0	NC	4		0.07	0.01	
Sucrose g	0.00		3		1		0.00	0.00	
Glucose (dextrose) g	0.08	0.039	5		1		0.03	0.00	
Fructose g	0.12	0.059	6		1		0.04	0.00	
Lactose g	0.00		0	Z	7		0.00	0.00	
Maltose g	0.00		0	Z	7		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	32	4.659	10		1		11	1	
Iron, Fe mg	0.96	0.114	10		1		0.32	0.03	
Magnesium, Mg mg	27	3.978	10		1		9	1	
Phosphorus, P mg	70	7.914	10		1		23	2	
Potassium, K mg	79	9.790	10		1		26	2	
Sodium, Na mg	6	1.094	10		1		2	0	
Zinc, Zn mg	0.92	0.273	10		1		0.30	0.03	
Copper, Cu mg	0.157	0.017	10		1		0.052	0.005	
Manganese, Mn mg	0.188	0.019	10		1		0.062	0.006	
Selenium, Se µg	0.6		0	CAZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.2	0.678	10		1		2.7	0.2	
Thiamin mg	0.076	0.005	10		1		0.025	0.002	
Riboflavin mg	0.126	0.017	10		1		0.042	0.004	
Niacin mg	0.481	0.044	10		1		0.159	0.014	
Pantothenic acid mg	0.563	0.069	10		1		0.186	0.017	
Vitamin B-6 mg	0.034	0.005	10		1		0.011	0.001	
Folate, total µg	36	0.800	10		1		12	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	36	0.800	10		1		12	1	
Folate, DFE µg	36		0	NC	4		12	1	
Choline, total mg	14.4		0	AS	1		4.8	0.4	
Betaine mg	0.4		1	A	1		0.1	0.0	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		3	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	87		0	O	4		29	3	
Carotene, alpha µg	6		0	BFSN	4		2	0	
Cryptoxanthin, beta µg	6		0	BFSN	4		2	0	
Vitamin A, IU IU	155		0	NC	4		51	5	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.02		0	O	4		0.01	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11001
Alfalfa seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	30.5		0	BFSN	4		10.1	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.069		0		1		0.023	0.002	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.001	0.000	
15:0....g									
16:0....g	0.059		0		1		0.019	0.002	
17:0....g									
18:0....g	0.008		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.056		0		1		0.018	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.056		0		1		0.018	0.002	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.409		0		1		0.135	0.012	
18:2 undifferentiated....g	0.234		0		1		0.077	0.007	
18:3 undifferentiated....g	0.175		0		1		0.058	0.005	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.134		1		1		0.044	0.004	
Isoleucine....g	0.143		1		1		0.047	0.004	
Leucine....g	0.267		1		1		0.088	0.008	
Lysine....g	0.214		1		1		0.071	0.006	
Methionine....g									
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g	0.145		1		1		0.048	0.004	
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									

NDB No. 11001
Alfalfa seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup

Measure 2 = 3.0g: 1 tbsp

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11700
Amaranth leaves, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.49		1		1		120.77		
Energy kcal	21		0	NC	4		28		
Energy kJ	88				4		116		
Protein (N x 6.25) g	2.11		1		1		2.79		
Total lipid (fat) g	0.18		1		1		0.24		
Ash g	2.11		1		1		2.79		
Carbohydrate, by difference g	4.11		0	NC	4		5.43		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	209		0		1		276		
Iron, Fe mg	2.26		1		1		2.98		
Magnesium, Mg mg	55		1		1		73		
Phosphorus, P mg	72		1		1		95		
Potassium, K mg	641		1		1		846		
Sodium, Na mg	257		0		4		339		
Zinc, Zn mg	0.88		0		4		1.16		
Copper, Cu mg	0.158		0		4		0.209		
Manganese, Mn mg	0.861		0		4		1.137		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	41.1	8.325	5		1		54.3		
Thiamin mg	0.020	0.010	5		1		0.026		
Riboflavin mg	0.134	0.027	5		1		0.177		
Niacin mg	0.559	0.090	5		1		0.738		
Pantothenic acid mg	0.062		0		4		0.082		
Vitamin B-6 mg	0.177		0		4		0.234		
Folate, total µg	57		0		4		75		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	57		0		4		75		
Folate, DFE µg	57		0	NC	4		75		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	139	57.036	5		1		183		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2770	1140.712	5		1		3656		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11700

Amaranth leaves, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.050		0		1		0.066		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.040		0		1		0.053		
17:0....g									
18:0....g	0.006		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		1		0.054		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.041		0		1		0.054		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0		1		0.106		
18:2 undifferentiated....g	0.079		0		1		0.104		
18:3 undifferentiated....g	0.001		0		1		0.001		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.036		
Threonine....g	0.085		0		1		0.112		
Isoleucine....g	0.102		0		1		0.135		
Leucine....g	0.167		0		1		0.220		
Lysine....g	0.109		0		1		0.144		
Methionine....g	0.031		0		1		0.041		
Cystine....g	0.025		0		1		0.033		
Phenylalanine....g	0.114		0		1		0.150		
Tyrosine....g	0.068		0		1		0.090		
Valine....g	0.118		0		1		0.156		
Arginine....g	0.104		0		1		0.137		
Histidine....g	0.044		0		1		0.058		
Alanine....g	0.119		0		1		0.157		
Aspartic acid....g	0.196		0		1		0.259		
Glutamic acid....g	0.250		0		1		0.330		
Glycine....g	0.113		0		1		0.149		
Proline....g	0.104		0		1		0.137		
Serine....g	0.095		0		1		0.125		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11700

Amaranth leaves, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 132g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11004
Amaranth leaves, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.49		1		1		120.77		
Energy kcal	21		0	NC	4		28		
Energy kJ	88				4		116		
Protein (N x 6.25) g	2.11		1		1		2.79		
Total lipid (fat) g	0.18		1		1		0.24		
Ash g	2.11		1		1		2.79		
Carbohydrate, by difference g	4.11		0	NC	4		5.43		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	209		0		1		276		
Iron, Fe mg	2.26		1		1		2.98		
Magnesium, Mg mg	55		1		1		73		
Phosphorus, P mg	72		1		1		95		
Potassium, K mg	641		1		1		846		
Sodium, Na mg	21		1		1		28		
Zinc, Zn mg	0.88		0		4		1.16		
Copper, Cu mg	0.158		0		4		0.209		
Manganese, Mn mg	0.861		0		4		1.137		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	41.1	8.325	5		1		54.3		
Thiamin mg	0.020	0.010	5		1		0.026		
Riboflavin mg	0.134	0.027	5		1		0.177		
Niacin mg	0.559	0.090	5		1		0.738		
Pantothenic acid mg	0.062		0		4		0.082		
Vitamin B-6 mg	0.177		0		4		0.234		
Folate, total µg	57		0		4		75		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	57		0		4		75		
Folate, DFE µg	57		0	NC	4		75		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	139	57.036	5		1		183		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2770	1140.712	5		1		3656		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11004

Amaranth leaves, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.050		0		1		0.066		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.040		0		1		0.053		
17:0....g									
18:0....g	0.006		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		1		0.054		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.041		0		1		0.054		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0		1		0.106		
18:2 undifferentiated....g	0.079		0		1		0.104		
18:3 undifferentiated....g	0.001		0		1		0.001		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.036		
Threonine....g	0.085		0		1		0.112		
Isoleucine....g	0.102		0		1		0.135		
Leucine....g	0.167		0		1		0.220		
Lysine....g	0.109		0		1		0.144		
Methionine....g	0.031		0		1		0.041		
Cystine....g	0.025		0		1		0.033		
Phenylalanine....g	0.114		0		1		0.150		
Tyrosine....g	0.068		0		1		0.090		
Valine....g	0.118		0		1		0.156		
Arginine....g	0.104		0		1		0.137		
Histidine....g	0.044		0		1		0.058		
Alanine....g	0.119		0		1		0.157		
Aspartic acid....g	0.196		0		1		0.259		
Glutamic acid....g	0.250		0		1		0.330		
Glycine....g	0.113		0		1		0.149		
Proline....g	0.104		0		1		0.137		
Serine....g	0.095		0		1		0.125		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11004

Amaranth leaves, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 132g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11003
Amaranth leaves, raw
Amaranthus spp.

Refuse: 6% Tough stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.69		1		1		25.67	12.84	
Energy kcal	23		0	NC	4		6	3	
Energy kJ	97		0	NC	4		27	14	
Protein (N x 6.25) g	2.46	0.175	6		1		0.69	0.34	
Total lipid (fat) g	0.33	0.089	6		1		0.09	0.05	
Ash g	1.50	0.320	6		1		0.42	0.21	
Carbohydrate, by difference g	4.02		0	NC	4		1.13	0.56	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	215	59.071	6		1		60	30	
Iron, Fe mg	2.32		0		1		0.65	0.32	
Magnesium, Mg mg	55		1		1		15	8	
Phosphorus, P mg	50	1.236	15		1		14	7	
Potassium, K mg	611		1		1		171	86	
Sodium, Na mg	20		1		1		6	3	
Zinc, Zn mg	0.90		0		1		0.25	0.13	
Copper, Cu mg	0.162		0		1		0.045	0.023	
Manganese, Mn mg	0.885		0		4		0.248	0.124	
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	43.3	8.763	5		1		12.1	6.1	
Thiamin mg	0.027	0.014	5		1		0.008	0.004	
Riboflavin mg	0.158	0.032	5		1		0.044	0.022	
Niacin mg	0.658	0.106	5		1		0.184	0.092	
Pantothenic acid mg	0.064		0		4		0.018	0.009	
Vitamin B-6 mg	0.192		0		4		0.054	0.027	
Folate, total µg	85		0		1		24	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	85		0		1		24	12	
Folate, DFE µg	85		0	NC	4		24	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	146		0	AS	1		41	20	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2917	1200.755	5	A	1		817	408	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1140.0		0	T	4		319.2	159.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11003
Amaranth leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.091		0		1		0.025	0.013	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		6		1		0.000	0.000	
15:0....g									
16:0....g	0.073		6		1		0.020	0.010	
17:0....g									
18:0....g	0.012		6		1		0.003	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.076		0		1		0.021	0.011	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.076		6		1		0.021	0.011	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.147		0		1		0.041	0.021	
18:2 undifferentiated....g	0.145		6		1		0.041	0.020	
18:3 undifferentiated....g	0.002		6		1		0.001	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		14		1		0.009	0.004	
Threonine....g	0.099		12		1		0.028	0.014	
Isoleucine....g	0.119		12		1		0.033	0.017	
Leucine....g	0.195		12		1		0.055	0.027	
Lysine....g	0.127		16		1		0.036	0.018	
Methionine....g	0.036		16		1		0.010	0.005	
Cystine....g	0.029		13		1		0.008	0.004	
Phenylalanine....g	0.133		11		1		0.037	0.019	
Tyrosine....g	0.080		10		1		0.022	0.011	
Valine....g	0.137		12		1		0.038	0.019	
Arginine....g	0.121		11		1		0.034	0.017	
Histidine....g	0.052		11		1		0.015	0.007	
Alanine....g	0.139		6		1		0.039	0.019	
Aspartic acid....g	0.229		6		1		0.064	0.032	
Glutamic acid....g	0.292		6		1		0.082	0.041	
Glycine....g	0.132		6		1		0.037	0.018	
Proline....g	0.121		6		1		0.034	0.017	
Serine....g	0.111		6		1		0.031	0.016	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11003
Amaranth leaves, raw

Common Measures:

Measure 1 = 28g: 1 cup

Measure 2 = 14.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11701
Arrowhead, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.08		1		1		9.25		
Energy kcal	78		0	NC	4		9		
Energy kJ	326				4		39		
Protein (N x 6.25) g	4.49		1		1		0.54		
Total lipid (fat) g	0.10		1		1		0.01		
Ash g	2.19		1		1		0.26		
Carbohydrate, by difference g	16.14		0	NC	4		1.94		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		1		1		1		
Iron, Fe mg	1.21		1		1		0.15		
Magnesium, Mg mg	49		1		1		6		
Phosphorus, P mg	197		1		1		24		
Potassium, K mg	881		1		1		106		
Sodium, Na mg	254		0		4		30		
Zinc, Zn mg	0.22		0		4		0.03		
Copper, Cu mg	0.135		0		4		0.016		
Manganese, Mn mg	0.285		0		4		0.034		
Selenium, Se µg	0.6		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		1		1		0.0		
Thiamin mg	0.144		1		1		0.017		
Riboflavin mg	0.060		1		1		0.007		
Niacin mg	1.160		1		1		0.139		
Pantothenic acid mg	0.449		0		4		0.054		
Vitamin B-6 mg	0.206		0		4		0.025		
Folate, total µg	9		0		4		1		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		1		
Folate, DFE µg	9		0	NC	4		1		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11701
Arrowhead, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 corm, medium

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11006
Arrowhead, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.08		1		1		9.25		
Energy kcal	78		0	NC	4		9		
Energy kJ	326				4		39		
Protein (N x 6.25) g	4.49		1		1		0.54		
Total lipid (fat) g	0.10		1		1		0.01		
Ash g	2.19		1		1		0.26		
Carbohydrate, by difference g	16.14		0	NC	4		1.94		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		1		1		1		
Iron, Fe mg	1.21		1		1		0.15		
Magnesium, Mg mg	49		1		1		6		
Phosphorus, P mg	197		1		1		24		
Potassium, K mg	881		1		1		106		
Sodium, Na mg	18		1		1		2		
Zinc, Zn mg	0.22		0		4		0.03		
Copper, Cu mg	0.135		0		4		0.016		
Manganese, Mn mg	0.285		0		4		0.034		
Selenium, Se µg	0.6		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		1		1		0.0		
Thiamin mg	0.144		1		1		0.017		
Riboflavin mg	0.060		1		1		0.007		
Niacin mg	1.160		1		1		0.139		
Pantothenic acid mg	0.449		0		4		0.054		
Vitamin B-6 mg	0.206		0		4		0.025		
Folate, total µg	9		0		4		1		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		1		
Folate, DFE µg	9		0	NC	4		1		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11006
Arrowhead, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 medium

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11005
Arrowhead, raw
Sagittaria latifolia

Refuse: 25% Skin and sprout

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.48		1		1		18.12	8.70	
Energy kcal	99		0	NC	4		25	12	
Energy kJ	414				4		104	50	
Protein (N x 6.25) g	5.33		0		1		1.33	0.64	
Total lipid (fat) g	0.29		0		1		0.07	0.03	
Ash g	1.67		0		1		0.42	0.20	
Carbohydrate, by difference g	20.23		0	NC	4		5.06	2.43	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		3	1	
Iron, Fe mg	2.57		0		1		0.64	0.31	
Magnesium, Mg mg	51		1		1		13	6	
Phosphorus, P mg	174		0		1		44	21	
Potassium, K mg	922		1		1		231	111	
Sodium, Na mg	22		1		1		6	3	
Zinc, Zn mg	0.28		0		4		0.07	0.03	
Copper, Cu mg	0.171		0		4		0.043	0.021	
Manganese, Mn mg	0.360		0		4		0.090	0.043	
Selenium, Se µg	0.7		0	CAZN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.1		1		1		0.3	0.1	
Thiamin mg	0.170		1		1		0.043	0.020	
Riboflavin mg	0.073		1		1		0.018	0.009	
Niacin mg	1.650		1		1		0.413	0.198	
Pantothenic acid mg	0.599		0		4		0.150	0.072	
Vitamin B-6 mg	0.260		0		4		0.065	0.031	
Folate, total µg	14		0		4		4	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		4		4	2	
Folate, DFE µg	14		0	NC	4		4	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11005
Arrowhead, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 large

Measure 2 = 12.0g: 1 medium

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11697
Arrowroot, raw
Maranta arundinacea

Refuse: 15% Peel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.75		2	A	1		96.90	26.65	
Energy kcal	65		0	NC	4		78	21	
Energy kJ	271		0	NC	4		326	90	
Protein (N x 6.25) g	4.24		2	A	1		5.09	1.40	
Total lipid (fat) g	0.20		2	A	1		0.24	0.07	
Ash g	1.42		2	A	1		1.70	0.47	
Carbohydrate, by difference g	13.39		0	NC	4		16.07	4.42	
Fiber, total dietary g	1.3		2	A	1		1.6	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	6		2	A	1		7	2	
Iron, Fe mg	2.22		2	A	1		2.66	0.73	
Magnesium, Mg mg	25		2	A	1		30	8	
Phosphorus, P mg	98		2	A	1		118	32	
Potassium, K mg	454		2	A	1		545	150	
Sodium, Na mg	26		2	A	1		31	9	
Zinc, Zn mg	0.63		2	A	1		0.76	0.21	
Copper, Cu mg	0.121		2	A	1		0.145	0.040	
Manganese, Mn mg	0.174		2	A	1		0.209	0.057	
Selenium, Se µg	0.7		0	CAZN	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.9		1	A	1		2.3	0.6	
Thiamin mg	0.143		2	A	1		0.172	0.047	
Riboflavin mg	0.059		2	A	1		0.071	0.019	
Niacin mg	1.693		2	A	1		2.032	0.559	
Pantothenic acid mg	0.292		2	A	1		0.350	0.096	
Vitamin B-6 mg	0.266		2	A	1		0.319	0.088	
Folate, total µg	338		2	A	1		406	112	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	338		2	A	1		406	112	
Folate, DFE µg	338		0	NC	4		406	112	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	AS	1		1	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	11		2	A	1		14	4	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	19		0	AS	1		23	6	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11697
Arrowroot, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0	BFFN	4		0.047	0.013	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0	BFFN	4		0.002	0.001	
15:0....g									
16:0....g	0.035		0	BFFN	4		0.042	0.012	
17:0....g									
18:0....g	0.002		0	BFFN	4		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0	BFFN	4		0.005	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0	BFFN	4		0.005	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.092		0	BFFN	4		0.110	0.030	
18:2 undifferentiated....g	0.074		0	BFFN	4		0.089	0.024	
18:3 undifferentiated....g	0.018		0	BFFN	4		0.022	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup, sliced

Measure 2 = 33g: 1 root

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11702
Artichokes, (globe or french), cooked, boiled, drained, with salt

Refuse: 60% Stems and inedible parts of bracts and flower

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.08		1	A	1		100.90	70.63	
Energy kcal	51		0	NC	4		61	42	
Energy kJ	211		0	NC	4		253	177	
Protein (N x 6.25) g	2.89		1	A	1		3.47	2.43	
Total lipid (fat) g	0.34		1	A	1		0.40	0.28	
Ash g	1.30		0	O	4		1.56	1.09	
Carbohydrate, by difference g	11.39		0	NC	4		13.67	9.57	
Fiber, total dietary g	5.7		0	BFSN	4		6.8	4.8	
Sugars, total g	0.99		1	A	1		1.19	0.83	
Sucrose g	0.73		1	A	1		0.88	0.62	
Glucose (dextrose) g	0.24		1	A	1		0.29	0.20	
Fructose g	0.02		1	A	1		0.02	0.01	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	21		1	A	1		25	17	
Iron, Fe mg	0.61		1	A	1		0.73	0.51	
Magnesium, Mg mg	42		1	A	1		51	35	
Phosphorus, P mg	73		1	A	1		87	61	
Potassium, K mg	286		1	A	1		343	240	
Sodium, Na mg	296		0	O	4		355	249	
Zinc, Zn mg	0.40		1	A	1		0.48	0.34	
Copper, Cu mg	0.127		1	A	1		0.152	0.107	
Manganese, Mn mg	0.225		1	A	1		0.270	0.189	
Selenium, Se µg	0.2		1	A	1		0.3	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.4		1	A	1		8.9	6.2	
Thiamin mg	0.050		1	A	1		0.060	0.042	
Riboflavin mg	0.089		1	A	1		0.106	0.074	
Niacin mg	1.110		1	A	1		1.332	0.932	
Pantothenic acid mg	0.240		1	A	1		0.288	0.202	
Vitamin B-6 mg	0.081		1	A	1		0.097	0.068	
Folate, total µg	89		1	A	1		107	75	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	89		1	A	1		107	75	
Folate, DFE µg	89		0	NC	4		107	75	
Choline, total mg	34.4		0	AS	1		41.3	28.9	
Betaine mg	0.2		1	A	1		0.2	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	AS	1		1	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8		1	A	1		10	7	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	13		0	AS	1		16	11	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	464		1	A	1		557	390	
Vitamin E (alpha-tocopherol) mg	0.19		0	O	4		0.23	0.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11702

Artichokes, (globe or french), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	14.8		1	A	1		17.8	12.4	
Dihydrophylloquinone µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.079		0		1		0.095	0.066	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.004		0		1		0.005	0.004	
13:0 g									
14:0 g	0.004		0		1		0.005	0.004	
15:0 g									
16:0 g	0.066		0		1		0.080	0.056	
17:0 g									
18:0 g	0.006		0		1		0.008	0.005	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.011		0		1		0.013	0.009	
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.011		0		1		0.013	0.009	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.145		0		1		0.174	0.122	
18:2 undifferentiated g	0.105		0		1		0.126	0.088	
18:3 undifferentiated g	0.038		0		1		0.046	0.032	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 artichoke, medium

Measure 2 = 84g: .5 cup hearts

NDB No. 11702
Artichokes, (globe or french), cooked, boiled, drained, with salt

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11008

Artichokes, (globe or french), cooked, boiled, drained, without salt

Refuse: 60% Stem and inedible parts of bracts and flowers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.08		1	A	1		100.90	70.63	
Energy kcal	53		0	NC	4		63	44	
Energy kJ	220		0	NC	4		264	185	
Protein (N x 6.25) g	2.89		1	A	1		3.47	2.43	
Total lipid (fat) g	0.34		1	A	1		0.40	0.28	
Ash g	0.74		1	A	1		0.89	0.62	
Carbohydrate, by difference g	11.95		0	NC	4		14.34	10.03	
Fiber, total dietary g	5.7		0	BFSN	4		6.8	4.8	
Sugars, total g	0.99		1	A	1		1.19	0.83	
Sucrose g	0.73		1	A	1		0.88	0.62	
Glucose (dextrose) g	0.24		1	A	1		0.29	0.20	
Fructose g	0.02		1	A	1		0.02	0.01	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	21		1	A	1		25	17	
Iron, Fe mg	0.61		1	A	1		0.73	0.51	
Magnesium, Mg mg	42		1	A	1		51	35	
Phosphorus, P mg	73		1	A	1		87	61	
Potassium, K mg	286		1	A	1		343	240	
Sodium, Na mg	60		1	A	1		72	50	
Zinc, Zn mg	0.40		1	A	1		0.48	0.34	
Copper, Cu mg	0.127		1	A	1		0.152	0.107	
Manganese, Mn mg	0.225		1	A	1		0.270	0.189	
Selenium, Se µg	0.2		1	A	1		0.3	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.4		1	A	1		8.9	6.2	
Thiamin mg	0.050		1	A	1		0.060	0.042	
Riboflavin mg	0.089		1	A	1		0.106	0.074	
Niacin mg	1.110		1	A	1		1.332	0.932	
Pantothenic acid mg	0.240		1	A	1		0.288	0.202	
Vitamin B-6 mg	0.081		1	A	1		0.097	0.068	
Folate, total µg	89		1	A	1		107	75	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	89		1	A	1		107	75	
Folate, DFE µg	89		0	NC	4		107	75	
Choline, total mg	34.4		0	AS	1		41.3	28.9	
Betaine mg	0.2		1	A	1		0.2	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	AS	1		1	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8		1	A	1		10	7	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	13		0	AS	1		16	11	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	464		1	A	1		557	390	
Vitamin E (alpha-tocopherol) mg	0.19		0	O	4		0.23	0.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11008

Artichokes, (globe or french), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	14.8		1	A	1		17.8	12.4	
Dihydrophylloquinone µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.079		0		1		0.095	0.066	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.004		0		1		0.005	0.004	
13:0 g									
14:0 g	0.004		0		1		0.005	0.004	
15:0 g									
16:0 g	0.066		0		1		0.080	0.056	
17:0 g									
18:0 g	0.006		0		1		0.008	0.005	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.011		0		1		0.013	0.009	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.011		0		1		0.013	0.009	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.145		0		1		0.174	0.122	
18:2 undifferentiated g	0.105		0		1		0.126	0.088	
18:3 undifferentiated g	0.038		0		1		0.046	0.032	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 artichoke, medium

Measure 2 = 84g: .5 cup hearts

NDB No. 11008
Artichokes, (globe or french), cooked, boiled, drained, without salt

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11703

Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.50		0		1		145.32	207.60	69.20
Energy kcal	45		0	NC	4		76	108	36
Energy kJ	188		0		4		316	452	151
Protein (N x 6.25) g	3.11		0		1		5.22	7.46	2.49
Total lipid (fat) g	0.50		0		1		0.84	1.20	0.40
Ash g	0.71		0		1		1.19	1.70	0.57
Carbohydrate, by difference g	9.18		0	NC	4		15.42	22.03	7.34
Fiber, total dietary g	4.6		0	BFZN	4		7.7	11.0	3.7
Sugars, total g	0.84		0	BFSN	4		1.41	2.02	0.67
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		35	50	17
Iron, Fe mg	0.56		0		1		0.94	1.34	0.45
Magnesium, Mg mg	31		0		1		52	74	25
Phosphorus, P mg	61		0		1		102	146	49
Potassium, K mg	264		0		1		444	634	211
Sodium, Na mg	289		0		4		486	694	231
Zinc, Zn mg	0.36		0		1		0.60	0.86	0.29
Copper, Cu mg	0.061		0		1		0.102	0.146	0.049
Manganese, Mn mg	0.273		0		1		0.459	0.655	0.218
Selenium, Se µg	0.2		0	BFZN	4		0.3	0.5	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		1		8.4	12.0	4.0
Thiamin mg	0.062		0		1		0.104	0.149	0.050
Riboflavin mg	0.158		0		1		0.265	0.379	0.126
Niacin mg	0.915		0		1		1.537	2.196	0.732
Pantothenic acid mg	0.200		0		1		0.336	0.480	0.160
Vitamin B-6 mg	0.087		0		1		0.146	0.209	0.070
Folate, total µg	119		0		1		200	285	95
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	119		0		1		200	285	95
Folate, DFE µg	119		0	NC	4		200	285	95
Choline, total mg	29.2		0	BFSN	4		49.1	70.1	23.4
Betaine mg	0.1		0	BFSN	4		0.2	0.3	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		1	1	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	7		0	BFSN	4		11	16	5
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	11		0	NC	4		19	27	9
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	394		0	BFSN	4		661	944	315
Vitamin E (alpha-tocopherol) mg	0.16		0	BFSN	4		0.27	0.39	0.13
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	12.6		0	BFSN	4		21.1	30.1	10.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11703

Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.119		0	NC	4		0.200	0.286	0.095
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.005		0		1		0.009	0.012	0.004
13:0....g									
14:0....g	0.005		0		1		0.009	0.012	0.004
15:0....g									
16:0....g	0.099		0		1		0.166	0.237	0.079
17:0....g									
18:0....g	0.010		0		1		0.017	0.024	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0	NC	4		0.026	0.037	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.026	0.037	0.012
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.216		0	NC	4		0.362	0.518	0.173
18:2 undifferentiated....g	0.157		0		1		0.263	0.376	0.125
18:3 undifferentiated....g	0.059		0		1		0.099	0.142	0.047
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 cup

Measure 2 = 240g: 1 package (9 oz), yields

Measure 3 = 80g: .333 package (9 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11010
Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.50		0		1		145.32	207.60	69.20
Energy kcal	45		0	NC	4		76	108	36
Energy kJ	188		0		4		316	452	151
Protein (N x 6.25) g	3.11		0		1		5.22	7.46	2.49
Total lipid (fat) g	0.50		0		1		0.84	1.20	0.40
Ash g	0.71		0		1		1.19	1.70	0.57
Carbohydrate, by difference g	9.18		0	NC	4		15.42	22.03	7.34
Fiber, total dietary g	4.6		0		4		7.7	11.0	3.7
Sugars, total g	0.84		0	BFSN	4		1.41	2.02	0.67
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		35	50	17
Iron, Fe mg	0.56		0		1		0.94	1.34	0.45
Magnesium, Mg mg	31		0		1		52	74	25
Phosphorus, P mg	61		0		1		102	146	49
Potassium, K mg	264		0		1		444	634	211
Sodium, Na mg	53		0		1		89	127	42
Zinc, Zn mg	0.36		0		1		0.60	0.86	0.29
Copper, Cu mg	0.061		0		1		0.102	0.146	0.049
Manganese, Mn mg	0.273		0		1		0.459	0.655	0.218
Selenium, Se µg	0.2		0	BFZN	4		0.3	0.5	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		1		8.4	12.0	4.0
Thiamin mg	0.062		0		1		0.104	0.149	0.050
Riboflavin mg	0.158		0		1		0.265	0.379	0.126
Niacin mg	0.915		0		1		1.537	2.196	0.732
Pantothenic acid mg	0.200		0		1		0.336	0.480	0.160
Vitamin B-6 mg	0.087		0		1		0.146	0.209	0.070
Folate, total µg	119		0		1		200	285	95
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	119		0		1		200	285	95
Folate, DFE µg	119		0	NC	4		200	285	95
Choline, total mg	29.2		0	BFSN	4		49.1	70.1	23.4
Betaine mg	0.1		0	BFSN	4		0.2	0.3	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		1	1	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	7		0	BFSN	4		11	16	5
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	11		0	NC	4		19	27	9
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	394		0	BFSN	4		661	944	315
Vitamin E (alpha-tocopherol) mg	0.16		0	BFSN	4		0.27	0.39	0.13
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	12.6		0	BFSN	4		21.1	30.1	10.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11010

Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.119		0	NC	4		0.200	0.286	0.095
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.005		0		1		0.009	0.012	0.004
13:0....g									
14:0....g	0.005		0		1		0.009	0.012	0.004
15:0....g									
16:0....g	0.099		0		1		0.166	0.237	0.079
17:0....g									
18:0....g	0.010		0		1		0.017	0.024	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0	NC	4		0.026	0.037	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.026	0.037	0.012
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.216		0	NC	4		0.362	0.518	0.173
18:2 undifferentiated....g	0.157		0		1		0.263	0.376	0.125
18:3 undifferentiated....g	0.059		0		1		0.099	0.142	0.047
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: 1 cup

Measure 2 = 240g: 1 package (9 oz), yields

Measure 3 = 80g: .333 package (9 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11009
Artichokes, (globe or french), frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.59	0.431	7		1		74.42	225.90	
Energy kcal	38		0	NC	4		32	96	
Energy kJ	158		0	NC	4		133	403	
Protein (N x 6.25) g	2.63	0.100	4		1		2.21	6.71	
Total lipid (fat) g	0.43	0.103	4		1		0.36	1.10	
Ash g	0.60	0.041	4		1		0.50	1.53	
Carbohydrate, by difference g	7.75		0	NC	4		6.51	19.76	
Fiber, total dietary g	3.9		0		1		3.3	9.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19	2.068	4		1		16	48	
Iron, Fe mg	0.50	0.149	4		1		0.42	1.28	
Magnesium, Mg mg	27	2.067	3		1		23	69	
Phosphorus, P mg	58	4.330	4		1		49	148	
Potassium, K mg	248	20.763	3		1		208	632	
Sodium, Na mg	47	5.276	3		1		39	120	
Zinc, Zn mg	0.32	0.010	3		1		0.27	0.82	
Copper, Cu mg	0.054	0.008	3		1		0.045	0.138	
Manganese, Mn mg	0.243	0.009	3		1		0.204	0.620	
Selenium, Se µg	0.2		0	BFZN	4		0.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.3	1.364	3		1		4.5	13.5	
Thiamin mg	0.058	0.002	4		1		0.049	0.148	
Riboflavin mg	0.140	0.024	4		1		0.118	0.357	
Niacin mg	0.860	0.124	4		1		0.722	2.193	
Pantothenic acid mg	0.188		2		1		0.158	0.479	
Vitamin B-6 mg	0.082		2		1		0.069	0.209	
Folate, total µg	126	4.115	3		1		106	320	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	126	4.115	3		1		106	320	
Folate, DFE µg	126		0	NC	4		106	320	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8	0.403	4		1		6	20	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	154	8.056	4		1		129	393	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11009

Artichokes, (globe or french), frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.099		0		1		0.083	0.252	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.004		0		1		0.003	0.010	
13:0....g									
14:0....g	0.004		0		1		0.003	0.010	
15:0....g									
16:0....g	0.082		0		1		0.069	0.209	
17:0....g									
18:0....g	0.008		0		1		0.007	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.010	0.031	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.010	0.031	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.179		0		1		0.150	0.456	
18:2 undifferentiated....g	0.130		0		1		0.109	0.332	
18:3 undifferentiated....g	0.049		0		1		0.041	0.125	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 84g: .33 package

Measure 2 = 255g: 1 package (9 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11007

Artichokes, (globe or french), raw

Cynara scolymus

Refuse: 60% Stem and inedible parts of bracts and flowers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.94	0.547	15		1		108.72	137.60	
Energy kcal	47		0	NC	4		60	76	
Energy kJ	197		0		4		252	319	
Protein (N x 6.25) g	3.27	0.179	11		1		4.19	5.30	
Total lipid (fat) g	0.15	0.023	11		1		0.19	0.24	
Ash g	1.13	0.072	6		1		1.45	1.83	
Carbohydrate, by difference g	10.51		0	NC	4		13.45	17.03	
Fiber, total dietary g	5.4		0		1		6.9	8.7	
Sugars, total g	0.99		0	BFZN	4		1.27	1.60	
Starch g									
Minerals:									
Calcium, Ca mg	44	2.801	11		1		56	71	
Iron, Fe mg	1.28	0.118	11		1		1.64	2.07	
Magnesium, Mg mg	60	4.370	11		1		77	97	
Phosphorus, P mg	90	3.976	11		1		115	146	
Potassium, K mg	370	19.867	12		1		474	599	
Sodium, Na mg	94	8.974	12		1		120	152	
Zinc, Zn mg	0.49	0.055	6		1		0.63	0.79	
Copper, Cu mg	0.231	0.128	6		1		0.296	0.374	
Manganese, Mn mg	0.256	0.005	6		1		0.328	0.415	
Selenium, Se µg	0.2		0	BFZN	4		0.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.7	0.422	11		1		15.0	19.0	
Thiamin mg	0.072	0.003	11		1		0.092	0.117	
Riboflavin mg	0.066	0.005	11		1		0.084	0.107	
Niacin mg	1.046	0.086	11		1		1.339	1.695	
Pantothenic acid mg	0.338	0.013	6		1		0.433	0.548	
Vitamin B-6 mg	0.116	0.007	6		1		0.148	0.188	
Folate, total µg	68	2.846	9		1		87	110	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	68	2.846	9		1		87	110	
Folate, DFE µg	68		0	NC	4		87	110	
Choline, total mg	34.4		0	BFZN	4		44.1	55.8	
Betaine mg	0.2		0	BFZN	4		0.2	0.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8		0	BFZN	4		10	13	
Carotene, alpha µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	13		0	NC	4		17	22	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	464		0	BFZN	4		594	752	
Vitamin E (alpha-tocopherol) mg	0.19		0	BFZN	4		0.24	0.31	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	14.8		0	BFZN	4		18.9	24.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11007
Artichokes, (globe or french), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.036		0	NC	4		0.047	0.059	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		1		1		0.003	0.003	
13:0....g									
14:0....g	0.002		1		1		0.003	0.003	
15:0....g									
16:0....g	0.029		1		1		0.037	0.047	
17:0....g									
18:0....g	0.003		1		1		0.004	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.007	0.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		1		1		0.007	0.008	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0	NC	4		0.081	0.103	
18:2 undifferentiated....g	0.046		1		1		0.059	0.075	
18:3 undifferentiated....g	0.017		1		1		0.022	0.028	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 artichoke, medium

Measure 2 = 162g: 1 artichoke, large

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11959
Arugula, raw
Eruca sativa

Refuse: 40% Roots, stems and yellowed leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.71		2		1		1.83	9.17	
Energy kcal	25		0	NC	4		1	3	
Energy kJ	105		0		4		2	10	
Protein (N x 6.25) g	2.58		2		1		0.05	0.26	
Total lipid (fat) g	0.66		2		1		0.01	0.07	
Ash g	1.40		2		1		0.03	0.14	
Carbohydrate, by difference g	3.65		0	NC	4		0.07	0.37	
Fiber, total dietary g	1.6		0		1		0.0	0.2	
Sugars, total g	2.05		0	O	4		0.04	0.21	
Starch g									
Minerals:									
Calcium, Ca mg	160		2		1		3	16	
Iron, Fe mg	1.46	0.000	4		1		0.03	0.15	
Magnesium, Mg mg	47		2		1		1	5	
Phosphorus, P mg	52		2		1		1	5	
Potassium, K mg	369		2		1		7	37	
Sodium, Na mg	27		2		1		1	3	
Zinc, Zn mg	0.47		2		1		0.01	0.05	
Copper, Cu mg	0.076		2		1		0.002	0.008	
Manganese, Mn mg	0.321		2		1		0.006	0.032	
Selenium, Se µg	0.3		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.0		1		1		0.3	1.5	
Thiamin mg	0.044		2		1		0.001	0.004	
Riboflavin mg	0.086		2		1		0.002	0.009	
Niacin mg	0.305		2		1		0.006	0.031	
Pantothenic acid mg	0.437		2		1		0.009	0.044	
Vitamin B-6 mg	0.073		2		1		0.001	0.007	
Folate, total µg	97		2		1		2	10	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	97		2		1		2	10	
Folate, DFE µg	97		0	NC	4		2	10	
Choline, total mg	15.3		0	BFSN	4		0.3	1.5	
Betaine mg	0.1		0	BFSN	4		0.0	0.0	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	119		0	NC	4		2	12	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	1424		0	BNA	4		28	142	
Carotene, alpha µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	2373		0	NC	4		47	237	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	3555		0	BFSN	4		71	355	
Vitamin E (alpha-tocopherol) mg	0.43		0	O	4		0.01	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	108.6		0	O	4		2.2	10.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11959
Arugula, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.086		0		4		0.002	0.009	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.003		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.072		0		4		0.001	0.007	
17:0....g									
18:0....g	0.004		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.049		0		4		0.001	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.046		0		4		0.001	0.005	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.319		0		4		0.006	0.032	
18:2 undifferentiated....g	0.130		0		4		0.003	0.013	
18:3 undifferentiated....g	0.170		0		4		0.003	0.017	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 leaf

Measure 2 = 10.0g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11015
Asparagus, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.98	0.651	4		1		227.43	16.92	233.07
Energy kcal	19		0	NC	4		47	3	48
Energy kJ	81		0	NC	4		196	15	201
Protein (N x 6.25) g	2.14	0.146	4		1		5.18	0.39	5.31
Total lipid (fat) g	0.65	0.065	4		1		1.57	0.12	1.61
Ash g	0.77	0.271	4		1		1.86	0.14	1.91
Carbohydrate, by difference g	2.46		0	NC	4		5.95	0.44	6.10
Fiber, total dietary g	1.6		0	BFSN	4		3.9	0.3	4.0
Sugars, total g	1.06		0	BFSN	4		2.58	0.19	2.64
Starch g									
Minerals:									
Calcium, Ca mg	16		0		4		39	3	40
Iron, Fe mg	1.83	0.783	4		1		4.43	0.33	4.54
Magnesium, Mg mg	10		0		4		24	2	25
Phosphorus, P mg	43		0		4		104	8	107
Potassium, K mg	172		0		4		416	31	427
Sodium, Na mg	287		0	BD	4		695	52	712
Zinc, Zn mg	0.40	0.022	4		1		0.97	0.07	0.99
Copper, Cu mg	0.096	0.012	4		1		0.232	0.017	0.238
Manganese, Mn mg	0.170		0		4		0.411	0.031	0.422
Selenium, Se µg	1.7	0.359	15	A	1		4.1	0.3	4.2
Vitamins:									
Vitamin C, total ascorbic acid mg	18.4		0		4		44.5	3.3	45.6
Thiamin mg	0.061		0		4		0.148	0.011	0.151
Riboflavin mg	0.100		0		4		0.242	0.018	0.248
Niacin mg	0.954		0		4		2.309	0.172	2.366
Pantothenic acid mg	0.139		0		4		0.336	0.025	0.345
Vitamin B-6 mg	0.110		0		4		0.266	0.020	0.273
Folate, total µg	96		0		1		231	17	237
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	96		0		1		231	17	237
Folate, DFE µg	96		0	NC	4		231	17	237
Choline, total mg	21.4		0	BFSN	4		51.7	3.8	53.0
Betaine mg	0.7		0	BFSN	4		1.7	0.1	1.8
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	41		0	NC	4		99	7	102
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	493		0	BFSN	4		1194	89	1223
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	822		0	NC	4		1990	148	2039
Lycopene µg	24		0	BFSN	4		59	4	60
Lutein + zeaxanthin µg	630		0	BFSN	4		1525	113	1563
Vitamin E (alpha-tocopherol) mg	1.22		0	BFSN	4		2.96	0.22	3.04
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	41.3		0	BFSN	4		100.0	7.4	102.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11015
Asparagus, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.147		0		1		0.356	0.026	0.365
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.002		0		1		0.005	0.000	0.005
13:0....g									
14:0....g	0.004		0		1		0.010	0.001	0.010
15:0....g									
16:0....g	0.132		0		1		0.319	0.024	0.327
17:0....g									
18:0....g	0.009		0		1		0.022	0.002	0.022
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.051	0.004	0.052
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.010	0.001	0.010
17:1....g									
18:1 undifferentiated....g	0.017		0		1		0.041	0.003	0.042
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.284		0		1		0.687	0.051	0.704
18:2 undifferentiated....g	0.269		0		1		0.651	0.048	0.667
18:3 undifferentiated....g	0.015		0		1		0.036	0.003	0.037
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.051	0.004	0.052
Threonine....g	0.060		0		1		0.145	0.011	0.149
Isoleucine....g	0.079		0		1		0.191	0.014	0.196
Leucine....g	0.093		0		1		0.225	0.017	0.231
Lysine....g	0.101		0		1		0.244	0.018	0.250
Methionine....g	0.021		0		1		0.051	0.004	0.052
Cystine....g	0.025		0		1		0.061	0.005	0.062
Phenylalanine....g	0.051		0		1		0.123	0.009	0.126
Tyrosine....g	0.034		0		1		0.082	0.006	0.084
Valine....g	0.082		0		1		0.198	0.015	0.203
Arginine....g	0.100		0		1		0.242	0.018	0.248
Histidine....g	0.033		0		1		0.080	0.006	0.082
Alanine....g	0.101		0		1		0.244	0.018	0.250
Aspartic acid....g	0.248		0		1		0.600	0.045	0.615
Glutamic acid....g	0.350		0		1		0.847	0.063	0.868
Glycine....g	0.069		0		1		0.167	0.012	0.171
Proline....g	0.114		0		1		0.276	0.021	0.283
Serine....g	0.081		0		1		0.196	0.015	0.201
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11015
Asparagus, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 18g: 1 spear (about 5" long)

Measure 3 = 248g: 1 can (300 x 407)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11707

Asparagus, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.32	0.036	186	A	1		115.07	387.66	
Energy kcal	15		0	NC	4		18	61	
Energy kJ	62		0	NC	4		75	254	
Protein (N x 6.25) g	1.80	0.021	158	A	1		2.20	7.40	
Total lipid (fat) g	0.18	0.006	142	A	1		0.22	0.74	
Ash g	1.22	0.020	5	A	1		1.49	5.01	
Carbohydrate, by difference g	2.48		0	NC	4		3.03	10.19	
Fiber, total dietary g	1.0		0	A	1		1.2	4.1	
Sugars, total g	1.00		0	BFSN	4		1.23	4.13	
Starch g									
Minerals:									
Calcium, Ca mg	15	0.326	166	A	1		18	62	
Iron, Fe mg	0.60	0.034	195	A	1		0.73	2.47	
Magnesium, Mg mg	9	0.129	143		1		11	37	
Phosphorus, P mg	38	0.385	153		1		46	156	
Potassium, K mg	172	3.682	112	A	1		210	707	
Sodium, Na mg	26	6.065	6	A	1		32	107	
Zinc, Zn mg	0.47	0.009	78		1		0.57	1.93	
Copper, Cu mg	0.107	0.004	78		1		0.131	0.440	
Manganese, Mn mg	0.152		0		1		0.185	0.625	
Selenium, Se µg	1.6		0	BFSN	4		2.0	6.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.5	0.468	120	A	1		20.1	67.8	
Thiamin mg	0.054	0.002	138		1		0.066	0.222	
Riboflavin mg	0.089	0.002	156		1		0.109	0.366	
Niacin mg	0.851		153		1		1.038	3.498	
Pantothenic acid mg	0.124		0		1		0.151	0.510	
Vitamin B-6 mg	0.098		0		1		0.120	0.403	
Folate, total µg	85	10.820	3		1		104	351	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	85	10.820	3		1		104	351	
Folate, DFE µg	85		0	NC	4		104	351	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	39		0	NC	4		47	159	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	465		0	BFSN	4		568	1913	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	776		0	NC	4		946	3188	
Lycopene µg	23		0	BFSN	4		28	94	
Lutein + zeaxanthin µg	595		0	BFSN	4		725	2444	
Vitamin E (alpha-tocopherol) mg	0.29		0	BFSN	4		0.36	1.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	39.0		0	BFSN	4		47.6	160.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11707

Asparagus, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0	NC	4		0.050	0.170	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.001	0.004	
13:0....g									
14:0....g	0.001		0		1		0.001	0.004	
15:0....g									
16:0....g	0.037		0		1		0.045	0.151	
17:0....g									
18:0....g	0.003		0		1		0.003	0.012	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.007	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.004	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.006	0.019	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.079		0	NC	4		0.096	0.325	
18:2 undifferentiated....g	0.075		0		1		0.092	0.309	
18:3 undifferentiated....g	0.004		0		1		0.005	0.015	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.022	0.074	
Threonine....g	0.050		0		1		0.061	0.206	
Isoleucine....g	0.066		0		1		0.081	0.271	
Leucine....g	0.078		0		1		0.095	0.321	
Lysine....g	0.085		0		1		0.104	0.349	
Methionine....g	0.017		0		1		0.021	0.070	
Cystine....g	0.021		0		1		0.026	0.086	
Phenylalanine....g	0.043		0		1		0.052	0.177	
Tyrosine....g	0.029		0		1		0.035	0.119	
Valine....g	0.069		0		1		0.084	0.284	
Arginine....g	0.084		0		1		0.102	0.345	
Histidine....g	0.028		0		1		0.034	0.115	
Alanine....g	0.085		0		1		0.104	0.349	
Aspartic acid....g	0.209		0		1		0.255	0.859	
Glutamic acid....g	0.295		0		1		0.360	1.212	
Glycine....g	0.058		0		1		0.071	0.238	
Proline....g	0.096		0		1		0.117	0.395	
Serine....g	0.069		0		1		0.084	0.284	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11707

Asparagus, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: .5 cup

Measure 2 = 411g: 1 can (300 x 407)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11013

Asparagus, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.32	0.036	186	A	1		115.07	387.66	
Energy kcal	15		0	NC	4		18	61	
Energy kJ	62		0	NC	4		76	255	
Protein (N x 6.25) g	1.80	0.021	158	A	1		2.20	7.40	
Total lipid (fat) g	0.18	0.006	142	A	1		0.22	0.74	
Ash g	1.22	0.024	146	A	1		1.49	5.01	
Carbohydrate, by difference g	2.48		0	NC	4		3.03	10.19	
Fiber, total dietary g	1.0		0	A	1		1.2	4.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15	0.326	166	A	1		18	62	
Iron, Fe mg	0.60	0.034	195	A	1		0.73	2.47	
Magnesium, Mg mg	9	0.129	143		1		11	37	
Phosphorus, P mg	38	0.385	153		1		46	156	
Potassium, K mg	172	3.682	112	A	1		210	707	
Sodium, Na mg	284	16.414	21	A	1		346	1167	
Zinc, Zn mg	0.47	0.009	78		1		0.57	1.93	
Copper, Cu mg	0.107	0.004	78		1		0.131	0.440	
Manganese, Mn mg	0.152		0		1		0.185	0.625	
Selenium, Se µg	1.6		0	BFSN	4		2.0	6.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.5	0.468	120	A	1		20.1	67.8	
Thiamin mg	0.054	0.002	138		1		0.066	0.222	
Riboflavin mg	0.089	0.002	156		1		0.109	0.366	
Niacin mg	0.851		153		1		1.038	3.498	
Pantothenic acid mg	0.124		0		1		0.151	0.510	
Vitamin B-6 mg	0.098		0		1		0.120	0.403	
Folate, total µg	85	10.820	3		1		104	351	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	85	10.820	3		1		104	351	
Folate, DFE µg	85		0	NC	4		104	351	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	526	11.237	203	A	1		642	2162	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	1.16		0	BFSN	4		1.41	4.75	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11013

Asparagus, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.054	0.181	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.001	0.004	
13:0....g									
14:0....g	0.001		0		1		0.001	0.004	
15:0....g									
16:0....g	0.039		0		1		0.048	0.160	
17:0....g									
18:0....g	0.003		0		1		0.004	0.012	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.007	0.025	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.004	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.006	0.021	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.085		0		1		0.104	0.349	
18:2 undifferentiated....g	0.080		0		1		0.098	0.329	
18:3 undifferentiated....g	0.004		0		1		0.005	0.016	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.022	0.074	
Threonine....g	0.050		0		1		0.061	0.206	
Isoleucine....g	0.066		0		1		0.081	0.271	
Leucine....g	0.078		0		1		0.095	0.321	
Lysine....g	0.085		0		1		0.104	0.349	
Methionine....g	0.017		0		1		0.021	0.070	
Cystine....g	0.021		0		1		0.026	0.086	
Phenylalanine....g	0.043		0		1		0.052	0.177	
Tyrosine....g	0.029		0		1		0.035	0.119	
Valine....g	0.069		0		1		0.084	0.284	
Arginine....g	0.084		0		1		0.102	0.345	
Histidine....g	0.028		0		1		0.034	0.115	
Alanine....g	0.085		0		1		0.104	0.349	
Aspartic acid....g	0.209		0		1		0.255	0.859	
Glutamic acid....g	0.295		0		1		0.360	1.212	
Glycine....g	0.058		0		1		0.071	0.238	
Proline....g	0.096		0		1		0.117	0.395	
Serine....g	0.069		0		1		0.084	0.284	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11013

Asparagus, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 122g: .5 cup

Measure 2 = 411g: 1 can (300 x 407)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11012
Asparagus, cooked, boiled, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.63	0.140	4	A	1		83.37	55.58	
Energy kcal	22		0	NC	4		20	13	
Energy kJ	94		0	NC	4		84	56	
Protein (N x 6.25) g	2.40	0.124	4	A	1		2.16	1.44	
Total lipid (fat) g	0.22	0.033	4	A	1		0.20	0.13	
Ash g	0.63	0.020	4	A	1		0.57	0.38	
Carbohydrate, by difference g	4.11		0	NC	4		3.70	2.47	
Fiber, total dietary g	2.0	0.085	4	A	1		1.8	1.2	
Sugars, total g	1.30		0	AS	1		1.17	0.78	
Sucrose g	0.08	0.052	4	A	1		0.08	0.05	
Glucose (dextrose) g	0.42	0.066	4	A	1		0.38	0.25	
Fructose g	0.79	0.087	4	A	1		0.71	0.48	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	23	0.866	4	A	1		21	14	
Iron, Fe mg	0.91	0.113	4	A	1		0.81	0.54	
Magnesium, Mg mg	14	0.430	4	A	1		13	8	
Phosphorus, P mg	54	2.689	4	A	1		49	33	
Potassium, K mg	224	7.632	4	A	1		201	134	
Sodium, Na mg	14	1.138	4	A	1		13	8	
Zinc, Zn mg	0.60	0.033	4	A	1		0.54	0.36	
Copper, Cu mg	0.165	0.028	4	A	1		0.148	0.099	
Manganese, Mn mg	0.154	0.010	4	A	1		0.139	0.093	
Selenium, Se µg	6.1		2	A	1		5.5	3.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.7	0.771	4	A	1		6.9	4.6	
Thiamin mg	0.162	0.012	4	A	1		0.146	0.097	
Riboflavin mg	0.139	0.007	4	A	1		0.125	0.083	
Niacin mg	1.084	0.047	4	A	1		0.975	0.650	
Pantothenic acid mg	0.225	0.020	4	A	1		0.203	0.135	
Vitamin B-6 mg	0.079	0.011	4	A	1		0.071	0.048	
Folate, total µg	149	8.230	4	A	1		134	90	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	149	8.230	4	A	1		134	90	
Folate, DFE µg	149		0	NC	4		134	90	
Choline, total mg	26.1		0	AS	1		23.5	15.7	
Betaine mg	0.9		1	A	1		0.8	0.5	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	50		0	AS	1		45	30	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	604	60.732	4	A	1		543	362	
Carotene, alpha µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	
Vitamin A, IU IU	1006		0	AS	1		905	603	
Lycopene µg	30	2.204	4	A	1		27	18	
Lutein + zeaxanthin µg	771	78.514	4	A	1		694	463	
Vitamin E (alpha-tocopherol) mg	1.50		0	BFSN	4		1.35	0.90	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.02		0	BFSN	4		0.02	0.01	
Tocopherol, gamma mg	0.21		0	BFSN	4		0.19	0.13	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11012
Asparagus, cooked, boiled, drained

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	50.6	4.354	4	A	1		45.5	30.3	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.048		0	NC	4		0.043	0.029	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.048		1	A	1		0.043	0.029	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.000		1	A	1		0.000	0.000	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.105		0	NC	4		0.094	0.063	
18:2 undifferentiated....g	0.076		1	A	1		0.069	0.046	
18:3 undifferentiated....g	0.029		1	A	1		0.026	0.017	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0	A	1		0.027	0.018	
Threonine....g	0.092		0	A	1		0.082	0.055	
Isoleucine....g	0.082		0	A	1		0.074	0.049	
Leucine....g	0.140		0	A	1		0.126	0.084	
Lysine....g	0.113		0	A	1		0.102	0.068	
Methionine....g	0.034		0	A	1		0.030	0.020	
Cystine....g	0.034		0	A	1		0.030	0.020	
Phenylalanine....g	0.082		0	A	1		0.074	0.049	
Tyrosine....g	0.057		0	A	1		0.051	0.034	
Valine....g	0.125		0	A	1		0.113	0.075	
Arginine....g	0.099		0	A	1		0.089	0.059	
Histidine....g	0.053		0	A	1		0.048	0.032	
Alanine....g	0.125		0	A	1		0.113	0.075	
Aspartic acid....g	0.555		0	A	1		0.499	0.333	
Glutamic acid....g	0.255		0	A	1		0.229	0.153	

NDB No. 11012
Asparagus, cooked, boiled, drained

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.101		0	A	1		0.091	0.061	
Proline....g	0.077		0	A	1		0.070	0.046	
Serine....g	0.116		0	A	1		0.104	0.069	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: .5 cup

Measure 2 = 60g: 4 spears (1/2" base)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11705
Asparagus, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.63	0.140	4	A	1		83.37	55.58	
Energy kcal	22		0	NC	4		20	13	
Energy kJ	94		0	NC	4		84	56	
Protein (N x 6.25) g	2.40	0.124	4	A	1		2.16	1.44	
Total lipid (fat) g	0.22	0.033	4	A	1		0.20	0.13	
Ash g	0.63	0.020	4	A	1		0.57	0.38	
Carbohydrate, by difference g	4.11		0	NC	4		3.70	2.47	
Fiber, total dietary g	2.0	0.085	4	A	1		1.8	1.2	
Sugars, total g	1.30		0	AS	1		1.17	0.78	
Sucrose g	0.08	0.052	4	A	1		0.08	0.05	
Glucose (dextrose) g	0.42	0.066	4	A	1		0.38	0.25	
Fructose g	0.79	0.087	4	A	1		0.71	0.48	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	23	0.866	4	A	1		21	14	
Iron, Fe mg	0.91	0.113	4	A	1		0.81	0.54	
Magnesium, Mg mg	14	0.430	4	A	1		13	8	
Phosphorus, P mg	54	2.689	4	A	1		49	33	
Potassium, K mg	224	7.632	4	A	1		201	134	
Sodium, Na mg	240		0		4		216	144	
Zinc, Zn mg	0.60	0.033	4	A	1		0.54	0.36	
Copper, Cu mg	0.165	0.028	4	A	1		0.148	0.099	
Manganese, Mn mg	0.154	0.010	4	A	1		0.139	0.093	
Selenium, Se µg	6.1		2	A	1		5.5	3.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.7	0.771	4	A	1		6.9	4.6	
Thiamin mg	0.162	0.012	4	A	1		0.146	0.097	
Riboflavin mg	0.139	0.007	4	A	1		0.125	0.083	
Niacin mg	1.084	0.047	4	A	1		0.975	0.650	
Pantothenic acid mg	0.225	0.020	4	A	1		0.203	0.135	
Vitamin B-6 mg	0.079	0.011	4	A	1		0.071	0.048	
Folate, total µg	149	8.230	4	A	1		134	90	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	149	8.230	4	A	1		134	90	
Folate, DFE µg	149		0	NC	4		134	90	
Choline, total mg	26.1		0	AS	1		23.5	15.7	
Betaine mg	0.9		1	A	1		0.8	0.5	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	50		0	AS	1		45	30	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	604	60.732	4	A	1		543	362	
Carotene, alpha µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	
Vitamin A, IU IU	1006		0	AS	1		905	603	
Lycopene µg	30	2.204	4	A	1		27	18	
Lutein + zeaxanthin µg	771	78.514	4	A	1		694	463	
Vitamin E (alpha-tocopherol) mg	1.50		0	BFZN	4		1.35	0.90	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11705

Asparagus, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	50.6	4.354	4	A	1		45.5	30.3	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.048		0	NC	4		0.043	0.029	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.048		1	A	1		0.043	0.029	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.000		1	A	1		0.000	0.000	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.105		0	NC	4		0.094	0.063	
18:2 undifferentiated....g	0.076		1	A	1		0.069	0.046	
18:3 undifferentiated....g	0.029		1	A	1		0.026	0.017	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0	A	1		0.027	0.018	
Threonine....g	0.092		0	A	1		0.082	0.055	
Isoleucine....g	0.082		0	A	1		0.074	0.049	
Leucine....g	0.140		0	A	1		0.126	0.084	
Lysine....g	0.113		0	A	1		0.102	0.068	
Methionine....g	0.034		0	A	1		0.030	0.020	
Cystine....g	0.034		0	A	1		0.030	0.020	
Phenylalanine....g	0.082		0	A	1		0.074	0.049	
Tyrosine....g	0.057		0	A	1		0.051	0.034	
Valine....g	0.125		0	A	1		0.113	0.075	
Arginine....g	0.099		0	A	1		0.089	0.059	
Histidine....g	0.053		0	A	1		0.048	0.032	
Alanine....g	0.125		0	A	1		0.113	0.075	
Aspartic acid....g	0.555		0	A	1		0.499	0.333	
Glutamic acid....g	0.255		0	A	1		0.229	0.153	

NDB No. 11705
Asparagus, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.101		0	A	1		0.091	0.061	
Proline....g	0.077		0	A	1		0.070	0.046	
Serine....g	0.116		0	A	1		0.104	0.069	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: .5 cup

Measure 2 = 60g: 4 spears (1/2" base)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11709

Asparagus, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.10		1		1		169.38	275.71	56.46
Energy kcal	18		0	NC	4		32	51	11
Energy kJ	74		0	NC	4		132	215	44
Protein (N x 6.25) g	2.95	0.108	4		1		5.31	8.64	1.77
Total lipid (fat) g	0.42	0.079	4		1		0.76	1.23	0.25
Ash g	0.61	0.043	4		1		1.10	1.79	0.37
Carbohydrate, by difference g	1.92		0	NC	4		3.46	5.63	1.15
Fiber, total dietary g	1.6		0		4		2.9	4.7	1.0
Sugars, total g	0.32		0	O	4		0.58	0.94	0.19
Starch g									
Minerals:									
Calcium, Ca mg	18	0.686	38	JA	6		33	54	11
Iron, Fe mg	0.56	0.032	38	JA	6		1.01	1.64	0.34
Magnesium, Mg mg	10	0.430	38	JA	6		18	30	6
Phosphorus, P mg	49	1.677	38	JA	6		88	144	29
Potassium, K mg	172	7.439	38	JA	6		309	503	103
Sodium, Na mg	240		0		4		432	703	144
Zinc, Zn mg	0.41	0.018	38	JA	6		0.73	1.19	0.24
Copper, Cu mg	0.105	0.004	38	JA	6		0.188	0.307	0.063
Manganese, Mn mg	0.140	0.006	38	JA	6		0.253	0.412	0.084
Selenium, Se µg	3.9	0.781	38	JA	6		7.0	11.4	2.3
Vitamins:									
Vitamin C, total ascorbic acid mg	24.4		0		1		43.9	71.5	14.6
Thiamin mg	0.065	0.025	3		1		0.117	0.190	0.039
Riboflavin mg	0.103	0.018	3		1		0.185	0.302	0.062
Niacin mg	1.038		0		1		1.868	3.041	0.623
Pantothenic acid mg	0.158		0		1		0.284	0.463	0.095
Vitamin B-6 mg	0.020	0.005	3		1		0.036	0.059	0.012
Folate, total µg	135	25.658	6		1		242	395	81
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	135	25.658	6		1		242	395	81
Folate, DFE µg	135		0	NC	4		242	395	81
Choline, total mg	20.9		0	BFSN	4		37.7	61.3	12.6
Betaine mg	0.7		0	BFSN	4		1.2	2.0	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	40		0	NC	4		73	118	24
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	483		0	BFSN	4		870	1417	290
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	806		0	NC	4		1450	2361	483
Lycopene µg	24		0	BFSN	4		43	70	14
Lutein + zeaxanthin µg	618		0	BFSN	4		1112	1810	371
Vitamin E (alpha-tocopherol) mg	1.20		1		1		2.16	3.52	0.72
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.02		1		1		0.04	0.06	0.01
Tocopherol, gamma mg	0.17		1		1		0.31	0.50	0.10
Tocopherol, delta mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02		1		1		0.04	0.06	0.01
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	80.0		1		1		144.0	234.4	48.0

NDB No. 11709

Asparagus, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.096		0	NC	4		0.172	0.280	0.057
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002	0.003	0.001
13:0....g									
14:0....g	0.003		0		1		0.005	0.009	0.002
15:0....g									
16:0....g	0.086		0		1		0.154	0.251	0.051
17:0....g									
18:0....g	0.006		0		1		0.011	0.018	0.004
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0	NC	4		0.024	0.038	0.008
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004	0.006	0.001
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.020	0.032	0.007
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.185		0	NC	4		0.333	0.543	0.111
18:2 undifferentiated....g	0.175		0		1		0.315	0.513	0.105
18:3 undifferentiated....g	0.010		0		1		0.018	0.030	0.006
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.052	0.085	0.017
Threonine....g	0.082		0		1		0.148	0.240	0.049
Isoleucine....g	0.109		0		1		0.196	0.319	0.065
Leucine....g	0.128		0		1		0.230	0.375	0.077
Lysine....g	0.140		0		1		0.252	0.410	0.084
Methionine....g	0.028		0		1		0.050	0.082	0.017
Cystine....g	0.035		0		1		0.063	0.103	0.021
Phenylalanine....g	0.070		0		1		0.126	0.205	0.042
Tyrosine....g	0.047		0		1		0.085	0.138	0.028
Valine....g	0.114		0		1		0.205	0.334	0.068
Arginine....g	0.138		0		1		0.248	0.404	0.083
Histidine....g	0.046		0		1		0.083	0.135	0.028
Alanine....g	0.139		0		1		0.250	0.407	0.083
Aspartic acid....g	0.342		0		1		0.616	1.002	0.205
Glutamic acid....g	0.483		0		1		0.869	1.415	0.290
Glycine....g	0.096		0		1		0.173	0.281	0.058
Proline....g	0.157		0		1		0.283	0.460	0.094
Serine....g	0.112		0		1		0.202	0.328	0.067
Hydroxyproline....g									

NDB No. 11709

Asparagus, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 293g: 1 package (10 oz) yields

Measure 3 = 60g: 4 spears

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11019

Asparagus, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.10		1		1		169.38	275.71	56.46
Energy kcal	18		0	NC	4		32	51	11
Energy kJ	74		0	NC	4		132	215	44
Protein (N x 6.25) g	2.95	0.108	4		1		5.31	8.64	1.77
Total lipid (fat) g	0.42	0.079	4		1		0.76	1.23	0.25
Ash g	0.61	0.043	4		1		1.10	1.79	0.37
Carbohydrate, by difference g	1.92		0	NC	4		3.46	5.63	1.15
Fiber, total dietary g	1.6		0		4		2.9	4.7	1.0
Sugars, total g	0.32		0	O	4		0.58	0.94	0.19
Starch g									
Minerals:									
Calcium, Ca mg	18	0.686	38	JA	6		33	54	11
Iron, Fe mg	0.56	0.032	38	JA	6		1.01	1.64	0.34
Magnesium, Mg mg	10	0.430	38	JA	6		18	30	6
Phosphorus, P mg	49	1.677	38	JA	6		88	144	29
Potassium, K mg	172	7.439	38	JA	6		309	503	103
Sodium, Na mg	3	0.571	38	JA	6		5	9	2
Zinc, Zn mg	0.41	0.018	38	JA	6		0.73	1.19	0.24
Copper, Cu mg	0.105	0.004	38	JA	6		0.188	0.307	0.063
Manganese, Mn mg	0.140	0.006	38	JA	6		0.253	0.412	0.084
Selenium, Se µg	3.9	0.781	38	JA	6		7.0	11.4	2.3
Vitamins:									
Vitamin C, total ascorbic acid mg	24.4		0		1		43.9	71.5	14.6
Thiamin mg	0.065	0.025	3		1		0.117	0.190	0.039
Riboflavin mg	0.103	0.018	3		1		0.185	0.302	0.062
Niacin mg	1.038		0		1		1.868	3.041	0.623
Pantothenic acid mg	0.158		0		1		0.284	0.463	0.095
Vitamin B-6 mg	0.020	0.005	3		1		0.036	0.059	0.012
Folate, total µg	135	25.658	6		1		242	395	81
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	135	25.658	6		1		242	395	81
Folate, DFE µg	135		0	NC	4		242	395	81
Choline, total mg	20.9		0	BFSN	4		37.7	61.3	12.6
Betaine mg	0.7		0	BFSN	4		1.2	2.0	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	40		0	NC	4		73	118	24
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	483		0	BFSN	4		870	1417	290
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	806		0	NC	4		1450	2361	483
Lycopene µg	24		0	BFSN	4		43	70	14
Lutein + zeaxanthin µg	618		0	BFSN	4		1112	1810	371
Vitamin E (alpha-tocopherol) mg	1.20		1		1		2.16	3.52	0.72
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.02		1		1		0.04	0.06	0.01
Tocopherol, gamma mg	0.17		1		1		0.31	0.50	0.10
Tocopherol, delta mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02		1		1		0.04	0.06	0.01
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	80.0		1		1		144.0	234.4	48.0

NDB No. 11019

Asparagus, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.096		0	NC	4		0.172	0.280	0.057
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.002	0.003	0.001
13:0....g									
14:0....g	0.003		0		1		0.005	0.009	0.002
15:0....g									
16:0....g	0.086		0		1		0.154	0.251	0.051
17:0....g									
18:0....g	0.006		0		1		0.011	0.018	0.004
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0	NC	4		0.024	0.038	0.008
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004	0.006	0.001
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.020	0.032	0.007
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.185		0	NC	4		0.333	0.543	0.111
18:2 undifferentiated....g	0.175		0		1		0.315	0.513	0.105
18:3 undifferentiated....g	0.010		0		1		0.018	0.030	0.006
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.052	0.085	0.017
Threonine....g	0.082		0		1		0.148	0.240	0.049
Isoleucine....g	0.109		0		1		0.196	0.319	0.065
Leucine....g	0.128		0		1		0.230	0.375	0.077
Lysine....g	0.140		0		1		0.252	0.410	0.084
Methionine....g	0.028		0		1		0.050	0.082	0.017
Cystine....g	0.035		0		1		0.063	0.103	0.021
Phenylalanine....g	0.070		0		1		0.126	0.205	0.042
Tyrosine....g	0.047		0		1		0.085	0.138	0.028
Valine....g	0.114		0		1		0.205	0.334	0.068
Arginine....g	0.138		0		1		0.248	0.404	0.083
Histidine....g	0.046		0		1		0.083	0.135	0.028
Alanine....g	0.139		0		1		0.250	0.407	0.083
Aspartic acid....g	0.342		0		1		0.616	1.002	0.205
Glutamic acid....g	0.483		0		1		0.869	1.415	0.290
Glycine....g	0.096		0		1		0.173	0.281	0.058
Proline....g	0.157		0		1		0.283	0.460	0.094
Serine....g	0.112		0		1		0.202	0.328	0.067
Hydroxyproline....g									

NDB No. 11019

Asparagus, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 293g: 1 package (10 oz) yields

Measure 3 = 60g: 4 spears

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11018
Asparagus, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.82	0.090	46		1		53.26	260.77	
Energy kcal	24		0	NC	4		14	68	
Energy kJ	100				4		58	285	
Protein (N x 6.25) g	3.23	0.054	43		1		1.87	9.17	
Total lipid (fat) g	0.23	0.024	43		1		0.13	0.65	
Ash g	0.62	0.015	43		1		0.36	1.76	
Carbohydrate, by difference g	4.10		0	NC	4		2.38	11.64	
Fiber, total dietary g	1.9		0		1		1.1	5.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	1.428	43		1		15	71	
Iron, Fe mg	0.73	0.032	43		1		0.42	2.07	
Magnesium, Mg mg	14	0.437	14		1		8	40	
Phosphorus, P mg	64	2.255	20		1		37	182	
Potassium, K mg	253	13.450	15		1		147	719	
Sodium, Na mg	8	2.385	15		1		5	23	
Zinc, Zn mg	0.59	0.026	10		1		0.34	1.68	
Copper, Cu mg	0.137	0.007	12		1		0.079	0.389	
Manganese, Mn mg	0.203	0.008	9		1		0.118	0.577	
Selenium, Se µg	1.7	0.359	15	A	1		1.0	4.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	31.8	2.676	35		1		18.4	90.3	
Thiamin mg	0.121	0.007	43		1		0.070	0.344	
Riboflavin mg	0.131	0.005	43		1		0.076	0.372	
Niacin mg	1.202	0.055	43		1		0.697	3.414	
Pantothenic acid mg	0.184	0.024	8		1		0.107	0.523	
Vitamin B-6 mg	0.111	0.008	8		1		0.064	0.315	
Folate, total µg	191	9.304	3		1		111	542	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	191	9.304	3		1		111	542	
Folate, DFE µg	191		0	NC	4		111	542	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	47	2.531	39		1		27	135	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	948	50.614	39		1		550	2692	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11018
Asparagus, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.052		0		1		0.030	0.148	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.001	0.003	
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	
15:0....g									
16:0....g	0.047		0		1		0.027	0.133	
17:0....g									
18:0....g	0.003		0		1		0.002	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.004	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.003	0.017	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.101		0		1		0.059	0.287	
18:2 undifferentiated....g	0.096		0		1		0.056	0.273	
18:3 undifferentiated....g	0.005		0		1		0.003	0.014	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1		0.018	0.088	
Threonine....g	0.090		0		1		0.052	0.256	
Isoleucine....g	0.119		0		1		0.069	0.338	
Leucine....g	0.140		0		1		0.081	0.398	
Lysine....g	0.153		0		1		0.089	0.435	
Methionine....g	0.031		0		1		0.018	0.088	
Cystine....g	0.038		0		1		0.022	0.108	
Phenylalanine....g	0.076		0		1		0.044	0.216	
Tyrosine....g	0.051		0		1		0.030	0.145	
Valine....g	0.124		0		1		0.072	0.352	
Arginine....g	0.151		0		1		0.088	0.429	
Histidine....g	0.050		0		1		0.029	0.142	
Alanine....g	0.152		0		1		0.088	0.432	
Aspartic acid....g	0.374		0		1		0.217	1.062	
Glutamic acid....g	0.528		0		1		0.306	1.500	
Glycine....g	0.105		0		1		0.061	0.298	
Proline....g	0.171		0		1		0.099	0.486	
Serine....g	0.123		0		1		0.071	0.349	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11018
Asparagus, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 4 spears

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11011

Asparagus, raw

Asparagus officinalis

Refuse: 47% Butt ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.22		1	JO	11		124.91	11.19	14.91
Energy kcal	20		0	NC	4		27	2	3
Energy kJ	85		0	NC	4		113	10	14
Protein (N x 6.25) g	2.20	0.023	4	A	1		2.95	0.26	0.35
Total lipid (fat) g	0.12	0.014	6	JO	11		0.16	0.01	0.02
Ash g	0.58	0.009	4	A	1		0.78	0.07	0.09
Carbohydrate, by difference g	3.88		0	NC	4		5.20	0.47	0.62
Fiber, total dietary g	2.1		4		1		2.8	0.2	0.3
Sugars, total g	1.88		0	NC	4		2.53	0.23	0.30
Sucrose g	0.23	0.193	5	JA	6		0.30	0.03	0.04
Glucose (dextrose) g	0.65	0.105	6	JA	6		0.88	0.08	0.10
Fructose g	1.00	0.102	6	JA	6		1.35	0.12	0.16
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	24	1.276	4	A	1		33	3	4
Iron, Fe mg	2.14	1.353	4	A	1		2.87	0.26	0.34
Magnesium, Mg mg	14	0.388	4	A	1		19	2	2
Phosphorus, P mg	52	0.492	4	A	1		69	6	8
Potassium, K mg	202	8.357	4	A	1		271	24	32
Sodium, Na mg	2	0.257	17		1		3	0	0
Zinc, Zn mg	0.54	0.021	4	A	1		0.73	0.07	0.09
Copper, Cu mg	0.189	0.028	4	A	1		0.254	0.023	0.030
Manganese, Mn mg	0.158	0.015	4	A	1		0.212	0.019	0.025
Selenium, Se µg	2.3		2	A	1		3.1	0.3	0.4
Vitamins:									
Vitamin C, total ascorbic acid mg	5.6	0.210	4	A	1		7.6	0.7	0.9
Thiamin mg	0.143	0.016	4	A	1		0.191	0.017	0.023
Riboflavin mg	0.141	0.007	4	A	1		0.189	0.017	0.023
Niacin mg	0.978	0.034	4	A	1		1.311	0.117	0.157
Pantothenic acid mg	0.274	0.020	4	A	1		0.367	0.033	0.044
Vitamin B-6 mg	0.091	0.009	4	A	1		0.122	0.011	0.015
Folate, total µg	52	6.390	4	A	1		70	6	8
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	52	6.390	4	A	1		70	6	8
Folate, DFE µg	52		0	NC	4		70	6	8
Choline, total mg	16.0		0	AS	1		21.5	1.9	2.6
Betaine mg	0.6		1	A	1		0.8	0.1	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	38		0	AS	1		51	5	6
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	449	76.317	6	A	1		602	54	72
Carotene, alpha µg	9	5.026	6	A	1		12	1	1
Cryptoxanthin, beta µg	0		27	A	1		0	0	0
Vitamin A, IU IU	756		0	AS	1		1013	91	121
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	710		0	BFSN	4		951	85	114
Vitamin E (alpha-tocopherol) mg	1.13		2		1		1.51	0.14	0.18
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2		1		0.00	0.00	0.00
Tocopherol, gamma mg	0.09		2		1		0.12	0.01	0.01
Tocopherol, delta mg	0.00		2		1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11011
Asparagus, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	41.6	2.704	4	A	1		55.8	5.0	6.7
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.1	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.040		0	NC	4		0.054	0.005	0.006
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.040		1	A	1		0.054	0.005	0.006
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.000		1	A	1		0.000	0.000	0.000
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0	NC	4		0.067	0.006	0.008
18:2 undifferentiated....g	0.040		1	A	1		0.054	0.005	0.006
18:3 undifferentiated....g	0.010		1	A	1		0.013	0.001	0.002
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	24		1		1		32	3	4
Amino Acids:									
Tryptophan....g	0.027		0	A	1		0.036	0.003	0.004
Threonine....g	0.084		0	A	1		0.112	0.010	0.013
Isoleucine....g	0.075		0	A	1		0.100	0.009	0.012
Leucine....g	0.128		0	A	1		0.171	0.015	0.020
Lysine....g	0.104		0	A	1		0.139	0.012	0.017
Methionine....g	0.031		0	A	1		0.041	0.004	0.005
Cystine....g	0.031		0	A	1		0.041	0.004	0.005
Phenylalanine....g	0.075		0	A	1		0.100	0.009	0.012
Tyrosine....g	0.052		0	A	1		0.069	0.006	0.008
Valine....g	0.115		0	A	1		0.154	0.014	0.018
Arginine....g	0.091		0	A	1		0.122	0.011	0.015
Histidine....g	0.049		0	A	1		0.066	0.006	0.008
Alanine....g	0.115		0	A	1		0.154	0.014	0.018
Aspartic acid....g	0.508		0	A	1		0.681	0.061	0.081
Glutamic acid....g	0.233		0	A	1		0.313	0.028	0.037

NDB No. 11011
Asparagus, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.093		0	A	1		0.124	0.011	0.015
Proline....g	0.071		0	A	1		0.095	0.009	0.011
Serine....g	0.106		0	A	1		0.142	0.013	0.017
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 cup

Measure 2 = 12.0g: 1 spear, small (5" long or less)

Measure 3 = 16g: 1 spear, medium (5-1/4" to 7" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11710

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.69		1		1		51.44		
Energy kcal	32		0	NC	4		19		
Energy kJ	136		0	NC	4		79		
Protein (N x 6.25) g	3.60		1		1		2.09		
Total lipid (fat) g	0.20		1		1		0.12		
Ash g	1.35		0	O	4		0.78		
Carbohydrate, by difference g	6.16		0	NC	4		3.57		
Fiber, total dietary g	1.9		0	BFZN	4		1.1		
Sugars, total g	1.04		0	BFSN	4		0.60		
Starch g									
Minerals:									
Calcium, Ca mg	42		0		1		24		
Iron, Fe mg	1.02		0		1		0.59		
Magnesium, Mg mg	94		1		1		55		
Phosphorus, P mg	77		1		1		45		
Potassium, K mg	602		1		1		349		
Sodium, Na mg	249		0		4		144		
Zinc, Zn mg	0.30		0		4		0.17		
Copper, Cu mg	0.201		0		4		0.117		
Manganese, Mn mg	0.536		0		4		0.311		
Selenium, Se µg	0.9		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	55.6		0		1		32.2		
Thiamin mg	0.147		0		1		0.085		
Riboflavin mg	0.282		0		1		0.164		
Niacin mg	0.995		0		1		0.577		
Pantothenic acid mg	0.060		0		4		0.035		
Vitamin B-6 mg	0.760		0		1		0.441		
Folate, total µg	88		0		1		51		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	88		0		1		51		
Folate, DFE µg	88		0	NC	4		51		
Choline, total mg	21.0		0	CAZN	4		12.2		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	121		0	NC	4		70		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1450		0	BFSN	4		841		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	2416		0	NC	4		1401		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	2638		0	BFSN	4		1530		
Vitamin E (alpha-tocopherol) mg	1.45		0	BFSN	4		0.84		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	163.1		0	BFSN	4		94.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11710

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11023

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.69		1		1		51.44		
Energy kcal	34		0	NC	4		20		
Energy kJ	144		0	NC	4		83		
Protein (N x 6.25) g	3.60		1		1		2.09		
Total lipid (fat) g	0.20		1		1		0.12		
Ash g	0.83		0	O	4		0.48		
Carbohydrate, by difference g	6.68		0	NC	4		3.87		
Fiber, total dietary g	1.9		0		4		1.1		
Sugars, total g	1.04		0	BFSN	4		0.60		
Starch g									
Minerals:									
Calcium, Ca mg	42		0		1		24		
Iron, Fe mg	1.02		0		1		0.59		
Magnesium, Mg mg	94		1		1		55		
Phosphorus, P mg	77		1		1		45		
Potassium, K mg	602		1		1		349		
Sodium, Na mg	13		1		1		8		
Zinc, Zn mg	0.30		0		4		0.17		
Copper, Cu mg	0.201		0		4		0.117		
Manganese, Mn mg	0.536		0		4		0.311		
Selenium, Se µg	0.9		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	55.6		0		1		32.2		
Thiamin mg	0.147		0		1		0.085		
Riboflavin mg	0.282		0		1		0.164		
Niacin mg	0.995		0		1		0.577		
Pantothenic acid mg	0.060		0		4		0.035		
Vitamin B-6 mg	0.760		0		1		0.441		
Folate, total µg	88		0		1		51		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	88		0		1		51		
Folate, DFE µg	88		0	NC	4		51		
Choline, total mg	21.0		0	CAZN	4		12.2		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	121		0	NC	4		70		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1450		0	BFSN	4		841		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	2416		0	NC	4		1401		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	2638		0	BFSN	4		1530		
Vitamin E (alpha-tocopherol) mg	1.45		0	BFSN	4		0.84		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	163.1		0	BFSN	4		94.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11023

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.032		0		4		0.019		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.005		0		4		0.003		
15:0....g									
16:0....g	0.024		0		4		0.014		
17:0....g									
18:0....g	0.002		0		4		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		4		0.003		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.001		
17:1....g									
18:1 undifferentiated....g	0.002		0		4		0.001		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.083		0		4		0.048		
18:2 undifferentiated....g	0.012		0		4		0.007		
18:3 undifferentiated....g	0.065		0		4		0.038		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11022

Balsam-pear (bitter gourd), leafy tips, raw

Momordica charantia

Refuse: 62% Tough stems and leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.25		1		1		3.57	21.42	
Energy kcal	30		0	NC	4		1	7	
Energy kJ	126				4		5	30	
Protein (N x 6.25) g	5.30		0		1		0.21	1.27	
Total lipid (fat) g	0.69		0		1		0.03	0.17	
Ash g	1.47		0		1		0.06	0.35	
Carbohydrate, by difference g	3.29		0	NC	4		0.13	0.79	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	84		0		1		3	20	
Iron, Fe mg	2.04		0		1		0.08	0.49	
Magnesium, Mg mg	85		1		1		3	20	
Phosphorus, P mg	99		0		1		4	24	
Potassium, K mg	608		1		1		24	146	
Sodium, Na mg	11		1		1		0	3	
Zinc, Zn mg	0.30		0		4		0.01	0.07	
Copper, Cu mg	0.201		0		4		0.008	0.048	
Manganese, Mn mg	0.536		0		4		0.021	0.129	
Selenium, Se µg	0.9		0	CAZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	88.0		0		1		3.5	21.1	
Thiamin mg	0.181		0		1		0.007	0.043	
Riboflavin mg	0.362		0		1		0.014	0.087	
Niacin mg	1.110		0		1		0.044	0.266	
Pantothenic acid mg	0.063		0		4		0.003	0.015	
Vitamin B-6 mg	0.803		0		4		0.032	0.193	
Folate, total µg	128		0		4		5	31	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	128		0		4		5	31	
Folate, DFE µg	128		0	NC	4		5	31	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	87		0		1		3	21	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1734		0		1		69	416	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11022
Balsam-pear (bitter gourd), leafy tips, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.0g: 1 leaf

Measure 2 = 24g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11711
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.95		1		1		116.50		
Energy kcal	19		0	NC	4		24		
Energy kJ	79		0		4		99		
Protein (N x 6.25) g	0.84		1		1		1.04		
Total lipid (fat) g	0.18		1		1		0.22		
Ash g	0.71		1		1		0.88		
Carbohydrate, by difference g	4.32		0	NC	4		5.36		
Fiber, total dietary g	2.0		0	BFZN	4		2.5		
Sugars, total g	1.95		0	BFSN	4		2.42		
Starch g									
Minerals:									
Calcium, Ca mg	9		1		1		11		
Iron, Fe mg	0.38		1		1		0.47		
Magnesium, Mg mg	16		1		1		20		
Phosphorus, P mg	36		1		1		45		
Potassium, K mg	319		1		1		396		
Sodium, Na mg	242		0		4		300		
Zinc, Zn mg	0.77		0		4		0.95		
Copper, Cu mg	0.033		0		4		0.041		
Manganese, Mn mg	0.086		0		4		0.107		
Selenium, Se µg	0.2		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	33.0		0		1		40.9		
Thiamin mg	0.051		0		1		0.063		
Riboflavin mg	0.053		0		1		0.066		
Niacin mg	0.280		0		1		0.347		
Pantothenic acid mg	0.193		0		4		0.239		
Vitamin B-6 mg	0.041		0		4		0.051		
Folate, total µg	51		0		4		63		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	51		0		4		63		
Folate, DFE µg	51		0	NC	4		63		
Choline, total mg	10.8		0	BFSN	4		13.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		7		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	68		0	O	4		84		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	113		0	NC	4		141		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	1323		0	BFSN	4		1640		
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.17		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.8		0	BFSN	4		6.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11711

Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 cup (1/2" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11025
Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.95		1		1		116.50	58.25	
Energy kcal	19		0	NC	4		24	12	
Energy kJ	79		0		4		99	49	
Protein (N x 6.25) g	0.84		1		1		1.04	0.52	
Total lipid (fat) g	0.18		1		1		0.22	0.11	
Ash g	0.71		1		1		0.88	0.44	
Carbohydrate, by difference g	4.32		0	NC	4		5.36	2.68	
Fiber, total dietary g	2.0		0		4		2.5	1.2	
Sugars, total g	1.95		0	BFSN	4		2.42	1.21	
Starch g									
Minerals:									
Calcium, Ca mg	9		1		1		11	6	
Iron, Fe mg	0.38		1		1		0.47	0.24	
Magnesium, Mg mg	16		1		1		20	10	
Phosphorus, P mg	36		1		1		45	22	
Potassium, K mg	319		1		1		396	198	
Sodium, Na mg	6		1		1		7	4	
Zinc, Zn mg	0.77		0		4		0.95	0.48	
Copper, Cu mg	0.033		0		4		0.041	0.020	
Manganese, Mn mg	0.086		0		4		0.107	0.053	
Selenium, Se µg	0.2		0	CAZN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	33.0		0		1		40.9	20.5	
Thiamin mg	0.051		0		1		0.063	0.032	
Riboflavin mg	0.053		0		1		0.066	0.033	
Niacin mg	0.280		0		1		0.347	0.174	
Pantothenic acid mg	0.193		0		4		0.239	0.120	
Vitamin B-6 mg	0.041		0		4		0.051	0.025	
Folate, total µg	51		0		4		63	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	51		0		4		63	32	
Folate, DFE µg	51		0	NC	4		63	32	
Choline, total mg	10.8		0	BFSN	4		13.4	6.7	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		7	4	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	68		0	O	4		84	42	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	113		0	NC	4		141	70	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1323		0	BFSN	4		1640	820	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.17	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	4.8		0	BFSN	4		6.0	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11025

Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.014		0		4		0.017	0.009	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.010		0		4		0.012	0.006	
17:0....g									
18:0....g	0.004		0		4		0.005	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0		4		0.041	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.033		0		4		0.041	0.020	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.078		0		4		0.097	0.048	
18:2 undifferentiated....g	0.078		0		4		0.097	0.048	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 cup (1/2" pieces)

Measure 2 = 62g: .5 cup (1/2" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11024

Balsam-pear (bitter gourd), pods, raw

Momordica charantia

Refuse: 17% Tough stems and leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.03		2		1		87.45	116.60	
Energy kcal	17		0	NC	4		16	21	
Energy kJ	71		0	NC	4		66	89	
Protein (N x 6.25) g	1.00		2		1		0.93	1.24	
Total lipid (fat) g	0.17		2		1		0.16	0.21	
Ash g	1.10		0		1		1.02	1.36	
Carbohydrate, by difference g	3.70		0	NC	4		3.44	4.59	
Fiber, total dietary g	2.8		0		4		2.6	3.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		1		1		18	24	
Iron, Fe mg	0.43		2		1		0.40	0.53	
Magnesium, Mg mg	17		1		1		16	21	
Phosphorus, P mg	31		2		1		29	38	
Potassium, K mg	296		1		1		275	367	
Sodium, Na mg	5		1		1		5	6	
Zinc, Zn mg	0.80		0		1		0.74	0.99	
Copper, Cu mg	0.034		0		4		0.032	0.042	
Manganese, Mn mg	0.089		0		4		0.083	0.110	
Selenium, Se µg	0.2		0	CAZN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	84.0		1		1		78.1	104.2	
Thiamin mg	0.040		1		1		0.037	0.050	
Riboflavin mg	0.040		1		1		0.037	0.050	
Niacin mg	0.400		1		1		0.372	0.496	
Pantothenic acid mg	0.212		0		4		0.197	0.263	
Vitamin B-6 mg	0.043		0		4		0.040	0.053	
Folate, total µg	72		0		1		67	89	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	72		0		1		67	89	
Folate, DFE µg	72		0	NC	4		67	89	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	24		0	AS	1		22	29	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	190		10	A	1		177	236	
Carotene, alpha µg	185		10	A	1		172	229	
Cryptoxanthin, beta µg									
Vitamin A, IU IU	471		0	AS	1		438	584	
Lycopene µg									
Lutein + zeaxanthin µg	170		10	A	1		158	211	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11024
Balsam-pear (bitter gourd), pods, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 93g: 1 cup (1/2" pieces)

Measure 2 = 124g: 1 balsam-pear

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11028
Bamboo shoots, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.32	5.160	9		1		123.56	247.12	
Energy kcal	19		0	NC	4		25	50	
Energy kJ	79		0		4		104	208	
Protein (N x 6.25) g	1.72		2		1		2.25	4.51	
Total lipid (fat) g	0.40		2		1		0.52	1.05	
Ash g	0.34		2		1		0.45	0.89	
Carbohydrate, by difference g	3.22		0	NC	4		4.22	8.44	
Fiber, total dietary g	1.4		0		4		1.8	3.7	
Sugars, total g	1.89		0	BFSN	4		2.48	4.96	
Starch g									
Minerals:									
Calcium, Ca mg	8	1.145	7		1		10	21	
Iron, Fe mg	0.32	0.023	7		1		0.42	0.84	
Magnesium, Mg mg	4		2		1		5	10	
Phosphorus, P mg	25		2		1		33	66	
Potassium, K mg	80	10.579	7		1		105	210	
Sodium, Na mg	7	0.907	7		1		9	18	
Zinc, Zn mg	0.65		0		4		0.85	1.70	
Copper, Cu mg	0.114		0		4		0.149	0.299	
Manganese, Mn mg	0.157		0		4		0.206	0.411	
Selenium, Se µg	0.5		0	BFSN	4		0.7	1.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.1	0.042	7		1		1.4	2.9	
Thiamin mg	0.026	0.013	7		1		0.034	0.068	
Riboflavin mg	0.026	0.003	7		1		0.034	0.068	
Niacin mg	0.140	0.053	7		1		0.183	0.367	
Pantothenic acid mg	0.092		0		4		0.121	0.241	
Vitamin B-6 mg	0.136		0		4		0.178	0.356	
Folate, total µg	3		0		4		4	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		4		4	8	
Folate, DFE µg	3		0	NC	4		4	8	
Choline, total mg	0.0		0	BFSN	4		0.0	0.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8		0	BFSN	4		10	20	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	13		0	NC	4		17	33	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.63		0	BFSN	4		0.83	1.65	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11028

Bamboo shoots, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.092		0		1		0.121	0.241	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.003		0		1		0.004	0.008	
13:0....g									
14:0....g	0.003		0		1		0.004	0.008	
15:0....g									
16:0....g	0.069		0		1		0.090	0.181	
17:0....g									
18:0....g	0.008		0		1		0.010	0.021	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.012	0.024	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.012	0.024	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.178		0		1		0.233	0.466	
18:2 undifferentiated....g	0.151		0		1		0.198	0.396	
18:3 undifferentiated....g	0.027		0		1		0.035	0.071	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.024	0.047	
Threonine....g	0.057		0		1		0.075	0.149	
Isoleucine....g	0.058		0		1		0.076	0.152	
Leucine....g	0.093		0		1		0.122	0.244	
Lysine....g	0.089		0		1		0.117	0.233	
Methionine....g	0.020		0		1		0.026	0.052	
Cystine....g	0.014		0		1		0.018	0.037	
Phenylalanine....g	0.060		0		1		0.079	0.157	
Tyrosine....g									
Valine....g	0.071		0		1		0.093	0.186	
Arginine....g	0.064		0		1		0.084	0.168	
Histidine....g	0.028		0		1		0.037	0.073	
Alanine....g	0.082		0		1		0.107	0.215	
Aspartic acid....g	0.282		0		1		0.369	0.739	
Glutamic acid....g	0.164		0		1		0.215	0.430	
Glycine....g	0.057		0		1		0.075	0.149	
Proline....g	0.145		0		1		0.190	0.380	
Serine....g	0.084		0		1		0.110	0.220	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11028
Bamboo shoots, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 131g: 1 cup (1/8" slices)

Measure 2 = 262g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11712
Bamboo shoots, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.92		0		1		115.10	138.12	
Energy kcal	11		0	NC	4		13	16	
Energy kJ	46		0	NC	4		55	66	
Protein (N x 6.25) g	1.53		0		1		1.84	2.20	
Total lipid (fat) g	0.22		0		1		0.26	0.32	
Ash g	0.81		0	O	4		0.97	1.16	
Carbohydrate, by difference g	1.52		0	NC	4		1.83	2.19	
Fiber, total dietary g	1.0		0		4		1.2	1.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		14	17	
Iron, Fe mg	0.24		0		1		0.29	0.35	
Magnesium, Mg mg	3		0		1		4	4	
Phosphorus, P mg	20		0		1		24	29	
Potassium, K mg	533	45.174	7		1		640	768	
Sodium, Na mg	240		0		4		288	346	
Zinc, Zn mg	0.47		0		4		0.56	0.68	
Copper, Cu mg	0.082		0		4		0.098	0.118	
Manganese, Mn mg	0.113		0		4		0.136	0.163	
Selenium, Se µg	0.4		0	BFSN	4		0.5	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.020		0		1		0.024	0.029	
Riboflavin mg	0.050		0		1		0.060	0.072	
Niacin mg	0.300		0		1		0.360	0.432	
Pantothenic acid mg	0.066		0		4		0.079	0.095	
Vitamin B-6 mg	0.098		0		4		0.118	0.141	
Folate, total µg	2		0		4		3	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		4		3	3	
Folate, DFE µg	2		0	NC	4		3	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11712

Bamboo shoots, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.051		0		1		0.061	0.073	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.001	0.001	
13:0....g									
14:0....g	0.002		0		1		0.002	0.003	
15:0....g									
16:0....g	0.038		0		1		0.046	0.055	
17:0....g									
18:0....g	0.004		0		1		0.005	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.006	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.006	0.007	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.098		0		1		0.118	0.141	
18:2 undifferentiated....g	0.083		0		1		0.100	0.120	
18:3 undifferentiated....g	0.015		0		1		0.018	0.022	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.019	0.023	
Threonine....g	0.050		0		1		0.060	0.072	
Isoleucine....g	0.051		0		1		0.061	0.073	
Leucine....g	0.082		0		1		0.098	0.118	
Lysine....g	0.079		0		1		0.095	0.114	
Methionine....g	0.017		0		1		0.020	0.024	
Cystine....g	0.013		0		1		0.016	0.019	
Phenylalanine....g	0.053		0		1		0.064	0.076	
Tyrosine....g									
Valine....g	0.062		0		1		0.074	0.089	
Arginine....g	0.057		0		1		0.068	0.082	
Histidine....g	0.025		0		1		0.030	0.036	
Alanine....g	0.072		0		1		0.086	0.104	
Aspartic acid....g	0.249		0		1		0.299	0.359	
Glutamic acid....g	0.145		0		1		0.174	0.209	
Glycine....g	0.051		0		1		0.061	0.073	
Proline....g	0.129		0		1		0.155	0.186	
Serine....g	0.075		0		1		0.090	0.108	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11712

Bamboo shoots, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 120g: 1 cup (1/2" slices)

Measure 2 = 144g: 1 shoot

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11027
Bamboo shoots, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.92		0		1		115.10	138.12	
Energy kcal	12		0	NC	4		14	17	
Energy kJ	50				4		60	72	
Protein (N x 6.25) g	1.53		0		1		1.84	2.20	
Total lipid (fat) g	0.22		0		1		0.26	0.32	
Ash g	0.41		0		1		0.49	0.59	
Carbohydrate, by difference g	1.92		0	NC	4		2.30	2.76	
Fiber, total dietary g	1.0		0		4		1.2	1.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		14	17	
Iron, Fe mg	0.24		0		1		0.29	0.35	
Magnesium, Mg mg	3		0		1		4	4	
Phosphorus, P mg	20		0		1		24	29	
Potassium, K mg	533	45.174	7		1		640	768	
Sodium, Na mg	4		0		1		5	6	
Zinc, Zn mg	0.47		0		4		0.56	0.68	
Copper, Cu mg	0.082		0		4		0.098	0.118	
Manganese, Mn mg	0.113		0		4		0.136	0.163	
Selenium, Se µg	0.4		0	BFSN	4		0.5	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0	0.0	
Thiamin mg	0.020		0		1		0.024	0.029	
Riboflavin mg	0.050		0		1		0.060	0.072	
Niacin mg	0.300		0		1		0.360	0.432	
Pantothenic acid mg	0.066		0		4		0.079	0.095	
Vitamin B-6 mg	0.098		0		4		0.118	0.141	
Folate, total µg	2		0		4		3	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		4		3	3	
Folate, DFE µg	2		0	NC	4		3	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11027

Bamboo shoots, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.051		0		1		0.061	0.073	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.001	0.001	
13:0....g									
14:0....g	0.002		0		1		0.002	0.003	
15:0....g									
16:0....g	0.038		0		1		0.046	0.055	
17:0....g									
18:0....g	0.004		0		1		0.005	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.006	0.007	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.006	0.007	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.098		0		1		0.118	0.141	
18:2 undifferentiated....g	0.083		0		1		0.100	0.120	
18:3 undifferentiated....g	0.015		0		1		0.018	0.022	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.019	0.023	
Threonine....g	0.050		0		1		0.060	0.072	
Isoleucine....g	0.051		0		1		0.061	0.073	
Leucine....g	0.082		0		1		0.098	0.118	
Lysine....g	0.079		0		1		0.095	0.114	
Methionine....g	0.017		0		1		0.020	0.024	
Cystine....g	0.013		0		1		0.016	0.019	
Phenylalanine....g	0.053		0		1		0.064	0.076	
Tyrosine....g									
Valine....g	0.062		0		1		0.074	0.089	
Arginine....g	0.057		0		1		0.068	0.082	
Histidine....g	0.025		0		1		0.030	0.036	
Alanine....g	0.072		0		1		0.086	0.104	
Aspartic acid....g	0.249		0		1		0.299	0.359	
Glutamic acid....g	0.145		0		1		0.174	0.209	
Glycine....g	0.051		0		1		0.061	0.073	
Proline....g	0.129		0		1		0.155	0.186	
Serine....g	0.075		0		1		0.090	0.108	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11027

Bamboo shoots, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 120g: 1 cup (1/2" slices)

Measure 2 = 144g: 1 shoot

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11026
Bamboo shoots, raw
Phyllostachys spp.

Refuse: 71% Sheath

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.00		0		1		137.41	69.16	
Energy kcal	27		0	NC	4		41	21	
Energy kJ	115		0	NC	4		173	87	
Protein (N x 6.25) g	2.60		0		1		3.93	1.98	
Total lipid (fat) g	0.30		0		1		0.45	0.23	
Ash g	0.90		0		1		1.36	0.68	
Carbohydrate, by difference g	5.20		0	NC	4		7.85	3.95	
Fiber, total dietary g	2.2		0		4		3.3	1.7	
Sugars, total g	3.00		0	O	4		4.53	2.28	
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		20	10	
Iron, Fe mg	0.50		0		1		0.76	0.38	
Magnesium, Mg mg	3		1		1		5	2	
Phosphorus, P mg	59		0		1		89	45	
Potassium, K mg	533		0		1		805	405	
Sodium, Na mg	4		1		1		6	3	
Zinc, Zn mg	1.10		0		4		1.66	0.84	
Copper, Cu mg	0.190		0		4		0.287	0.144	
Manganese, Mn mg	0.262		0		4		0.396	0.199	
Selenium, Se µg	0.8		0	CAZN	4		1.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		0		1		6.0	3.0	
Thiamin mg	0.150		0		1		0.227	0.114	
Riboflavin mg	0.070		0		1		0.106	0.053	
Niacin mg	0.600		0		1		0.906	0.456	
Pantothenic acid mg	0.161		0		4		0.243	0.122	
Vitamin B-6 mg	0.240		0		4		0.362	0.182	
Folate, total µg	7		0		4		11	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		11	5	
Folate, DFE µg	7		0	NC	4		11	5	
Choline, total mg	0.0		0	Z	7		0.0	0.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		2	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	12		0	O	4		18	9	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	20		0	NC	4		30	15	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.00		0	O	4		1.51	0.76	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.0		0	Z	7		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11026
Bamboo shoots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.069		0		1		0.104	0.052	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		0		1		0.003	0.002	
13:0....g									
14:0....g	0.002		0		1		0.003	0.002	
15:0....g									
16:0....g	0.051		0		1		0.077	0.039	
17:0....g									
18:0....g	0.006		0		1		0.009	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.011	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.011	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0		1		0.202	0.102	
18:2 undifferentiated....g	0.114		0		1		0.172	0.087	
18:3 undifferentiated....g	0.020		0		1		0.030	0.015	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	19		0		1		29	14	
Amino Acids:									
Tryptophan....g	0.027		1		1		0.041	0.021	
Threonine....g	0.086		1		1		0.130	0.065	
Isoleucine....g	0.088		1		1		0.133	0.067	
Leucine....g	0.140		1		1		0.211	0.106	
Lysine....g	0.134		1		1		0.202	0.102	
Methionine....g	0.030		1		1		0.045	0.023	
Cystine....g	0.022		1		1		0.033	0.017	
Phenylalanine....g	0.090		1		1		0.136	0.068	
Tyrosine....g									
Valine....g	0.106		1		1		0.160	0.081	
Arginine....g	0.097		1		1		0.146	0.074	
Histidine....g	0.042		1		1		0.063	0.032	
Alanine....g	0.124		1		1		0.187	0.094	
Aspartic acid....g	0.425		1		1		0.642	0.323	
Glutamic acid....g	0.248		1		1		0.374	0.188	
Glycine....g	0.087		1		1		0.131	0.066	
Proline....g	0.219		1		1		0.331	0.166	
Serine....g	0.127		1		1		0.192	0.097	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11026
Bamboo shoots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 cup (1/2" slices)

Measure 2 = 76g: .5 cup (1/2" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11973
Beans, fava, in pod, raw
Vicia faba

Refuse: 3% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.60		2	A	1		91.48	4.43	
Energy kcal	88		0	NC	4		111	5	
Energy kJ	368		0		4		464	22	
Protein (N x 6.25) g	7.92		2	A	1		9.98	0.48	
Total lipid (fat) g	0.73		2	A	1		0.92	0.04	
Ash g	1.12		2	A	1		1.41	0.07	
Carbohydrate, by difference g	17.63		0	NC	4		22.21	1.08	
Fiber, total dietary g	7.5		0	BFSN	4		9.4	0.5	
Sugars, total g	9.21		0	BFSN	4		11.61	0.56	
Starch g									
Minerals:									
Calcium, Ca mg	37		2	A	1		47	2	
Iron, Fe mg	1.55		2	A	1		1.95	0.09	
Magnesium, Mg mg	33		2	A	1		42	2	
Phosphorus, P mg	129		2	A	1		163	8	
Potassium, K mg	332		2	A	1		418	20	
Sodium, Na mg	25		2	A	1		32	2	
Zinc, Zn mg	1.00		2	A	1		1.26	0.06	
Copper, Cu mg	0.402		2	A	1		0.507	0.025	
Manganese, Mn mg	0.661		2	A	1		0.833	0.040	
Selenium, Se µg	0.8		0	CAZN	4		1.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7		2	A	1		4.7	0.2	
Thiamin mg	0.133		2	A	1		0.168	0.008	
Riboflavin mg	0.290		2	A	1		0.365	0.018	
Niacin mg	2.249		2	A	1		2.834	0.137	
Pantothenic acid mg	0.225		2	A	1		0.284	0.014	
Vitamin B-6 mg	0.104		2	A	1		0.131	0.006	
Folate, total µg	148		2	A	1		186	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	148		2	A	1		186	9	
Folate, DFE µg	148		0	NC	4		186	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	17		0	AS	1		21	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	196		2	A	1		246	12	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	9		2	A	1		11	1	
Vitamin A, IU IU	333		0	AS	1		420	20	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1811		0	BFSN	4		2281	110	
Vitamin E (alpha-tocopherol) mg	1.16		0	BFSN	4		1.46	0.07	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	40.9		0	BFSN	4		51.5	2.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11973
Beans, fava, in pod, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.118		1	A	1		0.149	0.007	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		1	A	1		0.001	0.000	
13:0....g									
14:0....g	0.002		1	A	1		0.003	0.000	
15:0....g	0.002		1	A	1		0.003	0.000	
16:0....g	0.065		1	A	1		0.082	0.004	
17:0....g	0.002		1	A	1		0.003	0.000	
18:0....g	0.028		1	A	1		0.035	0.002	
20:0....g	0.010		1	A	1		0.013	0.001	
22:0....g	0.005		1	A	1		0.006	0.000	
24:0....g	0.003		1	A	1		0.004	0.000	
Fatty acids, total monounsaturated....g	0.104		1	A	1		0.131	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		1	A	1		0.005	0.000	
17:1....g									
18:1 undifferentiated....g	0.097		1	A	1		0.122	0.006	
20:1....g	0.003		1	A	1		0.004	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.342		1	A	1		0.431	0.021	
18:2 undifferentiated....g	0.312		1	A	1		0.393	0.019	
18:3 undifferentiated....g	0.030		1	A	1		0.038	0.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	22		1	A	1		28	1	
Stigmasterol....mg	1		1	A	1		1	0	
Campesterol....mg	3		1	A	1		4	0	
Beta-sitosterol....mg	18		1	A	1		22	1	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 126g: 1 cup

Measure 2 = 6.1g: 1 pod

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11713

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.30		0		1				
Energy kcal	33		0	NC	4				
Energy kJ	138				4				
Protein (N x 6.25) g	4.83		0		1				
Total lipid (fat) g	0.58		0		1				
Ash g	0.58		0		1				
Carbohydrate, by difference g	4.72		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1				
Iron, Fe mg	0.89		0		1				
Magnesium, Mg mg	23		0		1				
Phosphorus, P mg	38		0		1				
Potassium, K mg	194		0		1				
Sodium, Na mg	243		0		4				
Zinc, Zn mg	0.44		0		4				
Copper, Cu mg	0.174		0		4				
Manganese, Mn mg	0.199		0		4				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	35.6		0		1				
Thiamin mg	0.362		0		1				
Riboflavin mg	0.273		0		1				
Niacin mg	3.024		0		1				
Pantothenic acid mg	0.381		0		4				
Vitamin B-6 mg	0.093		0		4				
Folate, total µg	47		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	47		0		4				
Folate, DFE µg	47		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11713

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.083		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.074		0		1				
17:0....g									
18:0....g	0.010		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.045		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.318		0		1				
18:2 undifferentiated....g	0.123		0		1				
18:3 undifferentiated....g	0.194		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0		1				
Threonine....g	0.203		0		1				
Isoleucine....g	0.214		0		1				
Leucine....g	0.347		0		1				
Lysine....g	0.275		0		1				
Methionine....g	0.050		0		1				
Cystine....g	0.055		0		1				
Phenylalanine....g	0.243		0		1				
Tyrosine....g	0.166		0		1				
Valine....g	0.248		0		1				
Arginine....g	0.263		0		1				
Histidine....g	0.135		0		1				
Alanine....g	0.200		0		1				
Aspartic acid....g	0.628		0		1				
Glutamic acid....g	0.589		0		1				
Glycine....g	0.166		0		1				
Proline....g	0.195		0		1				
Serine....g	0.258		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11713

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, with salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11030

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.30		0		1				
Energy kcal	33		0	NC	4				
Energy kJ	138				4				
Protein (N x 6.25) g	4.83		0		1				
Total lipid (fat) g	0.58		0		1				
Ash g	0.58		0		1				
Carbohydrate, by difference g	4.72		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1				
Iron, Fe mg	0.89		0		1				
Magnesium, Mg mg	23		0		1				
Phosphorus, P mg	38		0		1				
Potassium, K mg	194		0		1				
Sodium, Na mg	7		0		4				
Zinc, Zn mg	0.44		0		4				
Copper, Cu mg	0.174		0		4				
Manganese, Mn mg	0.199		0		4				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	35.6		0		1				
Thiamin mg	0.362		0		1				
Riboflavin mg	0.273		0		1				
Niacin mg	3.024		0		1				
Pantothenic acid mg	0.381		0		4				
Vitamin B-6 mg	0.093		0		4				
Folate, total µg	47		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	47		0		4				
Folate, DFE µg	47		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11030

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.083		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.074		0		1				
17:0....g									
18:0....g	0.010		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.045		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.318		0		1				
18:2 undifferentiated....g	0.123		0		1				
18:3 undifferentiated....g	0.194		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.050		0		1				
Threonine....g	0.203		0		1				
Isoleucine....g	0.214		0		1				
Leucine....g	0.347		0		1				
Lysine....g	0.275		0		1				
Methionine....g	0.050		0		1				
Cystine....g	0.055		0		1				
Phenylalanine....g	0.243		0		1				
Tyrosine....g	0.166		0		1				
Valine....g	0.248		0		1				
Arginine....g	0.263		0		1				
Histidine....g	0.135		0		1				
Alanine....g	0.200		0		1				
Aspartic acid....g	0.628		0		1				
Glutamic acid....g	0.589		0		1				
Glycine....g	0.166		0		1				
Proline....g	0.195		0		1				
Serine....g	0.258		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11030

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, without salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11029

Beans, kidney, mature seeds, sprouted, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.70		1		1		166.89		
Energy kcal	29		0	NC	4		53		
Energy kJ	121				4		223		
Protein (N x 6.25) g	4.20		1		1		7.73		
Total lipid (fat) g	0.50		1		1		0.92		
Ash g	0.50		1		1		0.92		
Carbohydrate, by difference g	4.10		0	NC	4		7.54		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17		1		1		31		
Iron, Fe mg	0.81		1		1		1.49		
Magnesium, Mg mg	21		1		1		39		
Phosphorus, P mg	37		1		1		68		
Potassium, K mg	187		1		1		344		
Sodium, Na mg	6		0		4		11		
Zinc, Zn mg	0.40		0		4		0.74		
Copper, Cu mg	0.159		0		4		0.293		
Manganese, Mn mg	0.182		0		4		0.335		
Selenium, Se µg	0.6		0	CAZN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	38.7		1		1		71.2		
Thiamin mg	0.370		1		1		0.681		
Riboflavin mg	0.250		1		1		0.460		
Niacin mg	2.920		1		1		5.373		
Pantothenic acid mg	0.368		0		4		0.677		
Vitamin B-6 mg	0.085		0		4		0.156		
Folate, total µg	59		0		4		108		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	59		0		4		108		
Folate, DFE µg	59		0	NC	4		108		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		1		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2		1		1		4		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11029
Beans, kidney, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.072		0		1		0.132		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.064		1		1		0.118		
17:0....g									
18:0....g	0.009		1		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0		1		0.072		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.039		1		1		0.072		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.276		0		1		0.508		
18:2 undifferentiated....g	0.107		1		1		0.197		
18:3 undifferentiated....g	0.169		1		1		0.311		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.044		2		1		0.081		
Threonine....g	0.176		2		1		0.324		
Isoleucine....g	0.186		2		1		0.342		
Leucine....g	0.302		2		1		0.556		
Lysine....g	0.239		2		1		0.440		
Methionine....g	0.044		2		1		0.081		
Cystine....g	0.048		2		1		0.088		
Phenylalanine....g	0.212		2		1		0.390		
Tyrosine....g	0.144		2		1		0.265		
Valine....g	0.216		2		1		0.397		
Arginine....g	0.228		2		1		0.420		
Histidine....g	0.118		2		1		0.217		
Alanine....g	0.174		2		1		0.320		
Aspartic acid....g	0.546		2		1		1.005		
Glutamic acid....g	0.512		2		1		0.942		
Glycine....g	0.144		2		1		0.265		
Proline....g	0.169		2		1		0.311		
Serine....g	0.224		2		1		0.412		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11029
Beans, kidney, mature seeds, sprouted, raw

Common Measures:
Measure 1 = 184g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11626

Beans, mung, mature seeds, sprouted, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.10	0.224	5		1		120.13		
Energy kcal	12		0	NC	4		14		
Energy kJ	48		0	NC	4		60		
Protein (N x 6.25) g	1.40	0.067	5		1		1.75		
Total lipid (fat) g	0.06		0		1		0.08		
Ash g	0.30		0		1		0.38		
Carbohydrate, by difference g	2.14		0	NC	4		2.68		
Fiber, total dietary g	0.8		0		4		1.0		
Sugars, total g	0.70		0	LC	8		0.88		
Starch g									
Minerals:									
Calcium, Ca mg	14	0.653	5		1		18		
Iron, Fe mg	0.43	0.036	5		1		0.54		
Magnesium, Mg mg	9		0		1		11		
Phosphorus, P mg	32	6.261	5		1		40		
Potassium, K mg	27	2.236	5		1		34		
Sodium, Na mg	42		0	LC	8		53		
Zinc, Zn mg	0.28		0		4		0.35		
Copper, Cu mg	0.157		0		1		0.196		
Manganese, Mn mg	0.073		0		1		0.091		
Selenium, Se µg	0.6		2	A	1		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3	0.080	5		1		0.4		
Thiamin mg	0.030	0.004	5		1		0.038		
Riboflavin mg	0.070	0.040	5		1		0.088		
Niacin mg	0.220	0.009	5		1		0.275		
Pantothenic acid mg	0.143		0		4		0.179		
Vitamin B-6 mg	0.032		0		4		0.040		
Folate, total µg	10	1.227	3		1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10	1.227	3		1		12		
Folate, DFE µg	10		0	NC	4		12		
Choline, total mg	7.8		0	BFSN	4		9.8		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2		0	BFSN	4		3		
Carotene, alpha µg	2		0	BFSN	4		3		
Cryptoxanthin, beta µg	2		0	BFSN	4		3		
Vitamin A, IU IU	8		0	NC	4		10		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	13.4		0	BFSN	4		16.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11626

Beans, mung, mature seeds, sprouted, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.020		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.011		0		1		0.014		
17:0....g									
18:0....g	0.003		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.010		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.025		
18:2 undifferentiated....g	0.015		0		1		0.019		
18:3 undifferentiated....g	0.006		0		1		0.008		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.024		
Threonine....g	0.040		0		1		0.050		
Isoleucine....g	0.067		0		1		0.084		
Leucine....g	0.089		0		1		0.111		
Lysine....g	0.085		0		1		0.106		
Methionine....g	0.017		0		1		0.021		
Cystine....g	0.009		0		1		0.011		
Phenylalanine....g	0.060		0		1		0.075		
Tyrosine....g	0.026		0		1		0.033		
Valine....g	0.067		0		1		0.084		
Arginine....g	0.101		0		1		0.126		
Histidine....g	0.036		0		1		0.045		
Alanine....g	0.050		0		1		0.063		
Aspartic acid....g	0.245		0		1		0.306		
Glutamic acid....g	0.082		0		1		0.103		
Glycine....g	0.032		0		1		0.040		
Proline....g									
Serine....g	0.017		0		1		0.021		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11626

Beans, mung, mature seeds, sprouted, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11719

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.02		0		1				
Energy kcal	78		0	NC	4				
Energy kJ	325		0	NC	4				
Protein (N x 6.25) g	7.07		0		1				
Total lipid (fat) g	0.81		0		1				
Ash g	1.09		0		1				
Carbohydrate, by difference g	15.01		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	16		0		1				
Iron, Fe mg	2.11		0		1				
Magnesium, Mg mg	111		0		1				
Phosphorus, P mg	103		0		1				
Potassium, K mg	317		0		1				
Sodium, Na mg	250		0		4				
Zinc, Zn mg	0.97		0		4				
Copper, Cu mg	0.389		0		4				
Manganese, Mn mg	0.446		0		4				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	17.3		0		1				
Thiamin mg	0.381		0		1				
Riboflavin mg	0.235		0		1				
Niacin mg	1.263		0		1				
Pantothenic acid mg	0.854		0		4				
Vitamin B-6 mg	0.198		0		4				
Folate, total µg	106		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	106		0		4				
Folate, DFE µg	106		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0	AS	1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11719

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.098		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.087		0		1				
17:0....g									
18:0....g	0.011		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.060		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.468		0		1				
18:2 undifferentiated....g	0.169		0		1				
18:3 undifferentiated....g	0.299		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0		1				
Threonine....g	0.297		0		1				
Isoleucine....g	0.314		0		1				
Leucine....g	0.508		0		1				
Lysine....g	0.403		0		1				
Methionine....g	0.074		0		1				
Cystine....g	0.080		0		1				
Phenylalanine....g	0.357		0		1				
Tyrosine....g	0.243		0		1				
Valine....g	0.363		0		1				
Arginine....g	0.385		0		1				
Histidine....g	0.198		0		1				
Alanine....g	0.293		0		1				
Aspartic acid....g	0.919		0		1				
Glutamic acid....g	0.863		0		1				
Glycine....g	0.243		0		1				
Proline....g	0.285		0		1				
Serine....g	0.378		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11719

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, with salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11047

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.02		0		1				
Energy kcal	78		0	NC	4				
Energy kJ	325		0	NC	4				
Protein (N x 6.25) g	7.07		0		1				
Total lipid (fat) g	0.81		0		1				
Ash g	1.09		0		1				
Carbohydrate, by difference g	15.01		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	16		0		1				
Iron, Fe mg	2.11		0		1				
Magnesium, Mg mg	111		0		1				
Phosphorus, P mg	103		0		1				
Potassium, K mg	317		0		1				
Sodium, Na mg	14		0		4				
Zinc, Zn mg	0.97		0		4				
Copper, Cu mg	0.389		0		4				
Manganese, Mn mg	0.446		0		4				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	17.3		0		1				
Thiamin mg	0.381		0		1				
Riboflavin mg	0.235		0		1				
Niacin mg	1.263		0		1				
Pantothenic acid mg	0.854		0		4				
Vitamin B-6 mg	0.198		0		4				
Folate, total µg	106		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	106		0		4				
Folate, DFE µg	106		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0	AS	1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11047

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.098		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.087		0		1				
17:0....g									
18:0....g	0.011		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.060		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.468		0		1				
18:2 undifferentiated....g	0.169		0		1				
18:3 undifferentiated....g	0.299		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.074		0		1				
Threonine....g	0.297		0		1				
Isoleucine....g	0.314		0		1				
Leucine....g	0.508		0		1				
Lysine....g	0.403		0		1				
Methionine....g	0.074		0		1				
Cystine....g	0.080		0		1				
Phenylalanine....g	0.357		0		1				
Tyrosine....g	0.243		0		1				
Valine....g	0.363		0		1				
Arginine....g	0.385		0		1				
Histidine....g	0.198		0		1				
Alanine....g	0.293		0		1				
Aspartic acid....g	0.919		0		1				
Glutamic acid....g	0.863		0		1				
Glycine....g	0.243		0		1				
Proline....g	0.285		0		1				
Serine....g	0.378		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11047

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, without salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11046

Beans, navy, mature seeds, sprouted, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.15		2		1		82.32		
Energy kcal	67		0	NC	4		70		
Energy kJ	280				4		292		
Protein (N x 6.25) g	6.15		2		1		6.40		
Total lipid (fat) g	0.70		2		1		0.73		
Ash g	0.95		2		1		0.99		
Carbohydrate, by difference g	13.05		0	NC	4		13.57		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15		1		1		16		
Iron, Fe mg	1.93		2		1		2.01		
Magnesium, Mg mg	101		2		1		105		
Phosphorus, P mg	100		2		1		104		
Potassium, K mg	307		2		1		319		
Sodium, Na mg	13		0		4		14		
Zinc, Zn mg	0.89		0		4		0.93		
Copper, Cu mg	0.356		0		4		0.370		
Manganese, Mn mg	0.408		0		4		0.424		
Selenium, Se µg	0.6		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.8		2		1		19.6		
Thiamin mg	0.390		2		1		0.406		
Riboflavin mg	0.215		2		1		0.224		
Niacin mg	1.220		2		1		1.269		
Pantothenic acid mg	0.825		0		4		0.858		
Vitamin B-6 mg	0.191		0		4		0.199		
Folate, total µg	132		0		4		137		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	132		0		4		137		
Folate, DFE µg	132		0	NC	4		137		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		2		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4		2		1		4		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11046

Beans, navy, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.085		0		1		0.088		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.076		0		1		0.079		
17:0....g									
18:0....g	0.009		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.052		0		1		0.054		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.052		0		1		0.054		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.407		0		1		0.423		
18:2 undifferentiated....g	0.147		0		1		0.153		
18:3 undifferentiated....g	0.260		0		1		0.270		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.064		0		1		0.067		
Threonine....g	0.258		0		1		0.268		
Isoleucine....g	0.273		0		1		0.284		
Leucine....g	0.442		0		1		0.460		
Lysine....g	0.350		0		1		0.364		
Methionine....g	0.064		0		1		0.067		
Cystine....g	0.070		0		1		0.073		
Phenylalanine....g	0.310		0		1		0.322		
Tyrosine....g	0.212		0		1		0.220		
Valine....g	0.316		0		1		0.329		
Arginine....g	0.335		0		1		0.348		
Histidine....g	0.172		0		1		0.179		
Alanine....g	0.255		0		1		0.265		
Aspartic acid....g	0.799		0		1		0.831		
Glutamic acid....g	0.750		0		1		0.780		
Glycine....g	0.212		0		1		0.220		
Proline....g	0.248		0		1		0.258		
Serine....g	0.329		0		1		0.342		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11046

Beans, navy, mature seeds, sprouted, raw

Common Measures:

Measure 1 = 104g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11720

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.01		0		1		54.53	164.75	
Energy kcal	162		0	NC	4		152	460	
Energy kJ	678		0	NC	4		637	1926	
Protein (N x 6.25) g	9.31		0		1		8.75	26.44	
Total lipid (fat) g	0.48		0		1		0.45	1.36	
Ash g	1.33		0		1		1.25	3.78	
Carbohydrate, by difference g	30.87		0	NC	4		29.02	87.67	
Fiber, total dietary g	5.4		0	BFSN	4		5.1	15.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	52		0		1		49	148	
Iron, Fe mg	2.71		0		1		2.55	7.70	
Magnesium, Mg mg	54		0		4		51	153	
Phosphorus, P mg	100		0		4		94	284	
Potassium, K mg	646		0		4		607	1835	
Sodium, Na mg	319		0		4		300	906	
Zinc, Zn mg	0.69		0		4		0.65	1.96	
Copper, Cu mg	0.088		0		4		0.083	0.250	
Manganese, Mn mg	0.493		0		4		0.463	1.400	
Selenium, Se µg	1.4		0	BFSN	4		1.3	4.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.7		0		1		0.7	2.0	
Thiamin mg	0.274		0		1		0.258	0.778	
Riboflavin mg	0.108		0		1		0.102	0.307	
Niacin mg	0.632		0		1		0.594	1.795	
Pantothenic acid mg	0.258		0		4		0.243	0.733	
Vitamin B-6 mg	0.194		0		4		0.182	0.551	
Folate, total µg	34		0		4		31	95	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	34		0		4		31	95	
Folate, DFE µg	34		0	NC	4		31	95	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11720

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.058		0		1		0.055	0.165	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.051		0		1		0.048	0.145	
17:0....g									
18:0....g	0.006		0		1		0.006	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.033	0.099	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.033	0.099	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.276		0		1		0.259	0.784	
18:2 undifferentiated....g	0.099		0		1		0.093	0.281	
18:3 undifferentiated....g	0.177		0		1		0.166	0.503	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: .333 package (10 oz) yields

Measure 2 = 284g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11049

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.01		0		1		54.53	164.75	
Energy kcal	162		0	NC	4		152	460	
Energy kJ	678		0	NC	4		637	1926	
Protein (N x 6.25) g	9.31		0		1		8.75	26.44	
Total lipid (fat) g	0.48		0		1		0.45	1.36	
Ash g	1.33		0		1		1.25	3.78	
Carbohydrate, by difference g	30.87		0	NC	4		29.02	87.67	
Fiber, total dietary g	5.4		0	BFSN	4		5.1	15.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	52		0		1		49	148	
Iron, Fe mg	2.71		0		1		2.55	7.70	
Magnesium, Mg mg	54		0		4		51	153	
Phosphorus, P mg	100		0		4		94	284	
Potassium, K mg	646		0		4		607	1835	
Sodium, Na mg	83		0		4		78	236	
Zinc, Zn mg	0.69		0		4		0.65	1.96	
Copper, Cu mg	0.088		0		4		0.083	0.250	
Manganese, Mn mg	0.493		0		4		0.463	1.400	
Selenium, Se µg	1.4		0	BFSN	4		1.3	4.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.7		0		1		0.7	2.0	
Thiamin mg	0.274		0		1		0.258	0.778	
Riboflavin mg	0.108		0		1		0.102	0.307	
Niacin mg	0.632		0		1		0.594	1.795	
Pantothenic acid mg	0.258		0		4		0.243	0.733	
Vitamin B-6 mg	0.194		0		4		0.182	0.551	
Folate, total µg	34		0		4		31	95	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	34		0		4		31	95	
Folate, DFE µg	34		0	NC	4		31	95	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11049

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.058		0		1		0.055	0.165	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.051		0		1		0.048	0.145	
17:0....g									
18:0....g	0.006		0		1		0.006	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.033	0.099	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.033	0.099	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.276		0		1		0.259	0.784	
18:2 undifferentiated....g	0.099		0		1		0.093	0.281	
18:3 undifferentiated....g	0.177		0		1		0.166	0.503	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: .333 package (10 oz) yields

Measure 2 = 284g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11048
Beans, pinto, immature seeds, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.80		1		1		52.45	158.47	
Energy kcal	170		0	NC	4		160	483	
Energy kJ	711				4		669	2020	
Protein (N x 6.25) g	9.80		1		1		9.21	27.83	
Total lipid (fat) g	0.50		1		1		0.47	1.42	
Ash g	1.40		1		1		1.32	3.98	
Carbohydrate, by difference g	32.50		0	NC	4		30.55	92.30	
Fiber, total dietary g	5.7		0		4		5.4	16.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	58		1		1		55	165	
Iron, Fe mg	3.00		1		1		2.82	8.52	
Magnesium, Mg mg	60		0		4		56	170	
Phosphorus, P mg	117		0		4		110	332	
Potassium, K mg	756		0		4		711	2147	
Sodium, Na mg	92		0		4		86	261	
Zinc, Zn mg	0.77		0		4		0.72	2.19	
Copper, Cu mg	0.098		0		4		0.092	0.278	
Manganese, Mn mg	0.546		0		4		0.513	1.551	
Selenium, Se µg	1.5		0	CAZN	4		1.4	4.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		1		1		0.9	2.8	
Thiamin mg	0.340		1		1		0.320	0.966	
Riboflavin mg	0.120		1		1		0.113	0.341	
Niacin mg	0.700		1		1		0.658	1.988	
Pantothenic acid mg	0.302		0		4		0.284	0.858	
Vitamin B-6 mg	0.215		0		4		0.202	0.611	
Folate, total µg	50		0		4		47	143	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	50		0		4		47	143	
Folate, DFE µg	50		0	NC	4		47	143	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		1		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11048

Beans, pinto, immature seeds, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.061		0		1		0.057	0.173	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.054		0		1		0.051	0.153	
17:0....g									
18:0....g	0.007		0		1		0.007	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.035	0.105	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.037		0		1		0.035	0.105	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.291		0		1		0.274	0.826	
18:2 undifferentiated....g	0.105		0		1		0.099	0.298	
18:3 undifferentiated....g	0.186		0		1		0.175	0.528	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: .333 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11721

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.39		0		1				
Energy kcal	20		0	NC	4				
Energy kJ	82		0	NC	4				
Protein (N x 6.25) g	1.86		0		1				
Total lipid (fat) g	0.32		0		1				
Ash g	0.93		0	O	4				
Carbohydrate, by difference g	3.50		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1				
Iron, Fe mg	0.66		0		1				
Magnesium, Mg mg	18		0		1				
Phosphorus, P mg	30		0		1				
Potassium, K mg	98		0		1				
Sodium, Na mg	287		0		4				
Zinc, Zn mg	0.17		0		1				
Copper, Cu mg	0.107		0		4				
Manganese, Mn mg	0.123		0		4				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	6.1		0		1				
Thiamin mg	0.067		0		1				
Riboflavin mg	0.059		0		1				
Niacin mg	0.725		0		1				
Pantothenic acid mg	0.235		0		4				
Vitamin B-6 mg	0.054		0		4				
Folate, total µg	29		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	29		0		4				
Folate, DFE µg	29		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0	AS	1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11721

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.034		0		1				
17:0....g									
18:0....g	0.004		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.024		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.185		0		1				
18:2 undifferentiated....g	0.067		0		1				
18:3 undifferentiated....g	0.118		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1				
Threonine....g	0.078		0		1				
Isoleucine....g	0.082		0		1				
Leucine....g	0.133		0		1				
Lysine....g	0.106		0		1				
Methionine....g	0.019		0		1				
Cystine....g	0.021		0		1				
Phenylalanine....g	0.094		0		1				
Tyrosine....g	0.064		0		1				
Valine....g	0.095		0		1				
Arginine....g	0.101		0		1				
Histidine....g	0.052		0		1				
Alanine....g	0.077		0		1				
Aspartic acid....g	0.241		0		1				
Glutamic acid....g	0.226		0		1				
Glycine....g	0.064		0		1				
Proline....g	0.075		0		1				
Serine....g	0.099		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11721

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, with salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11654

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.39		0		1				
Energy kcal	22		0	NC	4				
Energy kJ	92				4				
Protein (N x 6.25) g	1.86		0		1				
Total lipid (fat) g	0.32		0		1				
Ash g	0.34		0		1				
Carbohydrate, by difference g	4.10		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1				
Iron, Fe mg	0.66		0		1				
Magnesium, Mg mg	18		0		1				
Phosphorus, P mg	30		0		1				
Potassium, K mg	98		0		1				
Sodium, Na mg	51		0		1				
Zinc, Zn mg	0.17		0		1				
Copper, Cu mg	0.107		0		4				
Manganese, Mn mg	0.123		0		4				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	6.1		0		1				
Thiamin mg	0.067		0		1				
Riboflavin mg	0.059		0		1				
Niacin mg	0.725		0		1				
Pantothenic acid mg	0.235		0		4				
Vitamin B-6 mg	0.054		0		4				
Folate, total µg	29		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	29		0		4				
Folate, DFE µg	29		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11654

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.034		0		1				
17:0....g									
18:0....g	0.004		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.024		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.185		0		1				
18:2 undifferentiated....g	0.067		0		1				
18:3 undifferentiated....g	0.118		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1				
Threonine....g	0.078		0		1				
Isoleucine....g	0.082		0		1				
Leucine....g	0.133		0		1				
Lysine....g	0.106		0		1				
Methionine....g	0.019		0		1				
Cystine....g	0.021		0		1				
Phenylalanine....g	0.094		0		1				
Tyrosine....g	0.064		0		1				
Valine....g	0.095		0		1				
Arginine....g	0.101		0		1				
Histidine....g	0.052		0		1				
Alanine....g	0.077		0		1				
Aspartic acid....g	0.241		0		1				
Glutamic acid....g	0.226		0		1				
Glycine....g	0.064		0		1				
Proline....g	0.075		0		1				
Serine....g	0.099		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11654

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, without salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11653

Beans, pinto, mature seeds, sprouted, raw

Phaseolus vulgaris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.30		2		1				
Energy kcal	62		0	NC	4				
Energy kJ	259				4				
Protein (N x 6.25) g	5.25		2		1				
Total lipid (fat) g	0.90		2		1				
Ash g	0.95		2		1				
Carbohydrate, by difference g	11.60		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	43		2		1				
Iron, Fe mg	1.97		2		1				
Magnesium, Mg mg	53		2		1				
Phosphorus, P mg	94		2		1				
Potassium, K mg	307		2		1				
Sodium, Na mg	153		1		1				
Zinc, Zn mg	0.50		1		1				
Copper, Cu mg	0.320		0		4				
Manganese, Mn mg	0.366		0		4				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	21.7		2		1				
Thiamin mg	0.230		2		1				
Riboflavin mg	0.175		2		1				
Niacin mg	2.280		2		1				
Pantothenic acid mg	0.740		0		4				
Vitamin B-6 mg	0.171		0		4				
Folate, total µg	118		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	118		0		4				
Folate, DFE µg	118		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		2		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2		2		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11653

Beans, pinto, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.109		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.097		0		1				
17:0....g									
18:0....g	0.012		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.067		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.067		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.523		0		1				
18:2 undifferentiated....g	0.189		0		1				
18:3 undifferentiated....g	0.334		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0		1				
Threonine....g	0.220		0		1				
Isoleucine....g	0.233		0		1				
Leucine....g	0.377		0		1				
Lysine....g	0.299		0		1				
Methionine....g	0.055		0		1				
Cystine....g	0.060		0		1				
Phenylalanine....g	0.265		0		1				
Tyrosine....g	0.181		0		1				
Valine....g	0.270		0		1				
Arginine....g	0.286		0		1				
Histidine....g	0.147		0		1				
Alanine....g	0.218		0		1				
Aspartic acid....g	0.682		0		1				
Glutamic acid....g	0.640		0		1				
Glycine....g	0.181		0		1				
Proline....g	0.212		0		1				
Serine....g	0.281		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11653
Beans, pinto, mature seeds, sprouted, raw

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11050
Beans, shellie, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.69	0.222	12		1		222.19		
Energy kcal	30		0	NC	4		74		
Energy kJ	126		0		4		308		
Protein (N x 6.25) g	1.76	0.098	12		1		4.31		
Total lipid (fat) g	0.19	0.009	11		1		0.47		
Ash g	1.17	0.046	12		1		2.87		
Carbohydrate, by difference g	6.19		0	NC	4		15.17		
Fiber, total dietary g	3.4		0		4		8.3		
Sugars, total g	0.63		0	RA	4		1.55		
Starch g									
Minerals:									
Calcium, Ca mg	29	1.383	12		1		71		
Iron, Fe mg	0.99	0.078	12		1		2.43		
Magnesium, Mg mg	15		0		4		37		
Phosphorus, P mg	30		0		4		74		
Potassium, K mg	109	4.359	12		1		267		
Sodium, Na mg	334	16.252	12		1		818		
Zinc, Zn mg	0.27		0		4		0.66		
Copper, Cu mg	0.080		0		4		0.196		
Manganese, Mn mg	0.382		0		4		0.936		
Selenium, Se µg	2.1		0	RA	4		5.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1	0.375	12		1		7.6		
Thiamin mg	0.032	0.003	12		1		0.078		
Riboflavin mg	0.054	0.003	12		1		0.132		
Niacin mg	0.205	0.013	12		1		0.502		
Pantothenic acid mg	0.133		0		4		0.326		
Vitamin B-6 mg	0.049		0		4		0.120		
Folate, total µg	18		0		4		44		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		4		44		
Folate, DFE µg	18		0	NC	4		44		
Choline, total mg	13.2		0	RA	4		32.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	NC	4		28		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	137		0	O	4		335		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	228		0	NC	4		559		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	331		0	O	4		810		
Vitamin E (alpha-tocopherol) mg	0.03		0	O	4		0.07		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	8.0		0	O	4		19.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11050

Beans, shellie, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.056		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.021		0		1		0.051		
17:0....g									
18:0....g	0.003		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.034		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0		1		0.270		
18:2 undifferentiated....g	0.040		0		1		0.098		
18:3 undifferentiated....g	0.071		0		1		0.174		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.96 **Fat** 8.37 **Carbohydrate** 3.82

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11058

Beans, snap, canned, all styles, seasoned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.30	0.061	22		1		107.50	413.98	
Energy kcal	16		0	NC	4		18	70	
Energy kJ	67				4		76	294	
Protein (N x 6.25) g	0.83	0.012	22		1		0.95	3.64	
Total lipid (fat) g	0.20	0.011	22		1		0.23	0.88	
Ash g	1.18	0.018	22		1		1.35	5.18	
Carbohydrate, by difference g	3.49		0	NC	4		3.98	15.32	
Fiber, total dietary g	1.5		0	BFZN	4		1.7	6.6	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	22	1.003	22		1		25	97	
Iron, Fe mg	0.47	0.016	22		1		0.54	2.06	
Magnesium, Mg mg	13	0.160	22		1		15	57	
Phosphorus, P mg	16	0.383	22		1		18	70	
Potassium, K mg	93	2.107	22		1		106	408	
Sodium, Na mg	373	6.805	22		1		425	1637	
Zinc, Zn mg	0.14	0.003	22		1		0.16	0.61	
Copper, Cu mg	0.060	0.002	22		1		0.068	0.263	
Manganese, Mn mg	0.312		0		4		0.356	1.370	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1	0.173	22		1		3.5	13.6	
Thiamin mg	0.025	0.001	22		1		0.029	0.110	
Riboflavin mg	0.049	0.001	22		1		0.056	0.215	
Niacin mg	0.233	0.011	22		1		0.266	1.023	
Pantothenic acid mg	0.098		0		4		0.112	0.430	
Vitamin B-6 mg	0.044		0		4		0.050	0.193	
Folate, total µg	18		0		4		20	78	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	18		0		4		20	78	
Folate, DFE µg	18		0	NC	4		20	78	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	26	1.025	22		1		30	115	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	525	20.503	22		1		599	2305	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11058

Beans, snap, canned, all styles, seasoned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.045		0		1		0.051	0.198	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.037		0		1		0.042	0.162	
17:0....g									
18:0....g	0.007		0		1		0.008	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.009	0.035	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.008	0.031	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		0		1		0.116	0.448	
18:2 undifferentiated....g	0.039		0		1		0.044	0.171	
18:3 undifferentiated....g	0.063		0		1		0.072	0.277	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.010	0.040	
Threonine....g	0.036		0		1		0.041	0.158	
Isoleucine....g	0.030		0		1		0.034	0.132	
Leucine....g	0.051		0		1		0.058	0.224	
Lysine....g	0.040		0		1		0.046	0.176	
Methionine....g	0.010		0		1		0.011	0.044	
Cystine....g	0.008		0		1		0.009	0.035	
Phenylalanine....g	0.030		0		1		0.034	0.132	
Tyrosine....g	0.019		0		1		0.022	0.083	
Valine....g	0.041		0		1		0.047	0.180	
Arginine....g	0.034		0		1		0.039	0.149	
Histidine....g	0.016		0		1		0.018	0.070	
Alanine....g	0.038		0		1		0.043	0.167	
Aspartic acid....g	0.117		0		1		0.133	0.514	
Glutamic acid....g	0.086		0		1		0.098	0.378	
Glycine....g	0.030		0		1		0.034	0.132	
Proline....g	0.031		0		1		0.035	0.136	
Serine....g	0.045		0		1		0.051	0.198	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11058
Beans, snap, canned, all styles, seasoned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 114g: .5 cup
Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11729

Beans, snap, green, canned, no salt added, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.38	0.134	4	A	1		142.87	57.90	244.66
Energy kcal	22		0	NC	4		34	14	58
Energy kJ	92		0	NC	4		141	57	241
Protein (N x 6.25) g	1.12	0.009	4	A	1		1.71	0.69	2.94
Total lipid (fat) g	0.46	0.050	4	A	1		0.70	0.28	1.19
Ash g	0.73	0.232	4	A	1		1.11	0.45	1.90
Carbohydrate, by difference g	4.32		0	NC	4		6.60	2.68	11.31
Fiber, total dietary g	1.9		2	A	1		2.9	1.2	5.0
Sugars, total g	0.78		2	A	1		1.19	0.48	2.03
Sucrose g	0.16		2	A	1		0.24	0.10	0.41
Glucose (dextrose) g	0.29		2	A	1		0.45	0.18	0.76
Fructose g	0.33		2	A	1		0.50	0.20	0.86
Lactose g	0.00		2	A	1		0.00	0.00	0.00
Maltose g	0.00		2	A	1		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	1.00		2	A	1		1.53	0.62	2.62
Minerals:									
Calcium, Ca mg	38	1.027	4	A	1		58	23	99
Iron, Fe mg	1.06	0.387	4	A	1		1.62	0.66	2.78
Magnesium, Mg mg	13	0.405	4	A	1		21	8	35
Phosphorus, P mg	20	1.089	4	A	1		30	12	52
Potassium, K mg	96	3.205	4	A	1		146	59	251
Sodium, Na mg	2		0	A	1		3	1	5
Zinc, Zn mg	0.20	0.005	4	A	1		0.30	0.12	0.52
Copper, Cu mg	0.034	0.002	4	A	1		0.052	0.021	0.088
Manganese, Mn mg	0.163	0.067	4	A	1		0.249	0.101	0.426
Selenium, Se µg	0.4	0.103	8	A	1		0.6	0.2	1.0
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8	0.466	6	A	1		4.3	1.8	7.4
Thiamin mg	0.016	0.001	6	A	1		0.024	0.010	0.041
Riboflavin mg	0.046	0.005	6	A	1		0.071	0.029	0.121
Niacin mg	0.206	0.022	6	A	1		0.315	0.128	0.540
Pantothenic acid mg	0.200		2	A	1		0.306	0.124	0.524
Vitamin B-6 mg	0.030		2	A	1		0.046	0.019	0.078
Folate, total (1) µg	28		0	A	1		42	17	72
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (1) µg	28		0	A	1		42	17	72
Folate, DFE (1) µg	28		0	NC	4		42	17	72
Choline, total mg	14.7		0	AS	1		22.5	9.1	38.6
Betaine mg	0.2		1	A	1		0.3	0.1	0.6
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	AS	1		27	11	46
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	122		2	A	1		186	75	319
Carotene, alpha µg	156		2	A	1		239	97	409
Cryptoxanthin, beta µg	24		2	A	1		37	15	64
Vitamin A, IU IU	353		0	AS	1		540	219	925
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	452		0	BFSN	4		692	280	1185
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.05	0.02	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11729

Beans, snap, green, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	38.9		2	A	1		59.4	24.1	101.8
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.103		0	NC	4		0.158	0.064	0.270
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.089		0		1		0.136	0.055	0.233
17:0....g									
18:0....g	0.014		0		1		0.021	0.009	0.037
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0	NC	4		0.029	0.012	0.049
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.029	0.012	0.049
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.234		0	NC	4		0.358	0.145	0.613
18:2 undifferentiated....g	0.089		0		1		0.136	0.055	0.233
18:3 undifferentiated....g	0.145		0		1		0.222	0.090	0.380
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0	A	1		0.018	0.007	0.030
Threonine....g	0.048		0	A	1		0.074	0.030	0.127
Isoleucine....g	0.040		0	A	1		0.062	0.025	0.106
Leucine....g	0.069		0	A	1		0.105	0.043	0.180
Lysine....g	0.054		0	A	1		0.082	0.033	0.141
Methionine....g	0.013		0	A	1		0.021	0.008	0.035
Cystine....g	0.011		0	A	1		0.017	0.007	0.029
Phenylalanine....g	0.041		0	A	1		0.063	0.025	0.108
Tyrosine....g	0.026		0	A	1		0.039	0.016	0.067
Valine....g	0.055		0	A	1		0.084	0.034	0.144
Arginine....g	0.045		0	A	1		0.068	0.028	0.117
Histidine....g	0.021		0	A	1		0.032	0.013	0.055
Alanine....g	0.051		0	A	1		0.079	0.032	0.135
Aspartic acid....g	0.156		0	A	1		0.239	0.097	0.409
Glutamic acid....g	0.115		0	A	1		0.175	0.071	0.300

NDB No. 11729

Beans, snap, green, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.040		0	A	1		0.061	0.025	0.104
Proline....g	0.042		0	A	1		0.064	0.026	0.109
Serine....g	0.061		0	A	1		0.093	0.038	0.159
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11726

Beans, snap, green, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.68	0.053	948	A	1		113.62	415.65	
Energy kcal	15		0	NC	4		18	67	
Energy kJ	64		0	NC	4		77	281	
Protein (N x 6.25) g	0.80	0.010	999	A	1		0.96	3.51	
Total lipid (fat) g	0.10	0.005	932	A	1		0.12	0.44	
Ash g	0.92	0.012	852	A	1		1.10	4.04	
Carbohydrate, by difference g	3.50		0	NC	4		4.20	15.37	
Fiber, total dietary g	1.5		0	A	1		1.8	6.6	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	24	0.229	1032	A	1		29	105	
Iron, Fe mg	0.90	0.026	1016	A	1		1.08	3.95	
Magnesium, Mg mg	13	0.108	996		1		16	57	
Phosphorus, P mg	19	0.278	1082		1		23	83	
Potassium, K mg	92	1.886	701	A	1		110	404	
Sodium, Na mg	14	2.636	26	A	1		17	61	
Zinc, Zn mg	0.20	0.004	454		1		0.24	0.88	
Copper, Cu mg	0.070	0.002	400		1		0.084	0.307	
Manganese, Mn mg	0.335	0.015	115		1		0.402	1.471	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.4	0.065	1073	A	1		4.1	14.9	
Thiamin mg	0.025	0.001	1443		1		0.030	0.110	
Riboflavin mg	0.051	0.001	1380		1		0.061	0.224	
Niacin mg	0.200	0.005	1371		1		0.240	0.878	
Pantothenic acid mg	0.106	0.028	6		1		0.127	0.465	
Vitamin B-6 mg	0.030	0.002	6		1		0.036	0.132	
Folate, total µg	18	1.913	3		1		22	80	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	18	1.913	3		1		22	80	
Folate, DFE µg	18		0	NC	4		22	80	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	16	0.211	1113	A	1		19	70	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	321	4.211	1113	A	1		385	1409	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.17	0.61	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11726

Beans, snap, green, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.028	0.101	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.019		0		1		0.023	0.083	
17:0....g									
18:0....g	0.003		0		1		0.004	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.005	0.018	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.005	0.018	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated....g	0.032		0		1		0.038	0.140	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	BFPN	4		0.010	0.035	
Threonine....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine....g	0.029		0	BFPN	4		0.035	0.127	
Leucine....g	0.049		0	BFPN	4		0.059	0.215	
Lysine....g	0.039		0	BFPN	4		0.047	0.171	
Methionine....g	0.009		0	BFPN	4		0.011	0.040	
Cystine....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine....g	0.019		0	BFPN	4		0.023	0.083	
Valine....g	0.040		0	BFPN	4		0.048	0.176	
Arginine....g	0.032		0	BFPN	4		0.038	0.140	
Histidine....g	0.015		0	BFPN	4		0.018	0.066	
Alanine....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid....g	0.082		0	BFPN	4		0.098	0.360	
Glycine....g	0.028		0	BFPN	4		0.034	0.123	
Proline....g	0.029		0	BFPN	4		0.035	0.127	
Serine....g	0.043		0	BFPN	4		0.052	0.189	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									

NDB No. 11726

Beans, snap, green, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11056

Beans, snap, green, canned, regular pack, drained solids

Includes USDA commodity food A059, A061

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.38	0.134	4	A	1		126.06	57.90	244.66
Energy kcal	22		0	NC	4		30	14	58
Energy kJ	92		0	NC	4		124	57	241
Protein (N x 6.25) g	1.12	0.009	4	A	1		1.51	0.69	2.94
Total lipid (fat) g	0.46	0.050	4	A	1		0.62	0.28	1.19
Ash g	0.73	0.232	4	A	1		0.98	0.45	1.90
Carbohydrate, by difference g	4.32		0	NC	4		5.83	2.68	11.31
Fiber, total dietary g	1.9		2	A	1		2.6	1.2	5.0
Sugars, total g	0.78		2	A	1		1.05	0.48	2.03
Sucrose g	0.16		2	A	1		0.21	0.10	0.41
Glucose (dextrose) g	0.29		2	A	1		0.39	0.18	0.76
Fructose g	0.33		2	A	1		0.44	0.20	0.86
Lactose g	0.00		2	A	1		0.00	0.00	0.00
Maltose g	0.00		2	A	1		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	1.00		2	A	1		1.35	0.62	2.62
Minerals:									
Calcium, Ca mg	38	1.027	4	A	1		51	23	99
Iron, Fe mg	1.06	0.387	4	A	1		1.43	0.66	2.78
Magnesium, Mg mg	13	0.405	4	A	1		18	8	35
Phosphorus, P mg	20	1.089	4	A	1		27	12	52
Potassium, K mg	96	3.205	4	A	1		129	59	251
Sodium, Na mg	230		3	A	1		310	143	602
Zinc, Zn mg	0.20	0.005	4	A	1		0.27	0.12	0.52
Copper, Cu mg	0.034	0.002	4	A	1		0.046	0.021	0.088
Manganese, Mn mg	0.163	0.067	4	A	1		0.220	0.101	0.426
Selenium, Se µg	0.4	0.103	8	A	1		0.5	0.2	1.0
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8	0.466	6	A	1		3.8	1.8	7.4
Thiamin mg	0.016	0.001	6	A	1		0.021	0.010	0.041
Riboflavin mg	0.046	0.005	6	A	1		0.062	0.029	0.121
Niacin mg	0.206	0.022	6	A	1		0.278	0.128	0.540
Pantothenic acid mg	0.200		2	A	1		0.270	0.124	0.524
Vitamin B-6 mg	0.030		2	A	1		0.040	0.019	0.078
Folate, total (1) µg	28		0	A	1		37	17	72
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (1) µg	28		0	A	1		37	17	72
Folate, DFE (1) µg	28		0	NC	4		37	17	72
Choline, total mg	14.7		0	AS	1		19.9	9.1	38.6
Betaine mg	0.2		1	A	1		0.3	0.1	0.6
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	AS	1		24	11	46
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	122		2	A	1		164	75	319
Carotene, alpha µg	156		2	A	1		211	97	409
Cryptoxanthin, beta µg	24		2	A	1		33	15	64
Vitamin A, IU IU	353		0	AS	1		476	219	925
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	452		0	BFSN	4		611	280	1185
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.04	0.02	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11056

Beans, snap, green, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	38.9		2	A	1		52.4	24.1	101.8
Dihydrophylloquinone µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4 µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated g	0.103		0	NC	4		0.139	0.064	0.270
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.000		0		1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	0.000
15:0 g									
16:0 g	0.089		0		1		0.120	0.055	0.233
17:0 g									
18:0 g	0.014		0		1		0.019	0.009	0.037
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.019		0	NC	4		0.025	0.012	0.049
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
17:1 g									
18:1 undifferentiated g	0.019		0		1		0.025	0.012	0.049
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.234		0	NC	4		0.316	0.145	0.613
18:2 undifferentiated g	0.089		0		1		0.120	0.055	0.233
18:3 undifferentiated g	0.145		0		1		0.196	0.090	0.380
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.012		0	A	1		0.016	0.007	0.030
Threonine g	0.048		0	A	1		0.065	0.030	0.127
Isoleucine g	0.040		0	A	1		0.055	0.025	0.106
Leucine g	0.069		0	A	1		0.093	0.043	0.180
Lysine g	0.054		0	A	1		0.073	0.033	0.141
Methionine g	0.013		0	A	1		0.018	0.008	0.035
Cystine g	0.011		0	A	1		0.015	0.007	0.029
Phenylalanine g	0.041		0	A	1		0.055	0.025	0.108
Tyrosine g	0.026		0	A	1		0.035	0.016	0.067
Valine g	0.055		0	A	1		0.074	0.034	0.144
Arginine g	0.045		0	A	1		0.060	0.028	0.117
Histidine g	0.021		0	A	1		0.028	0.013	0.055
Alanine g	0.051		0	A	1		0.069	0.032	0.135
Aspartic acid g	0.156		0	A	1		0.211	0.097	0.409
Glutamic acid g	0.115		0	A	1		0.155	0.071	0.300

NDB No. 11056

Beans, snap, green, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.040		0	A	1		0.054	0.025	0.104
Proline....g	0.042		0	A	1		0.056	0.026	0.109
Serine....g	0.061		0	A	1		0.082	0.038	0.159
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11054

Beans, snap, green, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.06	0.163	33	JA	6		228.14	402.10	
Energy kcal	15		0	NC	4		36	63	
Energy kJ	62		0	NC	4		149	262	
Protein (N x 6.25) g	0.72	0.035	33	JO	11		1.74	3.06	
Total lipid (fat) g	0.17	0.012	33	JA	6		0.42	0.73	
Ash g	0.77	0.068	33	JA	6		1.86	3.28	
Carbohydrate, by difference g	3.27		0	NC	4		7.85	13.83	
Fiber, total dietary g	1.5	0.074	29		1		3.5	6.2	
Sugars, total g	1.25	0.091	28		1		2.99	5.27	
Starch g									
Minerals:									
Calcium, Ca mg	29	0.921	53	JA	6		70	123	
Iron, Fe mg	1.02	0.088	53	JA	6		2.44	4.31	
Magnesium, Mg mg	13	0.371	24	JA	6		31	54	
Phosphorus, P mg	18	0.516	24	JA	6		44	77	
Potassium, K mg	92	1.755	32	JA	6		221	389	
Sodium, Na mg	192	13.241	52	JA	6		461	812	
Zinc, Zn mg	0.36	0.095	24	JA	6		0.86	1.52	
Copper, Cu mg	0.037	0.003	24	JA	6		0.088	0.156	
Manganese, Mn mg	0.205	0.018	24	JA	6		0.493	0.869	
Selenium, Se µg	0.0	0.000	20		1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2	0.207	33	JA	6		5.3	9.3	
Thiamin mg	0.015	0.000	4	A	1		0.036	0.063	
Riboflavin mg	0.020	0.004	4	A	1		0.048	0.084	
Niacin mg	0.200	0.014	4	A	1		0.480	0.846	
Pantothenic acid mg	0.106	0.028	6		1		0.254	0.448	
Vitamin B-6 mg	0.030	0.002	6		1		0.072	0.127	
Folate, total (1) µg	26		3	A	1		63	111	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (1) µg	26		3	A	1		63	111	
Folate, DFE (1) µg	26		0	NC	4		63	111	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	13		0	NC	4		32	56	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	91		0	BFSN	4		218	384	
Carotene, alpha µg	116		0	BFSN	4		279	492	
Cryptoxanthin, beta µg	18		0	BFSN	4		44	77	
Vitamin A, IU IU	263		0	NC	4		632	1114	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	338		0	BFSN	4		810	1428	
Vitamin E (alpha-tocopherol) mg	0.02		0	BFSN	4		0.06	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	29.0		0	BFSN	4		69.6	122.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11054

Beans, snap, green, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.040		0		1		0.096	0.169	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.033		0		1		0.079	0.139	
17:0....g									
18:0....g	0.005		0		1		0.012	0.022	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.017	0.029	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.017	0.029	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.090		0		1		0.216	0.381	
18:2 undifferentiated....g	0.035		0		1		0.083	0.147	
18:3 undifferentiated....g	0.055		0		1		0.133	0.235	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	BFPN	4		0.019	0.034	
Threonine....g	0.035		0	BFPN	4		0.084	0.148	
Isoleucine....g	0.029		0	BFPN	4		0.070	0.123	
Leucine....g	0.049		0	BFPN	4		0.118	0.207	
Lysine....g	0.039		0	BFPN	4		0.094	0.165	
Methionine....g	0.009		0	BFPN	4		0.022	0.038	
Cystine....g	0.008		0	BFPN	4		0.019	0.034	
Phenylalanine....g	0.029		0	BFPN	4		0.070	0.123	
Tyrosine....g	0.019		0	BFPN	4		0.046	0.080	
Valine....g	0.040		0	BFPN	4		0.096	0.169	
Arginine....g	0.032		0	BFPN	4		0.077	0.135	
Histidine....g	0.015		0	BFPN	4		0.036	0.063	
Alanine....g	0.037		0	BFPN	4		0.089	0.157	
Aspartic acid....g	0.111		0	BFPN	4		0.266	0.470	
Glutamic acid....g	0.082		0	BFPN	4		0.197	0.347	
Glycine....g	0.028		0	BFPN	4		0.067	0.118	
Proline....g	0.029		0	BFPN	4		0.070	0.123	
Serine....g	0.043		0	BFPN	4		0.103	0.182	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11054

Beans, snap, green, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 423g: 1 can total can contents

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11723
Beans, snap, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.22	1.145	6		1		111.53		
Energy kcal	35		0	NC	4		44		
Energy kJ	147		0	NC	4		184		
Protein (N x 6.25) g	1.89	0.288	5		1		2.36		
Total lipid (fat) g	0.28	0.066	5		1		0.35		
Ash g	0.73	0.072	5		1		0.91		
Carbohydrate, by difference g	7.88		0	NC	4		9.85		
Fiber, total dietary g	3.2		0		4		4.0		
Sugars, total g	3.63		0	BFSN	4		4.53		
Starch g									
Minerals:									
Calcium, Ca mg	44	1.918	27		1		55		
Iron, Fe mg	0.65	0.029	28		1		0.81		
Magnesium, Mg mg	18	0.810	28		1		23		
Phosphorus, P mg	29	1.056	27		1		36		
Potassium, K mg	146	8.783	28		1		182		
Sodium, Na mg	239		0		4		299		
Zinc, Zn mg	0.25	0.011	28		1		0.31		
Copper, Cu mg	0.057	0.005	28		1		0.072		
Manganese, Mn mg	0.285	0.016	28		1		0.356		
Selenium, Se µg	0.2	0.167	18		1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.7	0.256	9		1		12.1		
Thiamin mg	0.074		0		1		0.093		
Riboflavin mg	0.097		0		1		0.121		
Niacin mg	0.614		0		1		0.768		
Pantothenic acid mg	0.074		0		1		0.093		
Vitamin B-6 mg	0.056		0		1		0.070		
Folate, total µg	33		0		1		42		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		1		42		
Folate, DFE µg	33		0	NC	4		42		
Choline, total mg	16.9		0	BFSN	4		21.1		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	35		0	NC	4		43		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	380		0	BFSY	4		475		
Carotene, alpha µg	70		0	BFSY	4		87		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	691		0	NC	4		864		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	641		0	BFSY	4		801		
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.57		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	47.9		0	BFSN	4		59.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11723

Beans, snap, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.080		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.053		0		1		0.066		
17:0....g									
18:0....g	0.009		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.014		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.145		0		1		0.181		
18:2 undifferentiated....g	0.056		0		1		0.070		
18:3 undifferentiated....g	0.089		0		1		0.111		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.025		
Threonine....g	0.082		0		1		0.103		
Isoleucine....g	0.069		0		1		0.086		
Leucine....g	0.116		0		1		0.145		
Lysine....g	0.091		0		1		0.114		
Methionine....g	0.023		0		1		0.029		
Cystine....g	0.018		0		1		0.023		
Phenylalanine....g	0.069		0		1		0.086		
Tyrosine....g	0.044		0		1		0.055		
Valine....g	0.093		0		1		0.116		
Arginine....g	0.076		0		1		0.095		
Histidine....g	0.035		0		1		0.044		
Alanine....g	0.087		0		1		0.109		
Aspartic acid....g	0.265		0		1		0.331		
Glutamic acid....g	0.194		0		1		0.243		
Glycine....g	0.068		0		1		0.085		
Proline....g	0.070		0		1		0.088		
Serine....g	0.103		0		1		0.129		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11723
Beans, snap, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11053
Beans, snap, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.22	1.145	6		1		111.53		
Energy kcal	35		0	NC	4		44		
Energy kJ	147		0	NC	4		184		
Protein (N x 6.25) g	1.89	0.288	5		1		2.36		
Total lipid (fat) g	0.28	0.066	5		1		0.35		
Ash g	0.73	0.072	5		1		0.91		
Carbohydrate, by difference g	7.88		0	NC	4		9.85		
Fiber, total dietary g	3.2		0		1		4.0		
Sugars, total g	3.63		0	BFSN	4		4.53		
Starch g									
Minerals:									
Calcium, Ca mg	44	1.918	27		1		55		
Iron, Fe mg	0.65	0.029	28		1		0.81		
Magnesium, Mg mg	18	0.810	28		1		23		
Phosphorus, P mg	29	1.056	27		1		36		
Potassium, K mg	146	8.783	28		1		182		
Sodium, Na mg	1	0.149	28		1		1		
Zinc, Zn mg	0.25	0.011	28		1		0.31		
Copper, Cu mg	0.057	0.005	28		1		0.072		
Manganese, Mn mg	0.285	0.016	28		1		0.356		
Selenium, Se µg	0.2	0.167	18		1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.7	0.256	9		1		12.1		
Thiamin mg	0.074		0		1		0.093		
Riboflavin mg	0.097		0		1		0.121		
Niacin mg	0.614		0		1		0.768		
Pantothenic acid mg	0.074		0		1		0.093		
Vitamin B-6 mg	0.056		0		1		0.070		
Folate, total µg	33		0		1		42		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		1		42		
Folate, DFE µg	33		0	NC	4		42		
Choline, total mg	16.9		0	BFSN	4		21.1		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	32		0	NC	4		40		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	380		0	BFSY	4		475		
Carotene, alpha µg	0		0	NR	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	633		0	NC	4		792		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	641		0	BFSY	4		801		
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.57		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	47.9		0	BFSN	4		59.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11053

Beans, snap, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.080		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.053		0		1		0.066		
17:0....g									
18:0....g	0.009		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.014		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.145		0		1		0.181		
18:2 undifferentiated....g	0.056		0		1		0.070		
18:3 undifferentiated....g	0.089		0		1		0.111		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.025		
Threonine....g	0.082		0		1		0.103		
Isoleucine....g	0.069		0		1		0.086		
Leucine....g	0.116		0		1		0.145		
Lysine....g	0.091		0		1		0.114		
Methionine....g	0.023		0		1		0.029		
Cystine....g	0.018		0		1		0.023		
Phenylalanine....g	0.069		0		1		0.086		
Tyrosine....g	0.044		0		1		0.055		
Valine....g	0.093		0		1		0.116		
Arginine....g	0.076		0		1		0.095		
Histidine....g	0.035		0		1		0.044		
Alanine....g	0.087		0		1		0.109		
Aspartic acid....g	0.265		0		1		0.331		
Glutamic acid....g	0.194		0		1		0.243		
Glycine....g	0.068		0		1		0.085		
Proline....g	0.070		0		1		0.088		
Serine....g	0.103		0		1		0.129		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11053

Beans, snap, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11062
Beans, snap, green, frozen, all styles, microwaved

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.93	0.818	3	A	1		99.83		
Energy kcal	40		0	NC	4		44		
Energy kJ	165		0	NC	4		184		
Protein g	1.98	0.208	3	A	1		2.20		
Total lipid (fat) g	0.41	0.038	3	A	1		0.46		
Ash g	0.70	0.055	3	A	1		0.77		
Carbohydrate, by difference g	6.98		0	NC	4		7.75		
Fiber, total dietary g	3.4	0.260	3	A	1		3.7		
Sugars, total g	2.60	0.081	3	A	1		2.88		
Sucrose g	0.41	0.067	3	A	1		0.45		
Glucose (dextrose) g	0.83	0.030	3	A	1		0.92		
Fructose g	1.36	0.062	3	A	1		1.51		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g	2.13	0.285	3	A	1		2.37		
Minerals:									
Calcium, Ca mg	61	3.033	3	A	1		68		
Iron, Fe mg	0.80	0.035	3	A	1		0.89		
Magnesium, Mg mg	29	2.288	3	A	1		32		
Phosphorus, P mg	42	2.550	3	A	1		47		
Potassium, K mg	237	15.948	3	A	1		263		
Sodium, Na mg	3	0.624	3	A	1		3		
Zinc, Zn mg	0.31	0.014	3	A	1		0.34		
Copper, Cu mg	0.066	0.001	3	A	1		0.073		
Manganese, Mn mg	0.330	0.049	3	A	1		0.367		
Selenium, Se µg	1.0	0.587	3	A	1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.0		0	BFSY	4		12.2		
Thiamin mg	0.073	0.009	3	A	1		0.081		
Riboflavin mg	0.103	0.020	3	A	1		0.115		
Niacin mg	0.485	0.046	3	A	1		0.539		
Pantothenic acid mg	0.168	0.079	3	A	1		0.187		
Vitamin B-6 mg	0.063	0.003	3	A	1		0.070		
Folate, total µg	12		0	BFSY	4		14		
Folic acid µg									
Folate, food µg	12		0	BFSY	4		14		
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	26		0	NC	4		29		
Retinol µg									
Carotene, beta µg	277		0	BFSY	4		308		
Carotene, alpha µg	68		0	BFSY	4		76		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	519		0	NC	4		576		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	629		0	BFSY	4		698		
Vitamin E (alpha-tocopherol) mg	0.42		0	BFSN	4		0.47		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									

NDB No. 11062

Beans, snap, green, frozen, all styles, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D IU									
Vitamin K (phylloquinone) µg	57.7		2	A	1		64.1		
Dihydrophylloquinone µg	0.0		2	A	1		0.0		
Menaquinone-4 µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated g	0.047		0	BFSN	4		0.052		
4:0 g	0.000		0	BFSN	4		0.000		
6:0 g	0.000		0	BFSN	4		0.000		
8:0 g	0.000		0	BFSN	4		0.000		
10:0 g	0.000		0	BFSN	4		0.000		
12:0 g	0.000		0	BFSN	4		0.000		
13:0 g									
14:0 g	0.000		0	BFSN	4		0.000		
15:0 g									
16:0 g	0.039		0	BFSN	4		0.043		
17:0 g									
18:0 g	0.007		0	BFSN	4		0.008		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.008		0	BFSN	4		0.009		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0	BFSN	4		0.000		
17:1 g									
18:1 undifferentiated g	0.008		0	BFSN	4		0.009		
20:1 g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.108		0	BFSN	4		0.120		
18:2 undifferentiated g	0.041		0	BFSN	4		0.045		
18:3 undifferentiated g	0.066		0	BFSN	4		0.073		
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g	0.000		0	Z	7		0.000		
Cholesterol mg									
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.019		0	BFSN	4		0.021		
Threonine g	0.079		0	BFSN	4		0.088		
Isoleucine g	0.066		0	BFSN	4		0.073		
Leucine g	0.111		0	BFSN	4		0.123		
Lysine g	0.087		0	BFSN	4		0.097		
Methionine g	0.022		0	BFSN	4		0.024		
Cystine g	0.018		0	BFSN	4		0.020		
Phenylalanine g	0.066		0	BFSN	4		0.073		
Tyrosine g	0.042		0	BFSN	4		0.047		
Valine g	0.089		0	BFSN	4		0.099		
Arginine g	0.073		0	BFSN	4		0.081		
Histidine g	0.034		0	BFSN	4		0.038		
Alanine g	0.083		0	BFSN	4		0.092		
Aspartic acid g	0.253		0	BFSN	4		0.281		
Glutamic acid g	0.186		0	BFSN	4		0.206		
Glycine g	0.065		0	BFSN	4		0.072		
Proline g	0.067		0	BFSN	4		0.074		
Serine g	0.099		0	BFSN	4		0.110		

NDB No. 11062
Beans, snap, green, frozen, all styles, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 111g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11060
Beans, snap, green, frozen, all styles, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.93	0.246	98	JA	6		108.81	255.39	
Energy kcal	39		0	NC	4		47	111	
Energy kJ	164		0	NC	4		199	466	
Protein g	1.79	0.082	102	JA	6		2.16	5.08	
Total lipid (fat) g	0.21	0.055	100	JA	6		0.26	0.61	
Ash g	0.53	0.025	95	JA	6		0.64	1.51	
Carbohydrate, by difference g	7.54		0	NC	4		9.12	21.41	
Fiber, total dietary g	2.6	0.133	3	JA	6		3.2	7.5	
Sugars, total g	2.21		0	AS	1		2.67	6.28	
Sucrose g	0.25	0.010	3	A	1		0.30	0.71	
Glucose (dextrose) g	0.92	0.095	3	A	1		1.12	2.62	
Fructose g	1.04	0.075	3	A	1		1.25	2.94	
Lactose g	0.00	0.000	3	A	1		0.00	0.00	
Maltose g	0.00	0.000	3	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	1.53	0.233	3	A	1		1.86	4.35	
Minerals:									
Calcium, Ca mg	42	1.413	102	JA	6		51	120	
Iron, Fe mg	0.85	0.041	101	JA	6		1.03	2.43	
Magnesium, Mg mg	22	0.239	31	JA	6		27	63	
Phosphorus, P mg	32	1.652	42	JA	6		39	91	
Potassium, K mg	186	11.197	30	JA	6		225	527	
Sodium, Na mg	3	0.343	37	JA	6		4	10	
Zinc, Zn mg	0.26	0.020	23	JA	6		0.31	0.73	
Copper, Cu mg	0.049	0.008	24	JA	6		0.059	0.139	
Manganese, Mn mg	0.369	0.034	22	JA	6		0.446	1.047	
Selenium, Se µg	0.6	0.177	11	A	1		0.7	1.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.9	1.481	80		1		15.6	36.6	
Thiamin mg	0.098	0.033	102	JA	6		0.118	0.277	
Riboflavin mg	0.091	0.005	102	JA	6		0.110	0.259	
Niacin mg	0.496	0.030	99	JA	6		0.600	1.409	
Pantothenic acid mg	0.104	0.024	9	JA	6		0.126	0.295	
Vitamin B-6 mg	0.044	0.000	16	JA	6		0.053	0.124	
Folate, total µg	15	2.599	3		1		18	42	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15	2.599	3		1		18	42	
Folate, DFE µg	15		0	NC	4		18	42	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	27		0	NC	4		33	78	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	292		5	A	1		353	829	
Carotene, alpha µg	72		0	BFSN	4		87	204	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	547		0	NC	4		661	1552	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	663		0	BFSN	4		802	1882	
Vitamin E (alpha-tocopherol) mg	0.42		0	BFSN	4		0.51	1.21	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	

NDB No. 11060

Beans, snap, green, frozen, all styles, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	44.8		2	A	1		54.2	127.1	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.047		0		1		0.057	0.133	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.039		0		1		0.047	0.111	
17:0....g									
18:0....g	0.007		0		1		0.008	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.010	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.010	0.023	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.131	0.307	
18:2 undifferentiated....g	0.041		0		1		0.050	0.116	
18:3 undifferentiated....g	0.066		0		1		0.080	0.187	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.023	0.054	
Threonine....g	0.079		0		1		0.096	0.224	
Isoleucine....g	0.066		0		1		0.080	0.187	
Leucine....g	0.111		0		1		0.134	0.315	
Lysine....g	0.087		0		1		0.105	0.247	
Methionine....g	0.022		0		1		0.027	0.062	
Cystine....g	0.018		0		1		0.022	0.051	
Phenylalanine....g	0.066		0		1		0.080	0.187	
Tyrosine....g	0.042		0		1		0.051	0.119	
Valine....g	0.089		0		1		0.108	0.253	
Arginine....g	0.073		0		1		0.088	0.207	
Histidine....g	0.034		0		1		0.041	0.097	
Alanine....g	0.083		0		1		0.100	0.236	
Aspartic acid....g	0.253		0		1		0.306	0.719	
Glutamic acid....g	0.186		0		1		0.225	0.528	
Glycine....g	0.065		0		1		0.079	0.185	
Proline....g	0.067		0		1		0.081	0.190	
Serine....g	0.099		0		1		0.120	0.281	

NDB No. 11060
Beans, snap, green, frozen, all styles, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11061

Beans, snap, green, frozen, cooked, boiled, drained without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.42	0.441	10		1		123.42		
Energy kcal	28		0	NC	4		38		
Energy kJ	117		0		4		158		
Protein (N x 6.25) g	1.49	0.079	10		1		2.01		
Total lipid (fat) g	0.17	0.022	10		1		0.23		
Ash g	0.47	0.030	10		1		0.63		
Carbohydrate, by difference g	6.45		0	NC	4		8.71		
Fiber, total dietary g	3.0	0.138	8		1		4.1		
Sugars, total g	1.88		0	BFSN	4		2.54		
Starch g									
Minerals:									
Calcium, Ca mg	42	2.588	40		1		56		
Iron, Fe mg	0.66	0.033	40		1		0.88		
Magnesium, Mg mg	19	0.854	40		1		26		
Phosphorus, P mg	29	0.922	40		1		40		
Potassium, K mg	159	10.611	40		1		215		
Sodium, Na mg	1	0.129	40		1		1		
Zinc, Zn mg	0.24	0.014	40		1		0.33		
Copper, Cu mg	0.059	0.005	40		1		0.079		
Manganese, Mn mg	0.288	0.032	40		1		0.389		
Selenium, Se µg	0.4	0.232	40		1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1	0.990	7		1		5.5		
Thiamin mg	0.035	0.005	7		1		0.047		
Riboflavin mg	0.090	0.007	7		1		0.122		
Niacin mg	0.383	0.031	7		1		0.517		
Pantothenic acid mg	0.049	0.007	7		1		0.066		
Vitamin B-6 mg	0.060	0.003	7		1		0.081		
Folate, total µg	23	3.270	7		1		31		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23	3.270	7		1		31		
Folate, DFE µg	23		0	NC	4		31		
Choline, total mg	13.5		0	AS	1		18.2		
Betaine mg	0.1		1	A	1		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	21		0	NC	4		28		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	224		0	BFSY	4		302		
Carotene, alpha µg	55		0	BFSY	4		74		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	419		0	NC	4		566		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	508		0	BFSY	4		686		
Vitamin E (alpha-tocopherol) mg	0.04		1		1		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1		1		0.00		
Tocopherol, gamma mg	0.08		1		1		0.11		
Tocopherol, delta mg	0.01		1		1		0.01		
Tocotrienol, alpha mg	0.00		1		1		0.00		
Tocotrienol, beta mg	0.00		1		1		0.00		
Tocotrienol, gamma mg	0.00		1		1		0.00		
Tocotrienol, delta mg	0.00		1		1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	38.1		0	BFSN	4		51.5		

NDB No. 11061

Beans, snap, green, frozen, cooked, boiled, drained without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.059		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.035		0		1		0.047		
17:0....g									
18:0....g	0.006		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.011		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.009		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.083		0		1		0.112		
18:2 undifferentiated....g	0.036		0		1		0.049		
18:3 undifferentiated....g	0.047		0		1		0.063		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.022		
Threonine....g	0.065		0		1		0.088		
Isoleucine....g	0.054		0		1		0.073		
Leucine....g	0.091		0		1		0.123		
Lysine....g	0.072		0		1		0.097		
Methionine....g	0.018		0		1		0.024		
Cystine....g	0.014		0		1		0.019		
Phenylalanine....g	0.054		0		1		0.073		
Tyrosine....g	0.034		0		1		0.046		
Valine....g	0.073		0		1		0.099		
Arginine....g	0.060		0		1		0.081		
Histidine....g	0.028		0		1		0.038		
Alanine....g	0.068		0		1		0.092		
Aspartic acid....g	0.208		0		1		0.281		
Glutamic acid....g	0.153		0		1		0.207		
Glycine....g	0.053		0		1		0.072		
Proline....g	0.055		0		1		0.074		
Serine....g	0.081		0		1		0.109		
Hydroxyproline....g									

NDB No. 11061

Beans, snap, green, frozen, cooked, boiled, drained without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11731

Beans, snap, green, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.42	0.441	10		1		123.42		
Energy kcal	28		0	NC	4		38		
Energy kJ	117		0		4		158		
Protein (N x 6.25) g	1.49	0.079	10		1		2.01		
Total lipid (fat) g	0.17	0.022	10		1		0.23		
Ash g	0.47	0.030	10		1		0.63		
Carbohydrate, by difference g	6.45		0	NC	4		8.71		
Fiber, total dietary g	3.0		0	BFZN	4		4.1		
Sugars, total g	1.88		0	BFSN	4		2.54		
Starch g									
Minerals:									
Calcium, Ca mg	42	2.588	40		1		56		
Iron, Fe mg	0.66	0.033	40		1		0.88		
Magnesium, Mg mg	19	0.854	40		1		26		
Phosphorus, P mg	29	0.922	40		1		40		
Potassium, K mg	159	10.611	40		1		215		
Sodium, Na mg	245		0		4		331		
Zinc, Zn mg	0.24	0.014	40		1		0.33		
Copper, Cu mg	0.059	0.005	40		1		0.079		
Manganese, Mn mg	0.288	0.032	40		1		0.389		
Selenium, Se µg	0.4	0.232	40		1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1	0.990	7		1		5.5		
Thiamin mg	0.035	0.005	7		1		0.047		
Riboflavin mg	0.090	0.007	7		1		0.122		
Niacin mg	0.383	0.031	7		1		0.517		
Pantothenic acid mg	0.049	0.007	7		1		0.066		
Vitamin B-6 mg	0.060	0.003	7		1		0.081		
Folate, total µg	23	3.270	7		1		31		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23	3.270	7		1		31		
Folate, DFE µg	23		0	NC	4		31		
Choline, total mg	13.5		0	AS	1		18.2		
Betaine mg	0.1		1	A	1		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	23		0	NC	4		31		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	249		0	BFSN	4		336		
Carotene, alpha µg	61		0	BFSN	4		83		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	466		0	NC	4		629		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	564		0	BFSN	4		762		
Vitamin E (alpha-tocopherol) mg	0.04		1		1		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1		1		0.00		
Tocopherol, gamma mg	0.08		1		1		0.11		
Tocopherol, delta mg	0.01		1		1		0.01		
Tocotrienol, alpha mg	0.00		1		1		0.00		
Tocotrienol, beta mg	0.00		1		1		0.00		
Tocotrienol, gamma mg	0.00		1		1		0.00		
Tocotrienol, delta mg	0.00		1		1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	38.1		0	BFSN	4		51.5		

NDB No. 11731

Beans, snap, green, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.059		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.000		0	Z	7		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.035		0		1		0.047		
17:0....g									
18:0....g	0.006		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.011		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.009		
20:1....g	0.000		0	Z	7		0.000		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.083		0		1		0.112		
18:2 undifferentiated....g	0.036		0		1		0.049		
18:3 undifferentiated....g	0.047		0		1		0.063		
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000		
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.022		
Threonine....g	0.065		0		1		0.088		
Isoleucine....g	0.054		0		1		0.073		
Leucine....g	0.091		0		1		0.123		
Lysine....g	0.072		0		1		0.097		
Methionine....g	0.018		0		1		0.024		
Cystine....g	0.014		0		1		0.019		
Phenylalanine....g	0.054		0		1		0.073		
Tyrosine....g	0.034		0		1		0.046		
Valine....g	0.073		0		1		0.099		
Arginine....g	0.060		0		1		0.081		
Histidine....g	0.028		0		1		0.038		
Alanine....g	0.068		0		1		0.092		
Aspartic acid....g	0.208		0		1		0.281		
Glutamic acid....g	0.153		0		1		0.207		
Glycine....g	0.053		0		1		0.072		
Proline....g	0.055		0		1		0.074		
Serine....g	0.081		0		1		0.109		
Hydroxyproline....g									

NDB No. 11731

Beans, snap, green, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11063
Beans, snap, green, microwaved

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.04	0.429	4	A	1		104.44		
Energy kcal	39		0	NC	4		46		
Energy kJ	165		0	NC	4		191		
Protein g	2.31	0.092	4	A	1		2.68		
Total lipid (fat) g	0.50	0.021	4	A	1		0.58		
Ash g	0.74	0.063	4	A	1		0.86		
Carbohydrate, by difference g	6.41		0	NC	4		7.44		
Fiber, total dietary g	3.4	0.075	4	A	1		3.9		
Sugars, total g	3.22	0.230	4	A	1		3.73		
Sucrose g	0.33	0.254	4	A	1		0.38		
Glucose (dextrose) g	1.44	0.086	4	A	1		1.66		
Fructose g	1.45	0.123	4	A	1		1.68		
Lactose g	0.00	0.000	4	A	1		0.00		
Maltose g	0.00	0.000	4	A	1		0.00		
Galactose g	0.00	0.000	4	A	1		0.00		
Starch g	0.88	0.141	4	A	1		1.02		
Minerals:									
Calcium, Ca mg	55	1.132	4	A	1		64		
Iron, Fe mg	0.83	0.031	4	A	1		0.97		
Magnesium, Mg mg	28	2.662	4	A	1		32		
Phosphorus, P mg	49	1.929	4	A	1		57		
Potassium, K mg	323	17.486	4	A	1		374		
Sodium, Na mg	3	0.212	4	A	1		3		
Zinc, Zn mg	0.38	0.016	4	A	1		0.44		
Copper, Cu mg	0.090	0.008	4	A	1		0.104		
Manganese, Mn mg	0.332	0.037	4	A	1		0.385		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	7.3	0.718	4	A	1		8.5		
Thiamin mg	0.078	0.010	4	A	1		0.090		
Riboflavin mg	0.075	0.006	4	A	1		0.087		
Niacin mg	0.773	0.077	4	A	1		0.896		
Pantothenic acid mg	0.300	0.027	4	A	1		0.348		
Vitamin B-6 mg	0.124	0.004	4	A	1		0.144		
Folate, total µg	47		2	A	1		55		
Folic acid µg									
Folate, food µg	47		2	A	1		55		
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									

NDB No. 11063
Beans, snap, green, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup 1/2" pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11052

Beans, snap, green, raw

Phaseolus vulgaris

Refuse: 12% Ends, strings, trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.32	0.273	165	JA	6		90.32	49.67	
Energy kcal	31		0	NC	4		31	17	
Energy kJ	131		0	NC	4		131	72	
Protein (N x 6.25) g	1.83	0.048	104	JA	6		1.83	1.01	
Total lipid (fat) g	0.22	0.031	14	JA	6		0.22	0.12	
Ash g	0.66	0.018	144	JA	6		0.66	0.36	
Carbohydrate, by difference g	6.97		0	NC	4		6.97	3.84	
Fiber, total dietary g	2.7	0.050	4	JA	6		2.7	1.5	
Sugars, total g	3.26	0.235	4	A	1		3.26	1.79	
Sucrose g	0.36	0.166	4	A	1		0.36	0.20	
Glucose (dextrose) g	1.51	0.111	4	A	1		1.51	0.83	
Fructose g	1.39	0.205	4	A	1		1.39	0.76	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g	0.88	0.141	4	A	1		0.88	0.48	
Minerals:									
Calcium, Ca mg	37	1.369	153	JA	6		37	20	
Iron, Fe mg	1.03	0.077	155	JA	6		1.03	0.57	
Magnesium, Mg mg	25	0.633	151	JA	6		25	14	
Phosphorus, P mg	38	0.786	140	JA	6		38	21	
Potassium, K mg	211	4.448	154	JA	6		211	116	
Sodium, Na mg	6	0.176	154	JA	6		6	3	
Zinc, Zn mg	0.24	0.021	152	JA	6		0.24	0.13	
Copper, Cu mg	0.069	0.004	161	JA	6		0.069	0.038	
Manganese, Mn mg	0.216	0.008	150	JA	6		0.216	0.119	
Selenium, Se µg	0.6		1	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.2	0.752	9	JA	6		12.2	6.7	
Thiamin mg	0.082	0.002	102	JA	6		0.082	0.045	
Riboflavin mg	0.104	0.003	102	JA	6		0.104	0.057	
Niacin mg	0.734	0.030	12	JA	6		0.734	0.404	
Pantothenic acid mg	0.225	0.023	4	JA	6		0.225	0.124	
Vitamin B-6 mg	0.141	0.002	4	JA	6		0.141	0.077	
Folate, total µg	33	2.698	8	JA	6		33	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	33	2.698	8	JA	6		33	18	
Folate, DFE µg	33		0	NC	4		33	18	
Choline, total mg	15.3		0	BFSY	4		15.3	8.4	
Betaine mg	0.1		0	BFSN	4		0.1	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	35		0	AS	1		35	19	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	379	48.979	77	A	1		379	209	
Carotene, alpha µg	69	10.133	70	A	1		69	38	
Cryptoxanthin, beta µg	0	0.000	21	A	1		0	0	
Vitamin A, IU IU	690		0	AS	1		690	380	
Lycopene µg	0	0.000	6	A	1		0	0	
Lutein + zeaxanthin µg	640	50.000	6	A	1		640	352	
Vitamin E (alpha-tocopherol) mg	0.41		0	NR	4		0.41	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11052
Beans, snap, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	43.0		0	BFSN	4		43.0	23.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.050		0		1		0.050	0.027	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.042		2		1		0.042	0.023	
17:0....g									
18:0....g	0.008		2		1		0.008	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.010	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		2		1		0.008	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0		1		0.113	0.062	
18:2 undifferentiated....g	0.044		2		1		0.044	0.024	
18:3 undifferentiated....g	0.069		2		1		0.069	0.038	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0	DA	1		0.019	0.010	
Threonine....g	0.079		0	DA	1		0.079	0.043	
Isoleucine....g	0.066		0	DA	1		0.066	0.036	
Leucine....g	0.112		0	DA	1		0.112	0.062	
Lysine....g	0.088		0	DA	1		0.088	0.048	
Methionine....g	0.022		0	DA	1		0.022	0.012	
Cystine....g	0.018		0	DA	1		0.018	0.010	
Phenylalanine....g	0.067		0	DA	1		0.067	0.037	
Tyrosine....g	0.042		0	DA	1		0.042	0.023	
Valine....g	0.090		0	DA	1		0.090	0.050	
Arginine....g	0.073		0	DA	1		0.073	0.040	
Histidine....g	0.034		0	DA	1		0.034	0.019	
Alanine....g	0.084		0	DA	1		0.084	0.046	
Aspartic acid....g	0.255		0	DA	1		0.255	0.140	
Glutamic acid....g	0.187		0	DA	1		0.187	0.103	

NDB No. 11052
Beans, snap, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.065		0	DA	1		0.065	0.036	
Proline....g	0.068		0	DA	1		0.068	0.037	
Serine....g	0.099		0	DA	1		0.099	0.054	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup 1/2" pieces

Measure 2 = 55g: 10 beans (4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11933

Beans, snap, yellow, canned, no salt added, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.30	0.184	17		1		142.75	57.85	244.45
Energy kcal	20		0	NC	4		31	12	52
Energy kJ	84		0		4		128	52	219
Protein (N x 6.25) g	1.15	0.045	17		1		1.76	0.71	3.01
Total lipid (fat) g	0.10	0.005	17		1		0.15	0.06	0.26
Ash g	0.95	0.041	17		1		1.45	0.59	2.49
Carbohydrate, by difference g	4.50		0	NC	4		6.89	2.79	11.79
Fiber, total dietary g	1.3		0	A	1		2.0	0.8	3.4
Sugars, total g	0.78		0	BFZN	4		1.19	0.48	2.03
Starch g									
Minerals:									
Calcium, Ca mg	26	1.197	12		1		40	16	68
Iron, Fe mg	0.90	0.106	12		1		1.38	0.56	2.36
Magnesium, Mg mg	13	0.290	12		1		20	8	34
Phosphorus, P mg	19	0.654	12		1		29	12	50
Potassium, K mg	109	1.286	12		1		167	68	286
Sodium, Na mg	2		0		1		3	1	5
Zinc, Zn mg	0.29	0.036	17		1		0.44	0.18	0.76
Copper, Cu mg	0.038	0.003	11		1		0.058	0.024	0.100
Manganese, Mn mg	0.200	0.019	16		1		0.306	0.124	0.524
Selenium, Se µg	0.4	0.103	8	A	1		0.6	0.2	1.0
Vitamins:									
Vitamin C, total ascorbic acid mg	4.8	0.397	12		1		7.3	3.0	12.6
Thiamin mg	0.015	0.001	12		1		0.023	0.009	0.039
Riboflavin mg	0.056	0.002	12		1		0.086	0.035	0.147
Niacin mg	0.201	0.007	12		1		0.308	0.125	0.527
Pantothenic acid mg	0.129		0		4		0.197	0.080	0.338
Vitamin B-6 mg	0.037		0		4		0.057	0.023	0.097
Folate, total µg	32	7.950	6		1		49	20	83
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	32	7.950	6		1		49	20	83
Folate, DFE µg	32		0	NC	4		49	20	83
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	NC	4		27	11	46
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	122		0	BFZN	4		186	75	319
Carotene, alpha µg	156		0	BFZN	4		239	97	409
Cryptoxanthin, beta µg	24		0	BFZN	4		37	15	64
Vitamin A, IU IU	353		0	NC	4		540	219	925
Lycopene µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin µg	452		0	BFZN	4		692	280	1185
Vitamin E (alpha-tocopherol) mg	0.03		0	BFZN	4		0.05	0.02	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	38.9		0	BFZN	4		59.4	24.1	101.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11933

Beans, snap, yellow, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.022		0		1		0.034	0.014	0.058
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.019		0		1		0.029	0.012	0.050
17:0....g									
18:0....g	0.003		0		1		0.005	0.002	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.006	0.002	0.010
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006	0.002	0.010
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.051		0		1		0.078	0.032	0.134
18:2 undifferentiated....g	0.019		0		1		0.029	0.012	0.050
18:3 undifferentiated....g	0.031		0		1		0.047	0.019	0.081
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.018	0.007	0.031
Threonine....g	0.050		0		1		0.077	0.031	0.131
Isoleucine....g	0.042		0		1		0.064	0.026	0.110
Leucine....g	0.071		0		1		0.109	0.044	0.186
Lysine....g	0.055		0		1		0.084	0.034	0.144
Methionine....g	0.014		0		1		0.021	0.009	0.037
Cystine....g	0.011		0		1		0.017	0.007	0.029
Phenylalanine....g	0.042		0		1		0.064	0.026	0.110
Tyrosine....g	0.027		0		1		0.041	0.017	0.071
Valine....g	0.057		0		1		0.087	0.035	0.149
Arginine....g	0.046		0		1		0.070	0.029	0.121
Histidine....g	0.022		0		1		0.034	0.014	0.058
Alanine....g	0.053		0		1		0.081	0.033	0.139
Aspartic acid....g	0.161		0		1		0.246	0.100	0.422
Glutamic acid....g	0.118		0		1		0.181	0.073	0.309
Glycine....g	0.041		0		1		0.063	0.025	0.107
Proline....g	0.043		0		1		0.066	0.027	0.113
Serine....g	0.063		0		1		0.096	0.039	0.165
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									

NDB No. 11933

Beans, snap, yellow, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11728

Beans, snap, yellow, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.68	0.053	948	A	1		113.62	415.65	
Energy kcal	15		0	NC	4		18	66	
Energy kJ	63		0		4		75	276	
Protein (N x 6.25) g	0.80	0.010	999	A	1		0.96	3.51	
Total lipid (fat) g	0.10	0.005	932	A	1		0.12	0.44	
Ash g	0.92	0.012	852	A	1		1.10	4.04	
Carbohydrate, by difference g	3.50		0	NC	4		4.20	15.37	
Fiber, total dietary g	1.5		0	A	1		1.8	6.6	
Sugars, total g	0.62		0	BFSN	4		0.75	2.74	
Starch g									
Minerals:									
Calcium, Ca mg	24	0.229	1032	A	1		29	105	
Iron, Fe mg	0.90	0.026	1016	A	1		1.08	3.95	
Magnesium, Mg mg	13	0.108	996		1		16	57	
Phosphorus, P mg	19	0.278	1082		1		23	83	
Potassium, K mg	98	2.417	1079		1		118	430	
Sodium, Na mg	14	2.636	26	A	1		17	61	
Zinc, Zn mg	0.20	0.004	454		1		0.24	0.88	
Copper, Cu mg	0.070	0.002	400		1		0.084	0.307	
Manganese, Mn mg	0.335	0.015	115		1		0.402	1.471	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0	0.114	1526		1		4.8	17.6	
Thiamin mg	0.025	0.001	1443		1		0.030	0.110	
Riboflavin mg	0.051	0.001	1380		1		0.061	0.224	
Niacin mg	0.200	0.005	1371		1		0.240	0.878	
Pantothenic acid mg	0.106	0.028	6		1		0.127	0.465	
Vitamin B-6 mg	0.030	0.002	6		1		0.036	0.132	
Folate, total µg	18	1.913	3		1		22	80	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	18	1.913	3		1		22	80	
Folate, DFE µg	18		0	NC	4		22	80	
Choline, total mg	8.3		0	BFSN	4		10.0	36.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		5	18	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	50		0	BFSN	4		60	220	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	83		0	NC	4		100	366	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	363		0	BFSN	4		436	1596	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.28	1.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	31.2		0	BFSN	4		37.5	137.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11728

Beans, snap, yellow, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.028	0.101	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.019		0		1		0.023	0.083	
17:0....g									
18:0....g	0.003		0		1		0.004	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.005	0.018	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.005	0.018	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated....g	0.032		0		1		0.038	0.140	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	BFPN	4		0.010	0.035	
Threonine....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine....g	0.029		0	BFPN	4		0.035	0.127	
Leucine....g	0.049		0	BFPN	4		0.059	0.215	
Lysine....g	0.039		0	BFPN	4		0.047	0.171	
Methionine....g	0.009		0	BFPN	4		0.011	0.040	
Cystine....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine....g	0.019		0	BFPN	4		0.023	0.083	
Valine....g	0.040		0	BFPN	4		0.048	0.176	
Arginine....g	0.032		0	BFPN	4		0.038	0.140	
Histidine....g	0.015		0	BFPN	4		0.018	0.066	
Alanine....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid....g	0.082		0	BFPN	4		0.098	0.360	
Glycine....g	0.028		0	BFPN	4		0.034	0.123	
Proline....g	0.029		0	BFPN	4		0.035	0.127	
Serine....g	0.043		0	BFPN	4		0.052	0.189	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11728

Beans, snap, yellow, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11932

Beans, snap, yellow, canned, regular pack, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.30	0.184	17		1		142.75	57.85	244.45
Energy kcal	20		0	NC	4		31	12	52
Energy kJ	84		0		4		128	52	219
Protein (N x 6.25) g	1.15	0.045	17		1		1.76	0.71	3.01
Total lipid (fat) g	0.10	0.005	17		1		0.15	0.06	0.26
Ash g	0.95	0.041	17		1		1.45	0.59	2.49
Carbohydrate, by difference g	4.50		0	NC	4		6.89	2.79	11.79
Fiber, total dietary g	1.3		0		4		2.0	0.8	3.4
Sugars, total g	0.78		0	BFSN	4		1.20	0.49	2.06
Starch g									
Minerals:									
Calcium, Ca mg	26	1.197	12		1		40	16	68
Iron, Fe mg	0.90	0.106	12		1		1.38	0.56	2.36
Magnesium, Mg mg	13	0.290	12		1		20	8	34
Phosphorus, P mg	19	0.654	12		1		29	12	50
Potassium, K mg	109	1.286	12		1		167	68	286
Sodium, Na mg	251	17.431	12		1		384	156	658
Zinc, Zn mg	0.29	0.036	17		1		0.44	0.18	0.76
Copper, Cu mg	0.038	0.003	11		1		0.058	0.024	0.100
Manganese, Mn mg	0.200	0.019	16		1		0.306	0.124	0.524
Selenium, Se µg	0.4	0.103	8	A	1		0.6	0.2	1.0
Vitamins:									
Vitamin C, total ascorbic acid mg	4.8	0.397	12		1		7.3	3.0	12.6
Thiamin mg	0.015	0.001	12		1		0.023	0.009	0.039
Riboflavin mg	0.056	0.002	12		1		0.086	0.035	0.147
Niacin mg	0.201	0.007	12		1		0.308	0.125	0.527
Pantothenic acid mg	0.129		0		4		0.197	0.080	0.338
Vitamin B-6 mg	0.037		0		4		0.057	0.023	0.097
Folate, total µg	32	7.950	6		1		49	20	83
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	32	7.950	6		1		49	20	83
Folate, DFE µg	32		0	NC	4		49	20	83
Choline, total mg	10.5		0	BFSN	4		16.1	6.5	27.5
Betaine mg	0.1		0	BFSN	4		0.1	0.0	0.2
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		8	3	14
Retinol µg	0		0	BNA	4		0	0	0
Carotene, beta µg	63		0	BNA	4		96	39	165
Carotene, alpha µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	0
Vitamin A, IU IU	105		0	NC	4		161	65	275
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	458		0	BFSN	4		700	284	1199
Vitamin E (alpha-tocopherol) mg	0.29		0	O	4		0.44	0.18	0.76
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	39.3		0	BFSN	4		60.2	24.4	103.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11932

Beans, snap, yellow, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.022		0		1		0.034	0.014	0.058
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.019		0		1		0.029	0.012	0.050
17:0....g									
18:0....g	0.003		0		1		0.005	0.002	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.006	0.002	0.010
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006	0.002	0.010
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.051		0		1		0.078	0.032	0.134
18:2 undifferentiated....g	0.019		0		1		0.029	0.012	0.050
18:3 undifferentiated....g	0.031		0		1		0.047	0.019	0.081
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.018	0.007	0.031
Threonine....g	0.050		0		1		0.077	0.031	0.131
Isoleucine....g	0.042		0		1		0.064	0.026	0.110
Leucine....g	0.071		0		1		0.109	0.044	0.186
Lysine....g	0.055		0		1		0.084	0.034	0.144
Methionine....g	0.014		0		1		0.021	0.009	0.037
Cystine....g	0.011		0		1		0.017	0.007	0.029
Phenylalanine....g	0.042		0		1		0.064	0.026	0.110
Tyrosine....g	0.027		0		1		0.041	0.017	0.071
Valine....g	0.057		0		1		0.087	0.035	0.149
Arginine....g	0.046		0		1		0.070	0.029	0.121
Histidine....g	0.022		0		1		0.034	0.014	0.058
Alanine....g	0.053		0		1		0.081	0.033	0.139
Aspartic acid....g	0.161		0		1		0.246	0.100	0.422
Glutamic acid....g	0.118		0		1		0.181	0.073	0.309
Glycine....g	0.041		0		1		0.063	0.025	0.107
Proline....g	0.043		0		1		0.066	0.027	0.113
Serine....g	0.063		0		1		0.096	0.039	0.165
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11932

Beans, snap, yellow, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11727

Beans, snap, yellow, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.68	0.053	948	A	1		113.62	415.65	
Energy kcal	15		0	NC	4		18	66	
Energy kJ	63		0		4		75	276	
Protein (N x 6.25) g	0.80	0.010	999	A	1		0.96	3.51	
Total lipid (fat) g	0.10	0.005	932	A	1		0.12	0.44	
Ash g	0.92	0.012	852	A	1		1.10	4.04	
Carbohydrate, by difference g	3.50		0	NC	4		4.20	15.37	
Fiber, total dietary g	1.5		0	A	1		1.8	6.6	
Sugars, total g	0.62		0	BFSN	4		0.75	2.74	
Starch g									
Minerals:									
Calcium, Ca mg	24	0.229	1032	A	1		29	105	
Iron, Fe mg	0.90	0.026	1016	A	1		1.08	3.95	
Magnesium, Mg mg	13	0.108	996		1		16	57	
Phosphorus, P mg	19	0.278	1082		1		23	83	
Potassium, K mg	98	2.417	1079		1		118	430	
Sodium, Na mg	259	8.812	58	A	1		311	1137	
Zinc, Zn mg	0.20	0.004	454		1		0.24	0.88	
Copper, Cu mg	0.070	0.002	400		1		0.084	0.307	
Manganese, Mn mg	0.335	0.015	115		1		0.402	1.471	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.4	0.065	1073	A	1		4.1	14.9	
Thiamin mg	0.025	0.001	1443		1		0.030	0.110	
Riboflavin mg	0.051	0.001	1380		1		0.061	0.224	
Niacin mg	0.200	0.005	1371		1		0.240	0.878	
Pantothenic acid mg	0.106	0.028	6		1		0.127	0.465	
Vitamin B-6 mg	0.030	0.002	6		1		0.036	0.132	
Folate, total µg	18	1.913	3		1		22	80	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	18	1.913	3		1		22	80	
Folate, DFE µg	18		0	NC	4		22	80	
Choline, total mg	11.8		0	BFSN	4		14.2	52.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		5	18	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	50		0	BFSN	4		60	220	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	83		0	NC	4		100	366	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	363		0	BFSN	4		436	1596	
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.03	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	31.2		0	BFSN	4		37.5	137.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11727

Beans, snap, yellow, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.028	0.101	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.019		0		1		0.023	0.083	
17:0....g									
18:0....g	0.003		0		1		0.004	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.005	0.018	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.005	0.018	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated....g	0.032		0		1		0.038	0.140	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	BFPN	4		0.010	0.035	
Threonine....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine....g	0.029		0	BFPN	4		0.035	0.127	
Leucine....g	0.049		0	BFPN	4		0.059	0.215	
Lysine....g	0.039		0	BFPN	4		0.047	0.171	
Methionine....g	0.009		0	BFPN	4		0.011	0.040	
Cystine....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine....g	0.019		0	BFPN	4		0.023	0.083	
Valine....g	0.040		0	BFPN	4		0.048	0.176	
Arginine....g	0.032		0	BFPN	4		0.038	0.140	
Histidine....g	0.015		0	BFPN	4		0.018	0.066	
Alanine....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid....g	0.082		0	BFPN	4		0.098	0.360	
Glycine....g	0.028		0	BFPN	4		0.034	0.123	
Proline....g	0.029		0	BFPN	4		0.035	0.127	
Serine....g	0.043		0	BFPN	4		0.052	0.189	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11727

Beans, snap, yellow, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11725
Beans, snap, yellow, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.22	1.145	6		1		111.53		
Energy kcal	35		0	NC	4		44		
Energy kJ	147		0	NC	4		184		
Protein (N x 6.25) g	1.89	0.288	5		1		2.36		
Total lipid (fat) g	0.28	0.066	5		1		0.35		
Ash g	0.73	0.072	5		1		0.91		
Carbohydrate, by difference g	7.88		0	NC	4		9.85		
Fiber, total dietary g	3.3		0	BFZN	4		4.1		
Sugars, total g	3.63		0	BFSN	4		4.53		
Starch g									
Minerals:									
Calcium, Ca mg	46		0		1		58		
Iron, Fe mg	1.28	0.218	5		1		1.60		
Magnesium, Mg mg	25		1		1		31		
Phosphorus, P mg	39		0		1		49		
Potassium, K mg	299		1		1		374		
Sodium, Na mg	239		0		4		299		
Zinc, Zn mg	0.36	0.045	5		1		0.45		
Copper, Cu mg	0.103	0.014	5		1		0.129		
Manganese, Mn mg	0.294	0.036	5		1		0.368		
Selenium, Se µg	0.4	0.103	8	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.7	0.256	9		1		12.1		
Thiamin mg	0.074		0		1		0.093		
Riboflavin mg	0.097		0		1		0.121		
Niacin mg	0.614		0		1		0.768		
Pantothenic acid mg	0.074		0		1		0.093		
Vitamin B-6 mg	0.056		0		1		0.070		
Folate, total µg	33		0		1		42		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		1		42		
Folate, DFE µg	33		0	NC	4		42		
Choline, total mg	16.9		0	BFSN	4		21.1		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	NC	4		5		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	49		0	BNA	4		61		
Carotene, alpha µg	0		0	BNA	4		0		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	81		0	NC	4		101		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	712		0	BFSN	4		890		
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.57		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	47.9		0	BFSN	4		59.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11725

Beans, snap, yellow, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.080		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.053		0		1		0.066		
17:0....g									
18:0....g	0.009		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.014		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.145		0		1		0.181		
18:2 undifferentiated....g	0.056		0		1		0.070		
18:3 undifferentiated....g	0.089		0		1		0.111		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.025		
Threonine....g	0.082		0		1		0.103		
Isoleucine....g	0.069		0		1		0.086		
Leucine....g	0.116		0		1		0.145		
Lysine....g	0.091		0		1		0.114		
Methionine....g	0.023		0		1		0.029		
Cystine....g	0.018		0		1		0.023		
Phenylalanine....g	0.069		0		1		0.086		
Tyrosine....g	0.044		0		1		0.055		
Valine....g	0.093		0		1		0.116		
Arginine....g	0.076		0		1		0.095		
Histidine....g	0.035		0		1		0.044		
Alanine....g	0.087		0		1		0.109		
Aspartic acid....g	0.265		0		1		0.331		
Glutamic acid....g	0.194		0		1		0.243		
Glycine....g	0.068		0		1		0.085		
Proline....g	0.070		0		1		0.088		
Serine....g	0.103		0		1		0.129		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11725
Beans, snap, yellow, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 125g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11724
Beans, snap, yellow, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.22	1.145	6		1		111.53		
Energy kcal	35		0	NC	4		44		
Energy kJ	147		0	NC	4		184		
Protein (N x 6.25) g	1.89	0.288	5		1		2.36		
Total lipid (fat) g	0.28	0.066	5		1		0.35		
Ash g	0.73	0.072	5		1		0.91		
Carbohydrate, by difference g	7.88		0	NC	4		9.85		
Fiber, total dietary g	3.3		0		4		4.1		
Sugars, total g	3.63		0	BFSN	4		4.53		
Starch g									
Minerals:									
Calcium, Ca mg	46		0		1		58		
Iron, Fe mg	1.28	0.218	5		1		1.60		
Magnesium, Mg mg	25		1		1		31		
Phosphorus, P mg	39		0		1		49		
Potassium, K mg	299		1		1		374		
Sodium, Na mg	3		1		1		4		
Zinc, Zn mg	0.36	0.045	5		1		0.45		
Copper, Cu mg	0.103	0.014	5		1		0.129		
Manganese, Mn mg	0.294	0.036	5		1		0.368		
Selenium, Se µg	0.4	0.103	8	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.7	0.256	9		1		12.1		
Thiamin mg	0.074		0		1		0.093		
Riboflavin mg	0.097		0		1		0.121		
Niacin mg	0.614		0		1		0.768		
Pantothenic acid mg	0.074		0		1		0.093		
Vitamin B-6 mg	0.056		0		1		0.070		
Folate, total µg	33		0		1		42		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		1		42		
Folate, DFE µg	33		0	NC	4		42		
Choline, total mg	16.9		0	BFSN	4		21.1		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	NC	4		5		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	49		0	BNA	4		61		
Carotene, alpha µg	0		0	BNA	4		0		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	81		0	NC	4		101		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	712		0	BFSN	4		890		
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.57		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	47.9		0	BFSN	4		59.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11724

Beans, snap, yellow, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.080		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.053		0		1		0.066		
17:0....g									
18:0....g	0.009		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.014		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.145		0		1		0.181		
18:2 undifferentiated....g	0.056		0		1		0.070		
18:3 undifferentiated....g	0.089		0		1		0.111		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.025		
Threonine....g	0.082		0		1		0.103		
Isoleucine....g	0.069		0		1		0.086		
Leucine....g	0.116		0		1		0.145		
Lysine....g	0.091		0		1		0.114		
Methionine....g	0.023		0		1		0.029		
Cystine....g	0.018		0		1		0.023		
Phenylalanine....g	0.069		0		1		0.086		
Tyrosine....g	0.044		0		1		0.055		
Valine....g	0.093		0		1		0.116		
Arginine....g	0.076		0		1		0.095		
Histidine....g	0.035		0		1		0.044		
Alanine....g	0.087		0		1		0.109		
Aspartic acid....g	0.265		0		1		0.331		
Glutamic acid....g	0.194		0		1		0.243		
Glycine....g	0.068		0		1		0.085		
Proline....g	0.070		0		1		0.088		
Serine....g	0.103		0		1		0.129		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11724

Beans, snap, yellow, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11730
Beans, snap, yellow, frozen, all styles, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.88	0.254	95		1		108.75	255.26	
Energy kcal	33		0	NC	4		40	94	
Energy kJ	139		0	NC	4		168	395	
Protein (N x 6.25) g	1.80	0.084	99		1		2.18	5.11	
Total lipid (fat) g	0.21	0.057	97		1		0.25	0.60	
Ash g	0.53	0.026	92		1		0.64	1.51	
Carbohydrate, by difference g	7.58		0	NC	4		9.17	21.53	
Fiber, total dietary g	2.8		0		4		3.4	8.0	
Sugars, total g	2.22		0	BFSN	4		2.69	6.31	
Starch g									
Minerals:									
Calcium, Ca mg	42	1.455	99		1		51	119	
Iron, Fe mg	0.86	0.042	98		1		1.04	2.44	
Magnesium, Mg mg	22	0.243	28		1		27	62	
Phosphorus, P mg	32	1.777	39		1		39	91	
Potassium, K mg	186	12.416	27		1		225	528	
Sodium, Na mg	3	0.368	34		1		4	9	
Zinc, Zn mg	0.26	0.023	20		1		0.31	0.74	
Copper, Cu mg	0.049	0.009	21		1		0.059	0.139	
Manganese, Mn mg	0.385	0.039	19		1		0.466	1.093	
Selenium, Se µg	0.4	0.103	8	A	1		0.5	1.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.9	1.481	80		1		15.6	36.6	
Thiamin mg	0.099	0.034	99		1		0.120	0.281	
Riboflavin mg	0.092	0.005	99		1		0.111	0.261	
Niacin mg	0.499	0.031	96		1		0.604	1.417	
Pantothenic acid mg	0.085	0.018	6		1		0.103	0.241	
Vitamin B-6 mg	0.042		13		1		0.051	0.119	
Folate, total µg	15	2.599	3		1		18	42	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15	2.599	3		1		18	42	
Folate, DFE µg	15		0	NC	4		18	42	
Choline, total mg	15.9		0	BFSN	4		19.2	45.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		8	19	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	71		0	BFSN	4		85	200	
Carotene, alpha µg	17		0	BFSN	4		21	49	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	132		0	NC	4		160	375	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	666		0	BFSN	4		805	1890	
Vitamin E (alpha-tocopherol) mg	0.05		0	BFSN	4		0.06	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	45.0		0	BFSN	4		54.4	127.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11730

Beans, snap, yellow, frozen, all styles, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.047		0		1		0.057	0.133	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.039		0		1		0.047	0.111	
17:0....g									
18:0....g	0.007		0		1		0.008	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.010	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.010	0.023	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.131	0.307	
18:2 undifferentiated....g	0.041		0		1		0.050	0.116	
18:3 undifferentiated....g	0.066		0		1		0.080	0.187	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.023	0.054	
Threonine....g	0.079		0		1		0.096	0.224	
Isoleucine....g	0.066		0		1		0.080	0.187	
Leucine....g	0.111		0		1		0.134	0.315	
Lysine....g	0.087		0		1		0.105	0.247	
Methionine....g	0.022		0		1		0.027	0.062	
Cystine....g	0.018		0		1		0.022	0.051	
Phenylalanine....g	0.066		0		1		0.080	0.187	
Tyrosine....g	0.042		0		1		0.051	0.119	
Valine....g	0.089		0		1		0.108	0.253	
Arginine....g	0.073		0		1		0.088	0.207	
Histidine....g	0.034		0		1		0.041	0.097	
Alanine....g	0.083		0		1		0.100	0.236	
Aspartic acid....g	0.253		0		1		0.306	0.719	
Glutamic acid....g	0.186		0		1		0.225	0.528	
Glycine....g	0.065		0		1		0.079	0.185	
Proline....g	0.067		0		1		0.081	0.190	
Serine....g	0.099		0		1		0.120	0.281	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11730
Beans, snap, yellow, frozen, all styles, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11733
Beans, snap, yellow, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.42	0.441	10		1		123.42		
Energy kcal	28		0	NC	4		38		
Energy kJ	117		0		4		158		
Protein (N x 6.25) g	1.49	0.079	10		1		2.01		
Total lipid (fat) g	0.17	0.022	10		1		0.23		
Ash g	0.47	0.030	10		1		0.63		
Carbohydrate, by difference g	6.45		0	NC	4		8.71		
Fiber, total dietary g	3.0		0		4		4.1		
Sugars, total g	1.88		0	BFSN	4		2.54		
Starch g									
Minerals:									
Calcium, Ca mg	49	2.320	7		1		66		
Iron, Fe mg	0.88	0.071	10		1		1.19		
Magnesium, Mg mg	24	1.546	7		1		32		
Phosphorus, P mg	31	2.991	7		1		42		
Potassium, K mg	126	9.529	7		1		170		
Sodium, Na mg	245		0		4		331		
Zinc, Zn mg	0.48	0.239	10		1		0.65		
Copper, Cu mg	0.061	0.004	10		1		0.082		
Manganese, Mn mg	0.323	0.029	10		1		0.436		
Selenium, Se µg	0.4	0.103	8	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1	0.990	7		1		5.5		
Thiamin mg	0.035	0.005	7		1		0.047		
Riboflavin mg	0.090	0.007	7		1		0.122		
Niacin mg	0.383	0.031	7		1		0.517		
Pantothenic acid mg	0.049	0.007	7		1		0.066		
Vitamin B-6 mg	0.060	0.003	7		1		0.081		
Folate, total µg	23	3.270	7		1		31		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23	3.270	7		1		31		
Folate, DFE µg	23		0	NC	4		31		
Choline, total mg	13.5		0	BFSN	4		18.2		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		8		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	60		0	BNA	4		81		
Carotene, alpha µg	15		0	BNA	4		20		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	112		0	NC	4		151		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	564		0	BFSN	4		762		
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	38.1		0	BFSN	4		51.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11733

Beans, snap, yellow, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.059		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.035		0		1		0.047		
17:0....g									
18:0....g	0.006		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.011		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.009		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.083		0		1		0.112		
18:2 undifferentiated....g	0.036		0		1		0.049		
18:3 undifferentiated....g	0.047		0		1		0.063		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.022		
Threonine....g	0.065		0		1		0.088		
Isoleucine....g	0.054		0		1		0.073		
Leucine....g	0.091		0		1		0.123		
Lysine....g	0.072		0		1		0.097		
Methionine....g	0.018		0		1		0.024		
Cystine....g	0.014		0		1		0.019		
Phenylalanine....g	0.054		0		1		0.073		
Tyrosine....g	0.034		0		1		0.046		
Valine....g	0.073		0		1		0.099		
Arginine....g	0.060		0		1		0.081		
Histidine....g	0.028		0		1		0.038		
Alanine....g	0.068		0		1		0.092		
Aspartic acid....g	0.208		0		1		0.281		
Glutamic acid....g	0.153		0		1		0.207		
Glycine....g	0.053		0		1		0.072		
Proline....g	0.055		0		1		0.074		
Serine....g	0.081		0		1		0.109		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11733

Beans, snap, yellow, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11732

Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.42	0.441	10		1		123.42		
Energy kcal	28		0	NC	4		38		
Energy kJ	117		0		4		158		
Protein (N x 6.25) g	1.49	0.079	10		1		2.01		
Total lipid (fat) g	0.17	0.022	10		1		0.23		
Ash g	0.47	0.030	10		1		0.63		
Carbohydrate, by difference g	6.45		0	NC	4		8.71		
Fiber, total dietary g	3.0		0	BFZN	4		4.1		
Sugars, total g	1.88		0	BFSN	4		2.54		
Starch g									
Minerals:									
Calcium, Ca mg	49	2.320	7		1		66		
Iron, Fe mg	0.88	0.071	10		1		1.19		
Magnesium, Mg mg	24	1.546	7		1		32		
Phosphorus, P mg	31	2.991	7		1		42		
Potassium, K mg	126	9.529	7		1		170		
Sodium, Na mg	9	2.283	11		1		12		
Zinc, Zn mg	0.48	0.239	10		1		0.65		
Copper, Cu mg	0.061	0.004	10		1		0.082		
Manganese, Mn mg	0.323	0.029	10		1		0.436		
Selenium, Se µg	0.4	0.103	8	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1	0.990	7		1		5.5		
Thiamin mg	0.035	0.005	7		1		0.047		
Riboflavin mg	0.090	0.007	7		1		0.122		
Niacin mg	0.383	0.031	7		1		0.517		
Pantothenic acid mg	0.049	0.007	7		1		0.066		
Vitamin B-6 mg	0.060	0.003	7		1		0.081		
Folate, total µg	23	3.270	7		1		31		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23	3.270	7		1		31		
Folate, DFE µg	23		0	NC	4		31		
Choline, total mg	13.5		0	BFSN	4		18.2		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		8		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	60		0	BNA	4		81		
Carotene, alpha µg	15		0	BNA	4		20		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	112		0	NC	4		151		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	564		0	BFSN	4		762		
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	38.1		0	BFSN	4		51.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11732

Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.059		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.035		0		1		0.047		
17:0....g									
18:0....g	0.006		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.011		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.009		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.083		0		1		0.112		
18:2 undifferentiated....g	0.036		0		1		0.049		
18:3 undifferentiated....g	0.047		0		1		0.063		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.022		
Threonine....g	0.065		0		1		0.088		
Isoleucine....g	0.054		0		1		0.073		
Leucine....g	0.091		0		1		0.123		
Lysine....g	0.072		0		1		0.097		
Methionine....g	0.018		0		1		0.024		
Cystine....g	0.014		0		1		0.019		
Phenylalanine....g	0.054		0		1		0.073		
Tyrosine....g	0.034		0		1		0.046		
Valine....g	0.073		0		1		0.099		
Arginine....g	0.060		0		1		0.081		
Histidine....g	0.028		0		1		0.038		
Alanine....g	0.068		0		1		0.092		
Aspartic acid....g	0.208		0		1		0.281		
Glutamic acid....g	0.153		0		1		0.207		
Glycine....g	0.053		0		1		0.072		
Proline....g	0.055		0		1		0.074		
Serine....g	0.081		0		1		0.109		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11732

Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11722

Beans, snap, yellow, raw

Phaseolus vulgaris

Refuse: 12% Ends, strings, trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.27	0.280	161		1		90.27	49.65	
Energy kcal	31		0	NC	4		31	17	
Energy kJ	129		0	NC	4		129	71	
Protein (N x 6.25) g	1.82	0.050	100		1		1.82	1.00	
Total lipid (fat) g	0.12	0.033	10		1		0.12	0.07	
Ash g	0.66	0.019	140		1		0.66	0.36	
Carbohydrate, by difference g	7.13		0	NC	4		7.13	3.92	
Fiber, total dietary g	3.4		0		4		3.4	1.9	
Sugars, total g	3.27		0	BFSN	4		3.27	1.80	
Starch g									
Minerals:									
Calcium, Ca mg	37	1.405	149		1		37	20	
Iron, Fe mg	1.04	0.079	151		1		1.04	0.57	
Magnesium, Mg mg	25	0.647	147		1		25	14	
Phosphorus, P mg	38	0.807	136		1		38	21	
Potassium, K mg	209	4.557	150		1		209	115	
Sodium, Na mg	6	0.177	150		1		6	3	
Zinc, Zn mg	0.24	0.022	148		1		0.24	0.13	
Copper, Cu mg	0.069	0.004	157		1		0.069	0.038	
Manganese, Mn mg	0.214	0.008	146		1		0.214	0.118	
Selenium, Se µg	0.6		1	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.3	1.289	5		1		16.3	9.0	
Thiamin mg	0.084	0.002	98		1		0.084	0.046	
Riboflavin mg	0.105	0.003	98		1		0.105	0.058	
Niacin mg	0.752		8		1		0.752	0.414	
Pantothenic acid mg	0.094		0		1		0.094	0.052	
Vitamin B-6 mg	0.074		0		1		0.074	0.041	
Folate, total µg	37	3.519	6		1		37	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	37	3.519	6		1		37	20	
Folate, DFE µg	37		0	NC	4		37	20	
Choline, total mg	15.3		0	BFSN	4		15.3	8.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	108		0		1		108	59	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.41	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	43.2		0	BFSN	4		43.2	23.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11722
Beans, snap, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.026	0.014	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.022		2		1		0.022	0.012	
17:0....g									
18:0....g	0.004		2		1		0.004	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.005	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		2		1		0.004	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0		1		0.059	0.032	
18:2 undifferentiated....g	0.023		2		1		0.023	0.013	
18:3 undifferentiated....g	0.036		2		1		0.036	0.020	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		3		1		0.019	0.010	
Threonine....g	0.079		94		1		0.079	0.043	
Isoleucine....g	0.066		94		1		0.066	0.036	
Leucine....g	0.112		94		1		0.112	0.062	
Lysine....g	0.088		94		1		0.088	0.048	
Methionine....g	0.022		15		1		0.022	0.012	
Cystine....g	0.018		15		1		0.018	0.010	
Phenylalanine....g	0.067		94		1		0.067	0.037	
Tyrosine....g	0.042		94		1		0.042	0.023	
Valine....g	0.090		94		1		0.090	0.050	
Arginine....g	0.073		94		1		0.073	0.040	
Histidine....g	0.034		94		1		0.034	0.019	
Alanine....g	0.084		94		1		0.084	0.046	
Aspartic acid....g	0.255		94		1		0.255	0.140	
Glutamic acid....g	0.187		94		1		0.187	0.103	
Glycine....g	0.065		94		1		0.065	0.036	
Proline....g	0.068		94		1		0.068	0.037	
Serine....g	0.099		94		1		0.099	0.054	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11722
Beans, snap, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup 1/2" pieces

Measure 2 = 55g: 10 beans (4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11736
Beet greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.13		0		1		128.35		
Energy kcal	27		0	NC	4		39		
Energy kJ	113		0		4		163		
Protein (N x 6.25) g	2.57		1		1		3.70		
Total lipid (fat) g	0.20		1		1		0.29		
Ash g	2.64		1		1		3.80		
Carbohydrate, by difference g	5.46		0	NC	4		7.86		
Fiber, total dietary g	2.9		0		4		4.2		
Sugars, total g	0.60		0	BFZN	4		0.87		
Starch g									
Minerals:									
Calcium, Ca mg	114		1		1		164		
Iron, Fe mg	1.90		0		1		2.74		
Magnesium, Mg mg	68		1		1		98		
Phosphorus, P mg	41		1		1		59		
Potassium, K mg	909		1		1		1309		
Sodium, Na mg	477		0		4		687		
Zinc, Zn mg	0.50		0		1		0.72		
Copper, Cu mg	0.251		0		1		0.361		
Manganese, Mn mg	0.514		0		4		0.740		
Selenium, Se µg	0.9		0	CAZN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	24.9		0		1		35.9		
Thiamin mg	0.117		0		1		0.168		
Riboflavin mg	0.289		0		1		0.416		
Niacin mg	0.499		0		1		0.719		
Pantothenic acid mg	0.329		0		1		0.474		
Vitamin B-6 mg	0.132		0		1		0.190		
Folate, total µg	14		0		4		21		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	14		0		4		21		
Folate, DFE µg	14		0	NC	4		21		
Choline, total mg	42.5		0	BFSN	4		61.2		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	383		0	NC	4		551		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4590		0	BFZN	4		6610		
Carotene, alpha µg	4		0	BFZN	4		6		
Cryptoxanthin, beta µg	0		0	BFZN	4		0		
Vitamin A, IU IU	7654		0	NC	4		11022		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	1819		0	BFZN	4		2619		
Vitamin E (alpha-tocopherol) mg	1.81		0	BFZN	4		2.61		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	484.0		0	BFZN	4		696.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11736

Beet greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.031		0		1		0.045		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.030		0		1		0.043		
17:0....g									
18:0....g	0.001		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		1		0.055		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.038		0		1		0.055		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0		1		0.101		
18:2 undifferentiated....g	0.065		0		1		0.094		
18:3 undifferentiated....g	0.006		0		1		0.009		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.058		
Threonine....g	0.076		0		1		0.109		
Isoleucine....g	0.053		0		1		0.076		
Leucine....g	0.115		0		1		0.166		
Lysine....g	0.075		0		1		0.108		
Methionine....g	0.021		0		1		0.030		
Cystine....g	0.024		0		1		0.035		
Phenylalanine....g	0.068		0		1		0.098		
Tyrosine....g	0.061		0		1		0.088		
Valine....g	0.076		0		1		0.109		
Arginine....g	0.073		0		1		0.105		
Histidine....g	0.039		0		1		0.056		
Alanine....g	0.095		0		1		0.137		
Aspartic acid....g	0.152		0		1		0.219		
Glutamic acid....g	0.312		0		1		0.449		
Glycine....g	0.094		0		1		0.135		
Proline....g	0.061		0		1		0.088		
Serine....g	0.082		0		1		0.118		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11736

Beet greens, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 144g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11087
Beet greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.13		0		1		128.35	64.17	
Energy kcal	27		0	NC	4		40	20	
Energy kJ	115		0	NC	4		165	83	
Protein (N x 6.25) g	2.57		1		1		3.70	1.85	
Total lipid (fat) g	0.20		1		1		0.29	0.14	
Ash g	2.64		1		1		3.80	1.90	
Carbohydrate, by difference g	5.46		0	NC	4		7.86	3.93	
Fiber, total dietary g	2.9		0		4		4.2	2.1	
Sugars, total g	0.60		0	BFSN	4		0.87	0.44	
Starch g									
Minerals:									
Calcium, Ca mg	114		1		1		164	82	
Iron, Fe mg	1.90		0		1		2.74	1.37	
Magnesium, Mg mg	68		1		1		98	49	
Phosphorus, P mg	41		1		1		59	30	
Potassium, K mg	909		1		1		1309	654	
Sodium, Na mg	241		1		1		347	174	
Zinc, Zn mg	0.50		0		1		0.72	0.36	
Copper, Cu mg	0.251		0		1		0.361	0.181	
Manganese, Mn mg	0.514		0		4		0.740	0.370	
Selenium, Se µg	0.9		0	CAZN	4		1.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	24.9		0		1		35.9	17.9	
Thiamin mg	0.117		0		1		0.168	0.084	
Riboflavin mg	0.289		0		1		0.416	0.208	
Niacin mg	0.499		0		1		0.719	0.359	
Pantothenic acid mg	0.329		0		1		0.474	0.237	
Vitamin B-6 mg	0.132		0		1		0.190	0.095	
Folate, total µg	14		0		4		21	10	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		4		21	10	
Folate, DFE µg	14		0	NC	4		21	10	
Choline, total mg	0.5		0	BFSN	4		0.8	0.4	
Betaine mg	0.3		0	BFSN	4		0.4	0.2	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	383		0	NC	4		551	276	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4590		0	BFSN	4		6610	3305	
Carotene, alpha µg	4		0	BFSN	4		6	3	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	7654		0	NC	4		11022	5511	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1819		0	BFSN	4		2619	1309	
Vitamin E (alpha-tocopherol) mg	1.81		0	BFSN	4		2.61	1.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	484.0		0	BFSN	4		696.9	348.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11087

Beet greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.031		0		1		0.045	0.022	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.030		0		1		0.043	0.022	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0		1		0.055	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.038		0		1		0.055	0.027	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0		1		0.101	0.050	
18:2 undifferentiated....g	0.065		0		1		0.094	0.047	
18:3 undifferentiated....g	0.006		0		1		0.009	0.004	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.058	0.029	
Threonine....g	0.076		0		1		0.109	0.055	
Isoleucine....g	0.053		0		1		0.076	0.038	
Leucine....g	0.115		0		1		0.166	0.083	
Lysine....g	0.075		0		1		0.108	0.054	
Methionine....g	0.021		0		1		0.030	0.015	
Cystine....g	0.024		0		1		0.035	0.017	
Phenylalanine....g	0.068		0		1		0.098	0.049	
Tyrosine....g	0.061		0		1		0.088	0.044	
Valine....g	0.076		0		1		0.109	0.055	
Arginine....g	0.073		0		1		0.105	0.053	
Histidine....g	0.039		0		1		0.056	0.028	
Alanine....g	0.095		0		1		0.137	0.068	
Aspartic acid....g	0.152		0		1		0.219	0.109	
Glutamic acid....g	0.312		0		1		0.449	0.225	
Glycine....g	0.094		0		1		0.135	0.068	
Proline....g	0.061		0		1		0.088	0.044	
Serine....g	0.082		0		1		0.118	0.059	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11087
Beet greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 cup (1" pieces)

Measure 2 = 72g: .5 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11086
Beet greens, raw
Beta vulgaris

Refuse: 44% Stems, bruised and old leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.02	0.840	7		1		34.59	29.13	17.29
Energy kcal	22		0	NC	4		8	7	4
Energy kJ	92		0	NC	4		35	29	17
Protein (N x 6.25) g	2.20		2		1		0.83	0.70	0.42
Total lipid (fat) g	0.13		2		1		0.05	0.04	0.02
Ash g	2.33		2		1		0.88	0.74	0.44
Carbohydrate, by difference g	4.33		0	NC	4		1.65	1.39	0.82
Fiber, total dietary g	3.7		0		4		1.4	1.2	0.7
Sugars, total g	0.50		0	O	4		0.19	0.16	0.10
Starch g									
Minerals:									
Calcium, Ca mg	117		2		1		44	37	22
Iron, Fe mg	2.57		2		1		0.98	0.82	0.49
Magnesium, Mg mg	70		2		1		27	22	13
Phosphorus, P mg	41		1		1		15	13	8
Potassium, K mg	762	154.069	6		1		289	244	145
Sodium, Na mg	226	18.623	6		1		86	72	43
Zinc, Zn mg	0.38		1		1		0.14	0.12	0.07
Copper, Cu mg	0.191		1		1		0.073	0.061	0.036
Manganese, Mn mg	0.391		0		4		0.149	0.125	0.074
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	30.0		0		1		11.4	9.6	5.7
Thiamin mg	0.100		0		1		0.038	0.032	0.019
Riboflavin mg	0.220		0		1		0.084	0.070	0.042
Niacin mg	0.400		0		1		0.152	0.128	0.076
Pantothenic acid mg	0.250		0		1		0.095	0.080	0.048
Vitamin B-6 mg	0.106		0		1		0.040	0.034	0.020
Folate, total µg	15		0		4		6	5	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15		0		4		6	5	3
Folate, DFE µg	15		0	NC	4		6	5	3
Choline, total mg	0.4		0	BFSY	4		0.2	0.1	0.1
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	316		0	AS	1		120	101	60
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	3794	1233.835	3	A	1		1442	1214	721
Carotene, alpha µg	3		36	A	1		1	1	1
Cryptoxanthin, beta µg	0		36	A	1		0	0	0
Vitamin A, IU IU	6326		0	AS	1		2404	2024	1202
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	1503		0	T	4		571	481	286
Vitamin E (alpha-tocopherol) mg	1.50		0	O	4		0.57	0.48	0.29
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	400.0		0	O	4		152.0	128.0	76.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11086
Beet greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.020		0	NC	4		0.007	0.006	0.004
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.020		0		1		0.007	0.006	0.004
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0	NC	4		0.010	0.008	0.005
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.010	0.008	0.005
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0	NC	4		0.017	0.015	0.009
18:2 undifferentiated....g	0.041		0		1		0.016	0.013	0.008
18:3 undifferentiated....g	0.004		0		1		0.002	0.001	0.001
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	21		0		1		8	7	4
Amino Acids:									
Tryptophan....g	0.035		0	DA	1		0.013	0.011	0.007
Threonine....g	0.065		0	DA	1		0.025	0.021	0.012
Isoleucine....g	0.046		0	DA	1		0.017	0.015	0.009
Leucine....g	0.098		0	DA	1		0.037	0.031	0.019
Lysine....g	0.064		0	DA	1		0.024	0.020	0.012
Methionine....g	0.018		0	DA	1		0.007	0.006	0.003
Cystine....g	0.021		0	DA	1		0.008	0.007	0.004
Phenylalanine....g	0.058		0	DA	1		0.022	0.019	0.011
Tyrosine....g	0.052		0	DA	1		0.020	0.017	0.010
Valine....g	0.065		0	DA	1		0.025	0.021	0.012
Arginine....g	0.063		0	DA	1		0.024	0.020	0.012
Histidine....g	0.034		0	DA	1		0.013	0.011	0.006
Alanine....g	0.081		0	DA	1		0.031	0.026	0.015
Aspartic acid....g	0.129		0	DA	1		0.049	0.041	0.025
Glutamic acid....g	0.267		0	DA	1		0.101	0.085	0.051
Glycine....g	0.081		0	DA	1		0.031	0.026	0.015
Proline....g	0.052		0	DA	1		0.020	0.017	0.010
Serine....g	0.070		0	DA	1		0.027	0.022	0.013
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11086
Beet greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 cup

Measure 2 = 32g: 1 leaf

Measure 3 = 19g: .5 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11084
Beets, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.96	0.739	5		1		142.81	177.37	154.63
Energy kcal	31		0	NC	4		49	61	53
Energy kJ	131		0	NC	4		206	256	223
Protein (N x 6.25) g	0.91	0.082	5		1		1.43	1.77	1.55
Total lipid (fat) g	0.14	0.046	5		1		0.22	0.27	0.24
Ash g	0.78	0.060	5		1		1.22	1.52	1.33
Carbohydrate, by difference g	7.21		0	NC	4		11.32	14.06	12.26
Fiber, total dietary g	1.8		1		1		2.8	3.5	3.1
Sugars, total g	5.51		0	O	4		8.65	10.74	9.37
Starch g									
Minerals:									
Calcium, Ca mg	15		0		4		24	29	26
Iron, Fe mg	1.82	0.060	5		1		2.86	3.55	3.09
Magnesium, Mg mg	17		0		4		27	33	29
Phosphorus, P mg	17		0		4		27	33	29
Potassium, K mg	148		0		4		232	289	252
Sodium, Na mg	194		0	BD	4		305	378	330
Zinc, Zn mg	0.21	0.021	5		1		0.33	0.41	0.36
Copper, Cu mg	0.059	0.014	5		1		0.093	0.115	0.100
Manganese, Mn mg	0.287	0.034	5		1		0.451	0.560	0.488
Selenium, Se µg	0.5		0	BFSN	4		0.8	1.0	0.9
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1		0		4		6.4	8.0	7.0
Thiamin mg	0.010		0		4		0.016	0.020	0.017
Riboflavin mg	0.040		0		4		0.063	0.078	0.068
Niacin mg	0.157		0		4		0.246	0.306	0.267
Pantothenic acid mg	0.156		0		4		0.245	0.304	0.265
Vitamin B-6 mg	0.057		0		4		0.089	0.111	0.097
Folate, total µg	30		0		4		47	59	51
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	30		0		4		47	59	51
Folate, DFE µg	30		0	NC	4		47	59	51
Choline, total mg	7.5		0	AS	1		11.8	14.6	12.7
Betaine mg	255.5		2	A	1		401.2	498.3	434.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		2	2	2
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	15		0	BFSN	4		23	28	25
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	24		0	NC	4		38	47	41
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.05	0.06	0.05
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.2	0.3	0.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11084
Beets, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.022		0	NC	4		0.035	0.043	0.038
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.021		0		1		0.034	0.042	0.036
17:0....g									
18:0....g	0.001		0		1		0.001	0.002	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0	NC	4		0.043	0.053	0.046
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.027		0		1		0.043	0.053	0.046
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.049		0	NC	4		0.076	0.095	0.082
18:2 undifferentiated....g	0.045		0		1		0.070	0.087	0.076
18:3 undifferentiated....g	0.004		0		1		0.006	0.008	0.007
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.017	0.021	0.019
Threonine....g	0.027		0		1		0.042	0.053	0.046
Isoleucine....g	0.027		0		1		0.042	0.053	0.046
Leucine....g	0.039		0		1		0.061	0.076	0.066
Lysine....g	0.033		0		1		0.052	0.064	0.056
Methionine....g	0.010		0		1		0.016	0.020	0.017
Cystine....g	0.011		0		1		0.017	0.021	0.019
Phenylalanine....g	0.026		0		1		0.041	0.051	0.044
Tyrosine....g	0.022		0		1		0.035	0.043	0.037
Valine....g	0.032		0		1		0.050	0.062	0.054
Arginine....g	0.024		0		1		0.038	0.047	0.041
Histidine....g	0.012		0		1		0.019	0.023	0.020
Alanine....g	0.034		0		1		0.053	0.066	0.058
Aspartic acid....g	0.066		0		1		0.104	0.129	0.112
Glutamic acid....g	0.242		0		1		0.380	0.472	0.411
Glycine....g	0.018		0		1		0.028	0.035	0.031
Proline....g	0.024		0		1		0.038	0.047	0.041
Serine....g	0.033		0		1		0.052	0.064	0.056
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11084
Beets, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 157g: 1 cup, diced

Measure 2 = 195g: 1 cup, shredded

Measure 3 = 170g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11735
Beets, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.62	0.096	196	A	1		225.39		
Energy kcal	28		0	NC	4		69		
Energy kJ	117		0	NC	4		289		
Protein (N x 6.25) g	0.80	0.013	203	A	1		1.97		
Total lipid (fat) g	0.07	0.003	197	A	1		0.17		
Ash g	0.94	0.015	197	A	1		2.31		
Carbohydrate, by difference g	6.57		0	NC	4		16.16		
Fiber, total dietary g	1.2		0	A	1		3.0		
Sugars, total g	5.38		0	O	4		13.23		
Starch g									
Minerals:									
Calcium, Ca mg	13	0.336	200	A	1		32		
Iron, Fe mg	0.63	0.023	206	A	1		1.55		
Magnesium, Mg mg	16	0.246	134		1		39		
Phosphorus, P mg	16	0.336	198		1		39		
Potassium, K mg	142	2.508	138		1		349		
Sodium, Na mg	21	7.001	9	A	1		52		
Zinc, Zn mg	0.23	0.009	67		1		0.57		
Copper, Cu mg	0.097	0.006	67		1		0.239		
Manganese, Mn mg	0.241		0		1		0.593		
Selenium, Se µg	0.5		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8	0.155	168	A	1		6.9		
Thiamin mg	0.010	0.000	141		1		0.025		
Riboflavin mg	0.038	0.002	174		1		0.093		
Niacin mg	0.151	0.003	215		1		0.371		
Pantothenic acid mg	0.150		0		1		0.369		
Vitamin B-6 mg	0.055		0		1		0.135		
Folate, total µg	29	4.663	3		1		71		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	29	4.663	3		1		71		
Folate, DFE µg	29		0	NC	4		71		
Choline, total mg	6.9		0	BFSN	4		17.1		
Betaine mg	219.7		0	BFSN	4		540.4		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		3		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	13		0	BFSN	4		33		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	22		0	NC	4		55		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.07		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11735

Beets, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.011		0	NC	4		0.027		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.011		0		1		0.027		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0	NC	4		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.032		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.025		0	NC	4		0.062		
18:2 undifferentiated....g	0.023		0		1		0.057		
18:3 undifferentiated....g	0.002		0		1		0.005		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	BFPN	4		0.025		
Threonine....g	0.023		0	BFPN	4		0.057		
Isoleucine....g	0.024		0	BFPN	4		0.059		
Leucine....g	0.034		0	BFPN	4		0.084		
Lysine....g	0.029		0	BFPN	4		0.071		
Methionine....g	0.009		0	BFPN	4		0.022		
Cystine....g	0.010		0	BFPN	4		0.025		
Phenylalanine....g	0.023		0	BFPN	4		0.057		
Tyrosine....g	0.019		0	BFPN	4		0.047		
Valine....g	0.028		0	BFPN	4		0.069		
Arginine....g	0.021		0	BFPN	4		0.052		
Histidine....g	0.011		0	BFPN	4		0.027		
Alanine....g	0.030		0	BFPN	4		0.074		
Aspartic acid....g	0.058		0	BFPN	4		0.143		
Glutamic acid....g	0.213		0	BFPN	4		0.524		
Glycine....g	0.015		0	BFPN	4		0.037		
Proline....g	0.020		0	BFPN	4		0.049		
Serine....g	0.029		0	BFPN	4		0.071		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11735
Beets, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11082
Beets, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.30	0.214	25		1		224.60		
Energy kcal	30		0	NC	4		74		
Energy kJ	126		0	NC	4		310		
Protein (N x 6.25) g	0.73	0.030	20		1		1.80		
Total lipid (fat) g	0.09	0.010	20		1		0.21		
Ash g	0.74	0.050	20		1		1.83		
Carbohydrate, by difference g	7.14		0	NC	4		17.56		
Fiber, total dietary g	1.2	0.043	20		1		2.9		
Sugars, total g	6.53		0	NC	4		16.05		
Sucrose g	5.25	0.239	6		1		12.90		
Glucose (dextrose) g	0.28		1		1		0.69		
Fructose g	0.20		1		1		0.49		
Lactose g	0.00		0	Z	7		0.00		
Maltose g	0.00		0	Z	7		0.00		
Galactose g	0.80		1		1		1.97		
Starch g									
Minerals:									
Calcium, Ca mg	18	0.506	67		1		44		
Iron, Fe mg	0.73	0.040	68		1		1.81		
Magnesium, Mg mg	18	0.460	48		1		44		
Phosphorus, P mg	15	0.315	47		1		37		
Potassium, K mg	159	4.384	67		1		391		
Sodium, Na mg	143	9.203	68		1		353		
Zinc, Zn mg	0.34	0.015	48		1		0.85		
Copper, Cu mg	0.043	0.002	48		1		0.105		
Manganese, Mn mg	0.411	0.016	48		1		1.010		
Selenium, Se µg	0.1	0.037	38		1		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8	0.155	168	A	1		6.9		
Thiamin mg	0.010	0.000	141		1		0.025		
Riboflavin mg	0.038	0.002	174		1		0.093		
Niacin mg	0.151	0.003	215		1		0.371		
Pantothenic acid mg	0.150		0		1		0.369		
Vitamin B-6 mg	0.055		0		1		0.135		
Folate, total µg	29	4.663	3		1		71		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	29	4.663	3		1		71		
Folate, DFE µg	29		0	NC	4		71		
Choline, total mg	7.2		0	BFSN	4		17.7		
Betaine mg	228.1		0	BFSN	4		561.0		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		3		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	14		0	T	4		34		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	23		0	NC	4		57		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.03		0	T	4		0.07		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11082

Beets, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.2		3		1		0.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.011		0		1		0.027		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0	Z	7		0.000		
15:0....g									
16:0....g	0.011		0		1		0.027		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.032		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.025		0		1		0.062		
18:2 undifferentiated....g	0.023		0		1		0.057		
18:3 undifferentiated....g	0.002		0		1		0.005		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	BFPN	4		0.025		
Threonine....g	0.023		0	BFPN	4		0.057		
Isoleucine....g	0.024		0	BFPN	4		0.059		
Leucine....g	0.034		0	BFPN	4		0.084		
Lysine....g	0.029		0	BFPN	4		0.071		
Methionine....g	0.009		0	BFPN	4		0.022		
Cystine....g	0.010		0	BFPN	4		0.025		
Phenylalanine....g	0.023		0	BFPN	4		0.057		
Tyrosine....g	0.019		0	BFPN	4		0.047		
Valine....g	0.028		0	BFPN	4		0.069		
Arginine....g	0.021		0	BFPN	4		0.052		
Histidine....g	0.011		0	BFPN	4		0.027		
Alanine....g	0.030		0	BFPN	4		0.074		
Aspartic acid....g	0.058		0	BFPN	4		0.143		
Glutamic acid....g	0.213		0	BFPN	4		0.524		
Glycine....g	0.015		0	BFPN	4		0.037		
Proline....g	0.020		0	BFPN	4		0.049		
Serine....g	0.029		0	BFPN	4		0.071		

NDB No. 11082
Beets, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11081
Beets, cooked, boiled, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.06		0		1		74.00	87.06	
Energy kcal	44		0	NC	4		37	44	
Energy kJ	184		0		4		156	184	
Protein (N x 6.25) g	1.68		0		1		1.43	1.68	
Total lipid (fat) g	0.18		0		1		0.15	0.18	
Ash g	1.12		0		1		0.95	1.12	
Carbohydrate, by difference g	9.96		0	NC	4		8.47	9.96	
Fiber, total dietary g	2.0		0	A	1		1.7	2.0	
Sugars, total g	7.96		0	O	4		6.77	7.96	
Starch g									
Minerals:									
Calcium, Ca mg	16		0		1		14	16	
Iron, Fe mg	0.79		0		1		0.67	0.79	
Magnesium, Mg mg	23		0		1		20	23	
Phosphorus, P mg	38		0		1		32	38	
Potassium, K mg	305		0		1		259	305	
Sodium, Na mg	77		0		1		65	77	
Zinc, Zn mg	0.35		0		1		0.30	0.35	
Copper, Cu mg	0.074		0		1		0.063	0.074	
Manganese, Mn mg	0.326		0		1		0.277	0.326	
Selenium, Se µg	0.7		0	BFSN	4		0.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6		0		1		3.1	3.6	
Thiamin mg	0.027		0		1		0.023	0.027	
Riboflavin mg	0.040		0		1		0.034	0.040	
Niacin mg	0.331		0		1		0.281	0.331	
Pantothenic acid mg	0.145		0		1		0.123	0.145	
Vitamin B-6 mg	0.067		0		1		0.057	0.067	
Folate, total µg	80		0		1		68	80	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	80		0		1		68	80	
Folate, DFE µg	80		0	NC	4		68	80	
Choline, total mg	6.3		0	BFSY	4		5.3	6.3	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	21		0	BFSN	4		18	21	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	35		0	NC	4		29	35	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.04	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.2	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11081
Beets, cooked, boiled, drained

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.028		0		1		0.024	0.028	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.027		0		1		0.023	0.027	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.030	0.035	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.030	0.035	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		1		0.054	0.064	
18:2 undifferentiated....g	0.058		0		1		0.049	0.058	
18:3 undifferentiated....g	0.005		0		1		0.004	0.005	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.017	0.020	
Threonine....g	0.049		0		1		0.042	0.049	
Isoleucine....g	0.050		0		1		0.043	0.050	
Leucine....g	0.071		0		1		0.060	0.071	
Lysine....g	0.060		0		1		0.051	0.060	
Methionine....g	0.019		0		1		0.016	0.019	
Cystine....g	0.020		0		1		0.017	0.020	
Phenylalanine....g	0.048		0		1		0.041	0.048	
Tyrosine....g	0.040		0		1		0.034	0.040	
Valine....g	0.059		0		1		0.050	0.059	
Arginine....g	0.044		0		1		0.037	0.044	
Histidine....g	0.022		0		1		0.019	0.022	
Alanine....g	0.063		0		1		0.054	0.063	
Aspartic acid....g	0.121		0		1		0.103	0.121	
Glutamic acid....g	0.446		0		1		0.379	0.446	
Glycine....g	0.033		0		1		0.028	0.033	
Proline....g	0.043		0		1		0.037	0.043	
Serine....g	0.062		0		1		0.053	0.062	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11081
Beets, cooked, boiled, drained

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: .5 cup slices

Measure 2 = 100g: 2 beets (2" dia, sphere)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11734
Beets, cooked, boiled. drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.06		0		1		74.00	87.06	
Energy kcal	44		0	NC	4		38	44	
Energy kJ	186		0	NC	4		158	186	
Protein (N x 6.25) g	1.68		0		1		1.43	1.68	
Total lipid (fat) g	0.18		0		1		0.15	0.18	
Ash g	1.12		0		1		0.95	1.12	
Carbohydrate, by difference g	9.96		0	NC	4		8.47	9.96	
Fiber, total dietary g	2.0		0	A	1		1.7	2.0	
Sugars, total g	7.96		0	BFSN	4		6.77	7.96	
Starch g									
Minerals:									
Calcium, Ca mg	16		0		1		14	16	
Iron, Fe mg	0.79		0		1		0.67	0.79	
Magnesium, Mg mg	23		0		1		20	23	
Phosphorus, P mg	38		0		1		32	38	
Potassium, K mg	305		0		1		259	305	
Sodium, Na mg	285		0		4		242	285	
Zinc, Zn mg	0.35		0		1		0.30	0.35	
Copper, Cu mg	0.074		0		1		0.063	0.074	
Manganese, Mn mg	0.326		0		1		0.277	0.326	
Selenium, Se µg	0.7		0	BFSN	4		0.6	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6		0		1		3.1	3.6	
Thiamin mg	0.027		0		1		0.023	0.027	
Riboflavin mg	0.040		0		1		0.034	0.040	
Niacin mg	0.331		0		1		0.281	0.331	
Pantothenic acid mg	0.145		0		1		0.123	0.145	
Vitamin B-6 mg	0.067		0		1		0.057	0.067	
Folate, total µg	80		0		1		68	80	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	80		0		1		68	80	
Folate, DFE µg	80		0	NC	4		68	80	
Choline, total mg	6.3		0	BFSY	4		5.3	6.3	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		1	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	21		0	BFSN	4		18	21	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	35		0	NC	4		29	35	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.04	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.2	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11734
Beets, cooked, boiled. drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.028		0		1		0.024	0.028	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.027		0		1		0.023	0.027	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.030	0.035	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.030	0.035	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0		1		0.054	0.064	
18:2 undifferentiated....g	0.058		0		1		0.049	0.058	
18:3 undifferentiated....g	0.005		0		1		0.004	0.005	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.017	0.020	
Threonine....g	0.049		0		1		0.042	0.049	
Isoleucine....g	0.050		0		1		0.043	0.050	
Leucine....g	0.071		0		1		0.060	0.071	
Lysine....g	0.060		0		1		0.051	0.060	
Methionine....g	0.019		0		1		0.016	0.019	
Cystine....g	0.020		0		1		0.017	0.020	
Phenylalanine....g	0.048		0		1		0.041	0.048	
Tyrosine....g	0.040		0		1		0.034	0.040	
Valine....g	0.059		0		1		0.050	0.059	
Arginine....g	0.044		0		1		0.037	0.044	
Histidine....g	0.022		0		1		0.019	0.022	
Alanine....g	0.063		0		1		0.054	0.063	
Aspartic acid....g	0.121		0		1		0.103	0.121	
Glutamic acid....g	0.446		0		1		0.379	0.446	
Glycine....g	0.033		0		1		0.028	0.033	
Proline....g	0.043		0		1		0.037	0.043	
Serine....g	0.062		0		1		0.053	0.062	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11734
Beets, cooked, boiled. drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 85g: .5 cup slices

Measure 2 = 100g: 2 beets (2" dia, sphere)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11605
Beets, harvard, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.16	0.255	29		1		197.19		
Energy kcal	73		0	NC	4		180		
Energy kJ	305				4		751		
Protein (N x 6.25) g	0.84	0.012	29		1		2.07		
Total lipid (fat) g	0.06	0.003	29		1		0.15		
Ash g	0.76	0.007	29		1		1.87		
Carbohydrate, by difference g	18.18		0	NC	4		44.72		
Fiber, total dietary g	2.5		0		4		6.2		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11	0.244	29		1		27		
Iron, Fe mg	0.36	0.028	29		1		0.89		
Magnesium, Mg mg	19	0.473	21		1		47		
Phosphorus, P mg	17	0.432	29		1		42		
Potassium, K mg	164	4.288	21		1		403		
Sodium, Na mg	162	2.904	27		1		399		
Zinc, Zn mg	0.23		0		4		0.57		
Copper, Cu mg	0.097		0		4		0.239		
Manganese, Mn mg	0.241		0		4		0.593		
Selenium, Se µg	1.1		0	BFSN	4		2.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.4	0.124	22		1		5.9		
Thiamin mg	0.010		0		4		0.025		
Riboflavin mg	0.050	0.003	20		1		0.123		
Niacin mg	0.084	0.007	29		1		0.207		
Pantothenic acid mg	0.150		0		4		0.369		
Vitamin B-6 mg	0.055		0		4		0.135		
Folate, total µg	29		0		4		71		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	29		0		4		71		
Folate, DFE µg	29		0	NC	4		71		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0		4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	11		0		4		27		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11605

Beets, harvard, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.009		0		1		0.022		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.008		0		1		0.020		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.027		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.027		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.019		0		1		0.047		
18:2 undifferentiated....g	0.018		0		1		0.044		
18:3 undifferentiated....g	0.002		0		1		0.005		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.025		
Threonine....g	0.025		0		1		0.062		
Isoleucine....g	0.025		0		1		0.062		
Leucine....g	0.035		0		1		0.086		
Lysine....g	0.030		0		1		0.074		
Methionine....g	0.010		0		1		0.025		
Cystine....g	0.010		0		1		0.025		
Phenylalanine....g	0.024		0		1		0.059		
Tyrosine....g	0.020		0		1		0.049		
Valine....g	0.029		0		1		0.071		
Arginine....g	0.022		0		1		0.054		
Histidine....g	0.011		0		1		0.027		
Alanine....g	0.031		0		1		0.076		
Aspartic acid....g	0.060		0		1		0.148		
Glutamic acid....g	0.222		0		1		0.546		
Glycine....g	0.016		0		1		0.039		
Proline....g	0.022		0		1		0.054		
Serine....g	0.031		0		1		0.076		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11605

Beets, harvard, canned, solids and liquids

Common Measures:

Measure 1 = 246g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11609
Beets, pickled, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.88	0.175	70		1		185.87		
Energy kcal	65		0	NC	4		148		
Energy kJ	272		0		4		617		
Protein (N x 6.25) g	0.80	0.014	60		1		1.82		
Total lipid (fat) g	0.08	0.001	60		1		0.18		
Ash g	0.96	0.011	70		1		2.18		
Carbohydrate, by difference g	16.28		0	NC	4		36.96		
Fiber, total dietary g	0.8		0	LC	8		1.8		
Sugars, total g	11.05		0	LC	8		25.09		
Starch g									
Minerals:									
Calcium, Ca mg	11	0.266	59		1		25		
Iron, Fe mg	0.41	0.012	70		1		0.93		
Magnesium, Mg mg	15	0.253	60		1		34		
Phosphorus, P mg	17	0.438	60		1		39		
Potassium, K mg	115		0	LC	8		261		
Sodium, Na mg	149		0	LC	8		338		
Zinc, Zn mg	0.26	0.012	38		1		0.59		
Copper, Cu mg	0.116	0.006	38		1		0.263		
Manganese, Mn mg	0.220		0		4		0.499		
Selenium, Se µg	1.0		0	BFSN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3	0.081	62		1		5.2		
Thiamin mg	0.010		0		4		0.023		
Riboflavin mg	0.048	0.002	51		1		0.109		
Niacin mg	0.251	0.011	58		1		0.570		
Pantothenic acid mg	0.137		0		4		0.311		
Vitamin B-6 mg	0.050		0		4		0.114		
Folate, total µg	27		0		4		60		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	27		0		4		60		
Folate, DFE µg	27		0	NC	4		60		
Choline, total mg	15.0		0	BFSN	4		34.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	29		0	BFSN	4		66		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	49		0	NC	4		110		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.06		0	BFSN	4		0.14		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11609

Beets, pickled, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.013		0		1		0.030		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.013		0		1		0.030		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.036		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.036		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		1		0.066		
18:2 undifferentiated....g	0.027		0		1		0.061		
18:3 undifferentiated....g	0.002		0		1		0.005		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.020		
Threonine....g	0.024		0		1		0.054		
Isoleucine....g	0.024		0		1		0.054		
Leucine....g	0.034		0		1		0.077		
Lysine....g	0.029		0		1		0.066		
Methionine....g	0.009		0		1		0.020		
Cystine....g	0.010		0		1		0.023		
Phenylalanine....g	0.023		0		1		0.052		
Tyrosine....g	0.019		0		1		0.043		
Valine....g	0.028		0		1		0.064		
Arginine....g	0.021		0		1		0.048		
Histidine....g	0.011		0		1		0.025		
Alanine....g	0.030		0		1		0.068		
Aspartic acid....g	0.057		0		1		0.129		
Glutamic acid....g	0.212		0		1		0.481		
Glycine....g	0.015		0		1		0.034		
Proline....g	0.021		0		1		0.048		
Serine....g	0.029		0		1		0.066		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11609
Beets, pickled, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11080
Beets, raw
Beta vulgaris

Refuse: 33% Parings and part tops

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.58	0.723	21		1		119.11	71.82	
Energy kcal	43		0	NC	4		58	35	
Energy kJ	180		0		4		245	148	
Protein (N x 6.25) g	1.61	0.140	9		1		2.19	1.32	
Total lipid (fat) g	0.17	0.051	9		1		0.23	0.14	
Ash g	1.08	0.108	8		1		1.47	0.89	
Carbohydrate, by difference g	9.56		0	NC	4		13.00	7.84	
Fiber, total dietary g	2.8		0		1		3.8	2.3	
Sugars, total g	6.76		0	O	4		9.19	5.54	
Starch g									
Minerals:									
Calcium, Ca mg	16	1.810	5		1		22	13	
Iron, Fe mg	0.80	0.195	8		1		1.09	0.66	
Magnesium, Mg mg	23	1.834	5		1		31	19	
Phosphorus, P mg	40	4.927	5		1		54	33	
Potassium, K mg	325	14.960	11		1		442	267	
Sodium, Na mg	78	10.198	13		1		106	64	
Zinc, Zn mg	0.35	0.041	14		1		0.48	0.29	
Copper, Cu mg	0.075	0.013	14		1		0.102	0.062	
Manganese, Mn mg	0.329	0.053	15		1		0.447	0.270	
Selenium, Se µg	0.7		0	CAZN	4		1.0	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.9	1.544	5		1		6.7	4.0	
Thiamin mg	0.031	0.009	5		1		0.042	0.025	
Riboflavin mg	0.040	0.007	5		1		0.054	0.033	
Niacin mg	0.334	0.026	5		1		0.454	0.274	
Pantothenic acid mg	0.155	0.010	4		1		0.211	0.127	
Vitamin B-6 mg	0.067	0.005	4		1		0.091	0.055	
Folate, total µg	109	12.313	8		1		148	89	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	109	12.313	8		1		148	89	
Folate, DFE µg	109		0	NC	4		148	89	
Choline, total mg	6.0		0	AS	1		8.2	4.9	
Betaine mg	128.7		1	A	1		175.1	105.6	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	20		0	BFSN	4		27	16	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	33		0	NC	4		45	27	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.06	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.3	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11080
Beets, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.027		0	NC	4		0.036	0.022	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.026		0		1		0.035	0.021	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0	NC	4		0.044	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.032		0		1		0.044	0.027	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0	NC	4		0.082	0.049	
18:2 undifferentiated....g	0.055		0		1		0.075	0.045	
18:3 undifferentiated....g	0.005		0		1		0.007	0.004	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	25		1		1		34	21	
Amino Acids:									
Tryptophan....g	0.019		0		1		0.026	0.016	
Threonine....g	0.047		0		1		0.064	0.039	
Isoleucine....g	0.048		0		1		0.065	0.039	
Leucine....g	0.068		0		1		0.092	0.056	
Lysine....g	0.058		0		1		0.079	0.048	
Methionine....g	0.018		0		1		0.024	0.015	
Cystine....g	0.019		0		1		0.026	0.016	
Phenylalanine....g	0.046		0		1		0.063	0.038	
Tyrosine....g	0.038		0		1		0.052	0.031	
Valine....g	0.056		0		1		0.076	0.046	
Arginine....g	0.042		0		1		0.057	0.034	
Histidine....g	0.021		0		1		0.029	0.017	
Alanine....g	0.060		0		1		0.082	0.049	
Aspartic acid....g	0.116		0		1		0.158	0.095	
Glutamic acid....g	0.428		0		1		0.582	0.351	
Glycine....g	0.031		0		1		0.042	0.025	
Proline....g	0.042		0		1		0.057	0.034	
Serine....g	0.059		0		1		0.080	0.048	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11080
Beets, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup

Measure 2 = 82g: 1 beet (2" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11737
Borage, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.88		0		1				
Energy kcal	25		0	NC	4				
Energy kJ	105				4				
Protein (N x 6.25) g	2.09		0		1				
Total lipid (fat) g	0.81		0		1				
Ash g	1.67		0		1				
Carbohydrate, by difference g	3.55		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	102		0		1				
Iron, Fe mg	3.64		0		1				
Magnesium, Mg mg	57		0		1				
Phosphorus, P mg	55		0		1				
Potassium, K mg	491		0		1				
Sodium, Na mg	324		0		4				
Zinc, Zn mg	0.22		0		4				
Copper, Cu mg	0.143		0		4				
Manganese, Mn mg	0.385		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	32.5		0		1				
Thiamin mg	0.059		0		1				
Riboflavin mg	0.165		0		1				
Niacin mg	0.940		0		1				
Pantothenic acid mg	0.045		0		4				
Vitamin B-6 mg	0.088		0		4				
Folate, total µg	10		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	10		0		4				
Folate, DFE µg	10		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	219		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4385		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11737
Borage, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.197		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.069		0		1				
17:0....g									
18:0....g	0.024		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.245		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.222		0		1				
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g	0.023		0		1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.127		0		1				
18:2 undifferentiated....g	0.127		0		1				
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11614
Borage, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.88		0		1				
Energy kcal	25		0	NC	4				
Energy kJ	105				4				
Protein (N x 6.25) g	2.09		0		1				
Total lipid (fat) g	0.81		0		1				
Ash g	1.67		0		1				
Carbohydrate, by difference g	3.55		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	102		0		1				
Iron, Fe mg	3.64		0		1				
Magnesium, Mg mg	57		0		1				
Phosphorus, P mg	55		0		1				
Potassium, K mg	491		0		1				
Sodium, Na mg	88		0		1				
Zinc, Zn mg	0.22		0		4				
Copper, Cu mg	0.143		0		4				
Manganese, Mn mg	0.385		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	32.5		0		1				
Thiamin mg	0.059		0		1				
Riboflavin mg	0.165		0		1				
Niacin mg	0.940		0		1				
Pantothenic acid mg	0.045		0		4				
Vitamin B-6 mg	0.088		0		4				
Folate, total µg	10		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	10		0		4				
Folate, DFE µg	10		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	219		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4385		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11614
Borage, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.197		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.069		0		1				
17:0....g									
18:0....g	0.024		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.245		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.222		0		1				
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g	0.023		0		1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.127		0		1				
18:2 undifferentiated....g	0.127		0		1				
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11613
Borage, raw
Borago officinalis

Refuse: 20% Tough leaves and stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.00		1		1		82.77		
Energy kcal	21		0	NC	4		19		
Energy kJ	88				4		78		
Protein (N x 6.25) g	1.80		1		1		1.60		
Total lipid (fat) g	0.70		1		1		0.62		
Ash g	1.44		0		1		1.28		
Carbohydrate, by difference g	3.06		0	NC	4		2.72		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	93		1		1		83		
Iron, Fe mg	3.30		1		1		2.94		
Magnesium, Mg mg	52		1		1		46		
Phosphorus, P mg	53		1		1		47		
Potassium, K mg	470		1		1		418		
Sodium, Na mg	80		1		1		71		
Zinc, Zn mg	0.20		0		4		0.18		
Copper, Cu mg	0.130		0		4		0.116		
Manganese, Mn mg	0.349		0		4		0.311		
Selenium, Se µg	0.9		0	CAZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	35.0		1		1		31.2		
Thiamin mg	0.060		1		1		0.053		
Riboflavin mg	0.150		1		1		0.134		
Niacin mg	0.900		1		1		0.801		
Pantothenic acid mg	0.041		0		4		0.036		
Vitamin B-6 mg	0.084		0		4		0.075		
Folate, total µg	13		0		4		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		4		12		
Folate, DFE µg	13		0	NC	4		12		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	210		1		1		187		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4200		1		1		3738		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11613
Borage, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.170		0		1		0.151		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.060		0		1		0.053		
17:0....g									
18:0....g	0.021		0		1		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.211		0		1		0.188		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.191		0		1		0.170		
17:1....g									
18:1 undifferentiated....g									
20:1....g									
22:1 undifferentiated....g	0.020		0		1		0.018		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.109		0		1		0.097		
18:2 undifferentiated....g	0.109		0		1		0.097		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11738

Broadbeans, immature seeds, cooked, boiled, drained, with salt

Vicia faba

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.70		0		1				
Energy kcal	62		0	NC	4				
Energy kJ	259				4				
Protein (N x 6.25) g	4.80		0		1				
Total lipid (fat) g	0.50		0		1				
Ash g	0.90		0		1				
Carbohydrate, by difference g	10.10		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1				
Iron, Fe mg	1.50		0		1				
Magnesium, Mg mg	31		0		1				
Phosphorus, P mg	73		0		1				
Potassium, K mg	193		0		1				
Sodium, Na mg	277		0		4				
Zinc, Zn mg	0.47		0		4				
Copper, Cu mg	0.060		0		4				
Manganese, Mn mg	0.261		0		4				
Selenium, Se µg	1.0		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	19.8		0		1				
Thiamin mg	0.128		0		1				
Riboflavin mg	0.090		0		1				
Niacin mg	1.200		0		1				
Pantothenic acid mg	0.066		0		4				
Vitamin B-6 mg	0.029		0		4				
Folate, total µg	58		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	58		0		4				
Folate, DFE µg	58		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	14		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	270		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11738

Broadbeans, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.142		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1				
15:0....g									
16:0....g	0.121		0		1				
17:0....g									
18:0....g	0.020		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1				
17:1....g									
18:1 undifferentiated....g	0.020		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.303		0		1				
18:2 undifferentiated....g	0.121		0		1				
18:3 undifferentiated....g	0.182		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1				
Threonine....g	0.178		0		1				
Isoleucine....g	0.215		0		1				
Leucine....g	0.370		0		1				
Lysine....g	0.313		0		1				
Methionine....g	0.037		0		1				
Cystine....g	0.066		0		1				
Phenylalanine....g	0.195		0		1				
Tyrosine....g	0.168		0		1				
Valine....g	0.235		0		1				
Arginine....g	0.397		0		1				
Histidine....g	0.115		0		1				
Alanine....g	0.195		0		1				
Aspartic acid....g	0.541		0		1				
Glutamic acid....g	0.733		0		1				
Glycine....g	0.197		0		1				
Proline....g	0.216		0		1				
Serine....g	0.210		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11738

Broadbeans, immature seeds, cooked, boiled, drained, with salt

Common Measures:

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11089

Broadbeans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.70		0		1				
Energy kcal	62		0	NC	4				
Energy kJ	259				4				
Protein (N x 6.25) g	4.80		0		1				
Total lipid (fat) g	0.50		0		1				
Ash g	0.90		0		1				
Carbohydrate, by difference g	10.10		0	NC	4				
Fiber, total dietary g	3.6		0	BFSN	4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1				
Iron, Fe mg	1.50		0		1				
Magnesium, Mg mg	31		0		1				
Phosphorus, P mg	73		0		1				
Potassium, K mg	193		0		1				
Sodium, Na mg	41		0		1				
Zinc, Zn mg	0.47		0		4				
Copper, Cu mg	0.060		0		4				
Manganese, Mn mg	0.261		0		4				
Selenium, Se µg	1.0		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	19.8		0		1				
Thiamin mg	0.128		0		1				
Riboflavin mg	0.090		0		1				
Niacin mg	1.200		0		1				
Pantothenic acid mg	0.066		0		4				
Vitamin B-6 mg	0.029		0		4				
Folate, total µg	58		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	58		0		4				
Folate, DFE µg	58		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	14		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	270		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11089

Broadbeans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.142		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1				
15:0....g									
16:0....g	0.121		0		1				
17:0....g									
18:0....g	0.020		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1				
17:1....g									
18:1 undifferentiated....g	0.020		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.303		0		1				
18:2 undifferentiated....g	0.121		0		1				
18:3 undifferentiated....g	0.182		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1				
Threonine....g	0.178		0		1				
Isoleucine....g	0.215		0		1				
Leucine....g	0.370		0		1				
Lysine....g	0.313		0		1				
Methionine....g	0.037		0		1				
Cystine....g	0.066		0		1				
Phenylalanine....g	0.195		0		1				
Tyrosine....g	0.168		0		1				
Valine....g	0.235		0		1				
Arginine....g	0.397		0		1				
Histidine....g	0.115		0		1				
Alanine....g	0.195		0		1				
Aspartic acid....g	0.541		0		1				
Glutamic acid....g	0.733		0		1				
Glycine....g	0.197		0		1				
Proline....g	0.216		0		1				
Serine....g	0.210		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11089

Broadbeans, immature seeds, cooked, boiled, drained, without salt

Common Measures:

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11088
Broadbeans, immature seeds, raw
Vicia faba

Refuse: 3% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.00		1		1		88.29	6.48	
Energy kcal	72		0	NC	4		78	6	
Energy kJ	301				4		328	24	
Protein (N x 6.25) g	5.60		1		1		6.10	0.45	
Total lipid (fat) g	0.60		1		1		0.65	0.05	
Ash g	1.10		0		1		1.20	0.09	
Carbohydrate, by difference g	11.70		0	NC	4		12.75	0.94	
Fiber, total dietary g	4.2		0		4		4.6	0.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	22		1		1		24	2	
Iron, Fe mg	1.90		1		1		2.07	0.15	
Magnesium, Mg mg	38		1		1		41	3	
Phosphorus, P mg	95		1		1		104	8	
Potassium, K mg	250		1		1		273	20	
Sodium, Na mg	50		1		1		55	4	
Zinc, Zn mg	0.58		0		4		0.63	0.05	
Copper, Cu mg	0.074		0		4		0.081	0.006	
Manganese, Mn mg	0.320		0		4		0.349	0.026	
Selenium, Se µg	1.2		0	BFSN	4		1.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	33.0		1		1		36.0	2.6	
Thiamin mg	0.170		1		1		0.185	0.014	
Riboflavin mg	0.110		1		1		0.120	0.009	
Niacin mg	1.500		1		1		1.635	0.120	
Pantothenic acid mg	0.086		0		4		0.094	0.007	
Vitamin B-6 mg	0.038		0		4		0.041	0.003	
Folate, total µg	96		0		4		105	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	96		0		4		105	8	
Folate, DFE µg	96		0	NC	4		105	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	18		1		1		19	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	350		1		1		382	28	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11088
Broadbeans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.138		0		1		0.150	0.011	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.121		0		1		0.132	0.010	
17:0....g									
18:0....g	0.017		0		1		0.019	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.019	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.017		0		1		0.019	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.310		0		1		0.338	0.025	
18:2 undifferentiated....g	0.120		0		1		0.131	0.010	
18:3 undifferentiated....g	0.189		0		1		0.206	0.015	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		2		1		0.061	0.004	
Threonine....g	0.208		3		1		0.227	0.017	
Isoleucine....g	0.251		3		1		0.274	0.020	
Leucine....g	0.432		3		1		0.471	0.035	
Lysine....g	0.366		3		1		0.399	0.029	
Methionine....g	0.043		3		1		0.047	0.003	
Cystine....g	0.077		3		1		0.084	0.006	
Phenylalanine....g	0.228		3		1		0.249	0.018	
Tyrosine....g	0.196		3		1		0.214	0.016	
Valine....g	0.274		3		1		0.299	0.022	
Arginine....g	0.463		3		1		0.505	0.037	
Histidine....g	0.134		3		1		0.146	0.011	
Alanine....g	0.228		3		1		0.249	0.018	
Aspartic acid....g	0.631		3		1		0.688	0.050	
Glutamic acid....g	0.855		3		1		0.932	0.068	
Glycine....g	0.230		3		1		0.251	0.018	
Proline....g	0.252		3		1		0.275	0.020	
Serine....g	0.246		3		1		0.268	0.020	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11088
Broadbeans, immature seeds, raw

Common Measures:

Measure 1 = 109g: 1 cup

Measure 2 = 8.0g: 1 broadbean

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11097
Broccoli raab, cooked

Broccoli rabe, Rapini
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.41		2	A	1		77.70	399.48	
Energy kcal	33		0	NC	4		28	142	
Energy kJ	136		0	NC	4		116	594	
Protein g	3.83		2	A	1		3.26	16.74	
Total lipid (fat) g	0.52		2	A	1		0.45	2.29	
Ash g	1.11		2	A	1		0.94	4.85	
Carbohydrate, by difference g	3.12		0	NC	4		2.65	13.63	
Fiber, total dietary g	2.8		2	A	1		2.4	12.2	
Sugars, total g	0.62		0	AS	1		0.53	2.73	
Sucrose g	0.15		2	A	1		0.13	0.65	
Glucose (dextrose) g	0.23		2	A	1		0.20	1.00	
Fructose g	0.24		2	A	1		0.21	1.07	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	118		2	A	1		100	513	
Iron, Fe mg	1.27		2	A	1		1.08	5.53	
Magnesium, Mg mg	27		2	A	1		23	116	
Phosphorus, P mg	82		2	A	1		69	357	
Potassium, K mg	343		2	A	1		292	1499	
Sodium, Na mg	56		2	A	1		48	246	
Zinc, Zn mg	0.54		2	A	1		0.46	2.35	
Copper, Cu mg	0.075		2	A	1		0.063	0.326	
Manganese, Mn mg	0.380		2	A	1		0.323	1.663	
Selenium, Se µg	1.3		1	A	1		1.1	5.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	37.0		2	A	1		31.5	161.7	
Thiamin mg	0.169		2	A	1		0.143	0.736	
Riboflavin mg	0.140		2	A	1		0.119	0.614	
Niacin mg	2.015		2	A	1		1.713	8.806	
Pantothenic acid mg	0.448		2	A	1		0.381	1.958	
Vitamin B-6 mg	0.220		2	A	1		0.187	0.961	
Folate, total µg	71		2	A	1		60	309	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	71		2	A	1		60	309	
Folate, DFE µg	71		0	NC	4		60	309	
Choline, total mg	33.6		0	AS	1		28.5	146.7	
Betaine mg	0.2	0.031	5	A	1		0.1	0.7	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	227		0	AS	1		193	991	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2720		2	A	1		2312	11886	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	4533		0	AS	1		3853	19811	
Lycopene µg	0		2	A	1		0	0	
Lutein + zeaxanthin µg	1683		2	A	1		1431	7355	
Vitamin E (alpha-tocopherol) mg	2.53		2	A	1		2.15	11.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		2	A	1		0.01	0.07	
Tocopherol, gamma mg	0.32		2	A	1		0.27	1.38	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11097
Broccoli raab, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	256.0		2	A	1		217.6	1118.7	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.057		0	NC	4		0.049	0.251	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.050		1	A	1		0.043	0.219	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.007		1	A	1		0.006	0.033	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.030		0	NC	4		0.025	0.131	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.020		1	A	1		0.017	0.087	
18:1 undifferentiated....g	0.010		1	A	1		0.008	0.044	
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0	NC	4		0.127	0.655	
18:2 undifferentiated....g	0.020		1	A	1		0.017	0.087	
18:3 undifferentiated....g	0.130		1	A	1		0.110	0.568	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.052		0	A	1		0.044	0.227	
Threonine....g	0.128		0	A	1		0.109	0.560	
Isoleucine....g	0.125		0	A	1		0.107	0.548	
Leucine....g	0.206		0	A	1		0.175	0.899	
Lysine....g	0.239		0	A	1		0.203	1.042	
Methionine....g	0.058		0	A	1		0.049	0.254	
Cystine....g	0.047		0	A	1		0.040	0.205	
Phenylalanine....g	0.154		0	A	1		0.131	0.672	
Tyrosine....g	0.090		0	A	1		0.077	0.395	
Valine....g	0.184		0	A	1		0.157	0.805	
Arginine....g	0.207		0	A	1		0.176	0.905	
Histidine....g	0.080		0	A	1		0.068	0.350	
Alanine....g	0.149		0	A	1		0.127	0.652	
Aspartic acid....g	0.434		0	A	1		0.369	1.896	
Glutamic acid....g	0.662		0	A	1		0.563	2.893	

NDB No. 11097
Broccoli raab, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.148		0	A	1		0.126	0.648	
Proline....g	0.158		0	A	1		0.134	0.689	
Serine....g	0.120		0	A	1		0.102	0.524	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 NLEA serving

Measure 2 = 437g: 1 bunch cooked

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11096
Broccoli raab, raw
Brassica ruvo
Broccoli rabe, Rapini
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.55	0.672	4	A	1		37.02	17.58	
Energy kcal	22		0	NC	4		9	4	
Energy kJ	92		0	NC	4		37	17	
Protein g	3.17	0.325	4	A	1		1.27	0.60	
Total lipid (fat) g	0.49	0.049	4	A	1		0.20	0.09	
Ash g	0.93	0.124	4	A	1		0.37	0.18	
Carbohydrate, by difference g	2.85		0	NC	4		1.14	0.54	
Fiber, total dietary g	2.7	0.178	4	A	1		1.1	0.5	
Sugars, total g	0.38		0	AS	1		0.15	0.07	
Sucrose g	0.11	0.036	4	A	1		0.04	0.02	
Glucose (dextrose) g	0.10	0.063	4	A	1		0.04	0.02	
Fructose g	0.17	0.061	4	A	1		0.07	0.03	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00	0.000	3	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	108	10.878	4	A	1		43	21	
Iron, Fe mg	2.14	0.361	4	A	1		0.86	0.41	
Magnesium, Mg mg	22	3.368	4	A	1		9	4	
Phosphorus, P mg	73	9.073	4	A	1		29	14	
Potassium, K mg	196	30.650	4	A	1		78	37	
Sodium, Na mg	33	4.514	4	A	1		13	6	
Zinc, Zn mg	0.77	0.211	4	A	1		0.31	0.15	
Copper, Cu mg	0.042	0.012	4	A	1		0.017	0.008	
Manganese, Mn mg	0.395	0.093	4	A	1		0.158	0.075	
Selenium, Se µg	1.0		2	A	1		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	20.2	5.300	4	A	1		8.1	3.8	
Thiamin mg	0.162	0.040	4	A	1		0.065	0.031	
Riboflavin mg	0.129	0.014	4	A	1		0.052	0.025	
Niacin mg	1.221	0.174	4	A	1		0.488	0.232	
Pantothenic acid mg	0.322	0.083	4	A	1		0.129	0.061	
Vitamin B-6 mg	0.171	0.036	4	A	1		0.068	0.032	
Folate, total µg	83	7.514	4	A	1		33	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	83	7.514	4	A	1		33	16	
Folate, DFE µg	83		0	NC	4		33	16	
Choline, total mg	18.3		0	AS	1		7.3	3.5	
Betaine mg	0.3		2	A	1		0.1	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	131		0	AS	1		52	25	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1573	33.333	3	A	1		629	299	
Carotene, alpha µg	0	0.000	3	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	3	A	1		0	0	
Vitamin A, IU IU	2622		0	AS	1		1049	498	
Lycopene µg	0	0.000	3	A	1		0	0	
Lutein + zeaxanthin µg	1121	9.000	3	A	1		448	213	
Vitamin E (alpha-tocopherol) mg	1.62	0.516	4	A	1		0.65	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01	0.000	4	A	1		0.01	0.00	
Tocopherol, gamma mg	0.16	0.033	4	A	1		0.07	0.03	
Tocopherol, delta mg	0.00	0.004	4	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	

NDB No. 11096
Broccoli raab, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	224.0	23.561	4	A	1		89.6	42.6	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.050		0	NC	4		0.020	0.009	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0	BFSN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000	0.000	
15:0....g	0.000		0	BFSN	4		0.000	0.000	
16:0....g	0.043		0	BFSN	4		0.017	0.008	
17:0....g	0.000		0	BFSN	4		0.000	0.000	
18:0....g	0.006		0	BFSN	4		0.003	0.001	
20:0....g	0.000		0	BFSN	4		0.000	0.000	
22:0....g	0.000		0	BFSN	4		0.000	0.000	
24:0....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total monounsaturated....g	0.026		0	NC	4		0.010	0.005	
14:1....g	0.000		0	BFSN	4		0.000	0.000	
15:1....g	0.000		0	BFSN	4		0.000	0.000	
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
17:1....g	0.017		0	BFSN	4		0.007	0.003	
18:1 undifferentiated....g	0.009		0	BFSN	4		0.003	0.002	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.130		0	NC	4		0.052	0.025	
18:2 undifferentiated....g	0.017		0	BFSN	4		0.007	0.003	
18:3 undifferentiated....g	0.113		0	BFSN	4		0.045	0.021	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	BFSN	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0	A	1		0.017	0.008	
Threonine....g	0.106		0	A	1		0.043	0.020	
Isoleucine....g	0.104		0	A	1		0.042	0.020	
Leucine....g	0.170		0	A	1		0.068	0.032	
Lysine....g	0.198		0	A	1		0.079	0.038	
Methionine....g	0.048		0	A	1		0.019	0.009	
Cystine....g	0.039		0	A	1		0.016	0.007	
Phenylalanine....g	0.128		0	A	1		0.051	0.024	
Tyrosine....g	0.075		0	A	1		0.030	0.014	
Valine....g	0.153		0	A	1		0.061	0.029	
Arginine....g	0.172		0	A	1		0.069	0.033	
Histidine....g	0.066		0	A	1		0.027	0.013	
Alanine....g	0.124		0	A	1		0.050	0.024	

NDB No. 11096
Broccoli raab, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.360		0	A	1		0.144	0.068	
Glutamic acid....g	0.549		0	A	1		0.220	0.104	
Glycine....g	0.123		0	A	1		0.049	0.023	
Proline....g	0.131		0	A	1		0.052	0.025	
Serine....g	0.099		0	A	1		0.040	0.019	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 cup chopped

Measure 2 = 19g: 1 stalk

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11969
Broccoli, chinese, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.54		2	A	1		82.32		
Energy kcal	22		0	NC	4		20		
Energy kJ	94		0	NC	4		83		
Protein (N x 6.25) g	1.14		2	A	1		1.00		
Total lipid (fat) g	0.72		2	A	1		0.63		
Ash g	0.79		2	A	1		0.70		
Carbohydrate, by difference g	3.81		0	NC	4		3.35		
Fiber, total dietary g	2.5		0		1		2.2		
Sugars, total g	0.84		0	BFSN	4		0.74		
Starch g									
Minerals:									
Calcium, Ca mg	100		2	A	1		88		
Iron, Fe mg	0.56		2	A	1		0.49		
Magnesium, Mg mg	18		2	A	1		16		
Phosphorus, P mg	41		2	A	1		36		
Potassium, K mg	261		2	A	1		230		
Sodium, Na mg	7		2	A	1		6		
Zinc, Zn mg	0.39		2	A	1		0.34		
Copper, Cu mg	0.061		2	A	1		0.054		
Manganese, Mn mg	0.264		2	A	1		0.232		
Selenium, Se µg	1.3		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	28.2		2	A	1		24.8		
Thiamin mg	0.095		2	A	1		0.084		
Riboflavin mg	0.146		2	A	1		0.128		
Niacin mg	0.437		2	A	1		0.385		
Pantothenic acid mg	0.159		2	A	1		0.140		
Vitamin B-6 mg	0.070		2	A	1		0.062		
Folate, total µg	99		2	A	1		87		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	99		2	A	1		87		
Folate, DFE µg	99		0	NC	4		87		
Choline, total mg	25.3		0	BFSN	4		22.2		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	82		0	NC	4		72		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	983		0	BNA	4		865		
Carotene, alpha µg	0		0	BNA	4		0		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	1638		0	NC	4		1441		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	912		0	BFSN	4		802		
Vitamin E (alpha-tocopherol) mg	0.48		0	O	4		0.42		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	84.8		0	BFSN	4		74.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11969
Broccoli, chinese, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.110		0		4		0.097		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.094		0		4		0.083		
17:0....g									
18:0....g	0.014		0		4		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.050		0		4		0.044		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.048		0		4		0.042		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.330		0		4		0.290		
18:2 undifferentiated....g	0.076		0		4		0.067		
18:3 undifferentiated....g	0.258		0		4		0.227		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11994

Broccoli, chinese, raw

Brassica oleracea var. alboglabra

gai-lan, kai-lan

Refuse: 12% Base and damaged leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.55		0	BFZN	4				
Energy kcal	30		0	NC	4				
Energy kJ	127		0	NC	4				
Protein g	1.20		0	BFYN	4				
Total lipid (fat) g	0.76		0	BFYN	4				
Ash g	0.83		0	BFYN	4				
Carbohydrate, by difference g	4.67		0	NC	4				
Fiber, total dietary g	2.6		0	BFYN	4				
Sugars, total g	0.88		0	BFYN	4				
Starch g									
Minerals:									
Calcium, Ca mg	105		0	BFYN	4				
Iron, Fe mg	0.59		0	BFYN	4				
Magnesium, Mg mg	19		0	BFYN	4				
Phosphorus, P mg	43		0	BFYN	4				
Potassium, K mg	274		0	BFYN	4				
Sodium, Na mg	7		0	BFYN	4				
Zinc, Zn mg	0.41		0	BFYN	4				
Copper, Cu mg	0.064		0	BFYN	4				
Manganese, Mn mg									
Selenium, Se µg	1.4		0	BFYN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		0	BFYN	4				
Thiamin mg	0.100		0	BFYN	4				
Riboflavin mg	0.153		0	BFYN	4				
Niacin mg	0.459		0	BFYN	4				
Pantothenic acid mg									
Vitamin B-6 mg	0.074		0	BFYN	4				
Folate, total µg	104		0	BFYN	4				
Folic acid µg	0		0	BFYN	4				
Folate, food µg	104		0	BFYN	4				
Folate, DFE µg	104		0	NC	4				
Choline, total mg	26.5		0	BFYN	4				
Betaine mg									
Vitamin B-12 µg	0.00		0	BFYN	4				
Vitamin B-12, added µg	0.00		0	BFYN	4				
Vitamin A, RAE µg	86		0	NC	4				
Retinol µg	0		0	BFYN	4				
Carotene, beta µg	1032		0	BFYN	4				
Carotene, alpha µg	0		0	BFYN	4				
Cryptoxanthin, beta µg	0		0	BFYN	4				
Vitamin A, IU IU	1720		0	NC	4				
Lycopene µg	0		0	BFYN	4				
Lutein + zeaxanthin µg	957		0	BFYN	4				
Vitamin E (alpha-tocopherol) mg	0.50		0	BFYN	4				
Vitamin E, added mg	0.00		0	BFYN	4				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFYN	4				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg	89.1		0	BFYN	4				
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11994
Broccoli, chinese, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.116		0	BFYN	4				
4:0....g	0.000		0	BFYN	4				
6:0....g	0.000		0	BFYN	4				
8:0....g	0.000		0	BFYN	4				
10:0....g	0.000		0	BFYN	4				
12:0....g	0.000		0	BFYN	4				
13:0....g									
14:0....g	0.000		0	BFYN	4				
15:0....g									
16:0....g	0.099		0	BFYN	4				
17:0....g									
18:0....g	0.015		0	BFYN	4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.053		0	BFYN	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFYN	4				
17:1....g									
18:1 undifferentiated....g	0.050		0	BFYN	4				
20:1....g	0.000		0	BFYN	4				
22:1 undifferentiated....g	0.000		0	BFYN	4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.347		0	BFYN	4				
18:2 undifferentiated....g	0.080		0	BFYN	4				
18:3 undifferentiated....g	0.271		0	BFYN	4				
18:4....g	0.000		0	BFYN	4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFYN	4				
20:5 n-3 (EPA)....g	0.000		0	BFYN	4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFYN	4				
22:6 n-3 (DHA)....g	0.000		0	BFYN	4				
Fatty acids, total trans....g									
Cholesterol....mg	0		0	BFYN	4				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	BFYN	4				
Caffeine....mg	0		0	BFYN	4				
Theobromine....mg	0		0	BFYN	4				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11742
Broccoli, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.25	0.803	7	JA	6		69.62	249.91	160.66
Energy kcal	35		0	NC	4		27	98	63
Energy kJ	146		0	NC	4		114	409	263
Protein (N x 6.25) g	2.38	0.417	4	A	1		1.86	6.67	4.29
Total lipid (fat) g	0.41	0.033	4	A	1		0.32	1.15	0.74
Ash g	0.77	0.037	4	A	1		0.60	2.16	1.39
Carbohydrate, by difference g	7.18		0	NC	4		5.60	20.11	12.93
Fiber, total dietary g	3.3	0.501	4	JA	6		2.6	9.3	6.0
Sugars, total g	1.39	0.270	3	JA	6		1.09	3.90	2.51
Sucrose g	0.08	0.057	5	JA	6		0.07	0.23	0.15
Glucose (dextrose) g	0.49	0.137	5	JA	6		0.38	1.37	0.88
Fructose g	0.74	0.046	5	JA	6		0.58	2.08	1.34
Lactose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	40	3.918	4	A	1		31	111	71
Iron, Fe mg	0.67	0.036	4	A	1		0.52	1.88	1.21
Magnesium, Mg mg	21	1.796	4	A	1		16	59	38
Phosphorus, P mg	67	1.847	4	A	1		52	187	120
Potassium, K mg	293	11.927	4	A	1		228	819	527
Sodium, Na mg	262		0		1		204	734	472
Zinc, Zn mg	0.45	0.029	4	A	1		0.35	1.26	0.81
Copper, Cu mg	0.061	0.008	4	A	1		0.048	0.172	0.110
Manganese, Mn mg	0.194	0.009	4	A	1		0.151	0.544	0.350
Selenium, Se µg	1.6	0.107	4	A	1		1.2	4.5	2.9
Vitamins:									
Vitamin C, total ascorbic acid mg	64.9		2	A	1		50.6	181.7	116.8
Thiamin mg	0.063	0.013	4	A	1		0.049	0.175	0.113
Riboflavin mg	0.123	0.004	4	A	1		0.096	0.344	0.221
Niacin mg	0.553	0.046	4	A	1		0.432	1.550	0.996
Pantothenic acid mg	0.616	0.119	4	A	1		0.481	1.726	1.110
Vitamin B-6 mg	0.200	0.013	4	A	1		0.156	0.561	0.361
Folate, total µg	108	30.577	4	A	1		84	301	194
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	108	30.577	4	A	1		84	301	194
Folate, DFE µg	108		0	NC	4		84	301	194
Choline, total mg	40.1		0	AS	1		31.3	112.2	72.1
Betaine mg	0.1		1	A	1		0.1	0.4	0.2
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	77		0	AS	1		60	217	139
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	929	42.666	17	A	1		724	2600	1672
Carotene, alpha µg	0	0.000	7	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	7	A	1		0	0	0
Vitamin A, IU IU	1548		0	AS	1		1207	4334	2786
Lycopene µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin µg	1080	98.112	12	A	1		842	3024	1944
Vitamin E (alpha-tocopherol) mg	1.45	0.103	3	A	1		1.13	4.06	2.61
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.005	3	A	1		0.01	0.03	0.02
Tocopherol, gamma mg	0.25	0.023	3	A	1		0.19	0.69	0.44
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 11742
Broccoli, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	141.1	15.830	4	A	1		110.1	395.1	254.0
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.079		0	NC	4		0.062	0.223	0.143
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.002		1	A	1		0.001	0.005	0.003
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.001	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.056		1	A	1		0.044	0.156	0.100
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.013		1	A	1		0.010	0.035	0.023
20:0....g	0.004		1	A	1		0.003	0.010	0.007
22:0....g	0.005		1	A	1		0.004	0.015	0.010
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0	NC	4		0.031	0.111	0.071
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.009		1	A	1		0.007	0.025	0.016
17:1....g	0.002		1	A	1		0.001	0.005	0.003
18:1 undifferentiated....g	0.029		1	A	1		0.023	0.081	0.052
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0	NC	4		0.132	0.475	0.305
18:2 undifferentiated....g	0.051		1	A	1		0.039	0.142	0.091
18:3 undifferentiated....g	0.119		1	A	1		0.093	0.333	0.214
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0	A	1		0.026	0.094	0.061
Threonine....g	0.096		0	A	1		0.075	0.270	0.174
Isoleucine....g	0.092		0	A	1		0.072	0.258	0.166
Leucine....g	0.147		0	A	1		0.114	0.411	0.264
Lysine....g	0.155		0	A	1		0.121	0.434	0.279
Methionine....g	0.043		0	A	1		0.033	0.119	0.077
Cystine....g	0.031		0	A	1		0.024	0.087	0.056

NDB No. 11742
Broccoli, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.116		0	A	1		0.091	0.325	0.209
Tyrosine....g	0.060		0	A	1		0.047	0.168	0.108
Valine....g	0.138		0	A	1		0.107	0.385	0.248
Arginine....g	0.200		0	A	1		0.156	0.561	0.361
Histidine....g	0.063		0	A	1		0.049	0.178	0.114
Alanine....g	0.114		0	A	1		0.089	0.320	0.206
Aspartic acid....g	0.329		0	A	1		0.257	0.921	0.592
Glutamic acid....g	0.549		0	A	1		0.428	1.537	0.988
Glycine....g	0.101		0	A	1		0.079	0.282	0.181
Proline....g	0.111		0	A	1		0.087	0.312	0.200
Serine....g	0.129		0	A	1		0.100	0.360	0.231
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup, chopped

Measure 2 = 280g: 1 stalk, large (11"-12" long)

Measure 3 = 180g: 1 stalk, medium (7-1/2" - 8" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11091
Broccoli, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.25	0.803	7	JA	6		69.62	249.91	160.66
Energy kcal	35		0	NC	4		27	98	63
Energy kJ	146		0	NC	4		114	409	263
Protein (N x 6.25) g	2.38	0.417	4	A	1		1.86	6.67	4.29
Total lipid (fat) g	0.41	0.033	4	A	1		0.32	1.15	0.74
Ash g	0.77	0.037	4	A	1		0.60	2.16	1.39
Carbohydrate, by difference g	7.18		0	NC	4		5.60	20.11	12.93
Fiber, total dietary g	3.3	0.501	4	JA	6		2.6	9.3	6.0
Sugars, total g	1.39	0.270	3	JA	6		1.09	3.90	2.51
Sucrose g	0.08	0.057	5	JA	6		0.07	0.23	0.15
Glucose (dextrose) g	0.49	0.137	5	JA	6		0.38	1.37	0.88
Fructose g	0.74	0.046	5	JA	6		0.58	2.08	1.34
Lactose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	40	3.918	4	A	1		31	111	71
Iron, Fe mg	0.67	0.036	4	A	1		0.52	1.88	1.21
Magnesium, Mg mg	21	1.796	4	A	1		16	59	38
Phosphorus, P mg	67	1.847	4	A	1		52	187	120
Potassium, K mg	293	11.927	4	A	1		228	819	527
Sodium, Na mg	41	7.091	4	A	1		32	116	75
Zinc, Zn mg	0.45	0.029	4	A	1		0.35	1.26	0.81
Copper, Cu mg	0.061	0.008	4	A	1		0.048	0.172	0.110
Manganese, Mn mg	0.194	0.009	4	A	1		0.151	0.544	0.350
Selenium, Se µg	1.6	0.107	4	A	1		1.2	4.5	2.9
Vitamins:									
Vitamin C, total ascorbic acid mg	64.9		2	A	1		50.6	181.7	116.8
Thiamin mg	0.063	0.013	4	A	1		0.049	0.175	0.113
Riboflavin mg	0.123	0.004	4	A	1		0.096	0.344	0.221
Niacin mg	0.553	0.046	4	A	1		0.432	1.550	0.996
Pantothenic acid mg	0.616	0.119	4	A	1		0.481	1.726	1.110
Vitamin B-6 mg	0.200	0.013	4	A	1		0.156	0.561	0.361
Folate, total µg	108	30.577	4	A	1		84	301	194
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	108	30.577	4	A	1		84	301	194
Folate, DFE µg	108		0	NC	4		84	301	194
Choline, total mg	40.1		0	AS	1		31.3	112.2	72.1
Betaine mg	0.1		1	A	1		0.1	0.4	0.2
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	77		0	AS	1		60	217	139
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	929	42.666	17	A	1		724	2600	1672
Carotene, alpha µg	0	0.000	7	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	7	A	1		0	0	0
Vitamin A, IU IU	1548		0	AS	1		1207	4334	2786
Lycopene µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin µg	1080	98.112	12	A	1		842	3024	1944
Vitamin E (alpha-tocopherol) mg	1.45	0.103	3	A	1		1.13	4.06	2.61
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.005	3	A	1		0.01	0.03	0.02
Tocopherol, gamma mg	0.25	0.023	3	A	1		0.19	0.69	0.44
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 11091
Broccoli, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	141.1	15.830	4	A	1		110.1	395.1	254.0
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.079		0	NC	4		0.062	0.223	0.143
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.002		1	A	1		0.001	0.005	0.003
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.001	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.056		1	A	1		0.044	0.156	0.100
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.013		1	A	1		0.010	0.035	0.023
20:0....g	0.004		1	A	1		0.003	0.010	0.007
22:0....g	0.005		1	A	1		0.004	0.015	0.010
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0	NC	4		0.031	0.111	0.071
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.009		1	A	1		0.007	0.025	0.016
17:1....g	0.002		1	A	1		0.001	0.005	0.003
18:1 undifferentiated....g	0.029		1	A	1		0.023	0.081	0.052
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0	NC	4		0.132	0.475	0.305
18:2 undifferentiated....g	0.051		1	A	1		0.039	0.142	0.091
18:3 undifferentiated....g	0.119		1	A	1		0.093	0.333	0.214
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0	A	1		0.026	0.094	0.061
Threonine....g	0.096		0	A	1		0.075	0.270	0.174
Isoleucine....g	0.092		0	A	1		0.072	0.258	0.166
Leucine....g	0.147		0	A	1		0.114	0.411	0.264
Lysine....g	0.155		0	A	1		0.121	0.434	0.279
Methionine....g	0.043		0	A	1		0.033	0.119	0.077
Cystine....g	0.031		0	A	1		0.024	0.087	0.056

NDB No. 11091
Broccoli, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.116		0	A	1		0.091	0.325	0.209
Tyrosine....g	0.060		0	A	1		0.047	0.168	0.108
Valine....g	0.138		0	A	1		0.107	0.385	0.248
Arginine....g	0.200		0	A	1		0.156	0.561	0.361
Histidine....g	0.063		0	A	1		0.049	0.178	0.114
Alanine....g	0.114		0	A	1		0.089	0.320	0.206
Aspartic acid....g	0.329		0	A	1		0.257	0.921	0.592
Glutamic acid....g	0.549		0	A	1		0.428	1.537	0.988
Glycine....g	0.101		0	A	1		0.079	0.282	0.181
Proline....g	0.111		0	A	1		0.087	0.312	0.200
Serine....g	0.129		0	A	1		0.100	0.360	0.231
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup, chopped

Measure 2 = 280g: 1 stalk, large (11"-12" long)

Measure 3 = 180g: 1 stalk, medium (7-1/2" - 8" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11740
Broccoli, flower clusters, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.69	0.333	33		1		64.39	9.98	
Energy kcal	28		0	NC	4		20	3	
Energy kJ	118		0	NC	4		84	13	
Protein (N x 6.25) g	2.98	0.109	22		1		2.12	0.33	
Total lipid (fat) g	0.35	0.034	22		1		0.25	0.04	
Ash g	0.92	0.027	23		1		0.65	0.10	
Carbohydrate, by difference g	5.06		0	NC	4		3.59	0.56	
Fiber, total dietary g	2.3		0	BFSN	4		1.6	0.2	
Sugars, total g	1.48		0	BFSN	4		1.05	0.16	
Starch g									
Minerals:									
Calcium, Ca mg	48	2.510	28		1		34	5	
Iron, Fe mg	0.88	0.082	34		1		0.62	0.10	
Magnesium, Mg mg	25	3.601	27		1		18	3	
Phosphorus, P mg	66	1.593	27		1		47	7	
Potassium, K mg	325	7.243	25		1		231	36	
Sodium, Na mg	27	1.782	30		1		19	3	
Zinc, Zn mg	0.40	0.014	33		1		0.28	0.04	
Copper, Cu mg	0.045	0.003	33		1		0.032	0.005	
Manganese, Mn mg	0.229	0.016	22		1		0.163	0.025	
Selenium, Se µg	3.0		0	BFZN	4		2.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	93.2	2.068	15		1		66.2	10.3	
Thiamin mg	0.065	0.008	15		1		0.046	0.007	
Riboflavin mg	0.119	0.004	15		1		0.084	0.013	
Niacin mg	0.638	0.021	15		1		0.453	0.070	
Pantothenic acid mg	0.535	0.049	15		1		0.380	0.059	
Vitamin B-6 mg	0.159	0.011	15		1		0.113	0.017	
Folate, total µg	71	7.000	26		1		50	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	71	7.000	26		1		50	8	
Folate, DFE µg	71		0	NC	4		50	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3000		0		1		2130	330	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11740
Broccoli, flower clusters, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.054		0		1		0.038	0.006	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.047		0		1		0.033	0.005	
17:0....g									
18:0....g	0.007		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1		0.017	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.017	0.003	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.167		0		1		0.119	0.018	
18:2 undifferentiated....g	0.038		0		1		0.027	0.004	
18:3 undifferentiated....g	0.129		0		1		0.092	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		26		1		0.021	0.003	
Threonine....g	0.091		26		1		0.065	0.010	
Isoleucine....g	0.109		26		1		0.077	0.012	
Leucine....g	0.131		26		1		0.093	0.014	
Lysine....g	0.141		26		1		0.100	0.016	
Methionine....g	0.034		26		1		0.024	0.004	
Cystine....g	0.020		4		1		0.014	0.002	
Phenylalanine....g	0.084		26		1		0.060	0.009	
Tyrosine....g	0.063		4		1		0.045	0.007	
Valine....g	0.128		26		1		0.091	0.014	
Arginine....g	0.145		26		1		0.103	0.016	
Histidine....g	0.050		24		1		0.036	0.006	
Alanine....g	0.118		4		1		0.084	0.013	
Aspartic acid....g	0.213		4		1		0.151	0.023	
Glutamic acid....g	0.375		4		1		0.266	0.041	
Glycine....g	0.095		4		1		0.067	0.010	
Proline....g	0.114		4		1		0.081	0.013	
Serine....g	0.100		4		1		0.071	0.011	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11740
Broccoli, flower clusters, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 cup flowerets

Measure 2 = 11.0g: 1 floweret

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11743
Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.72	0.303	9		1		166.92		
Energy kcal	28		0	NC	4		52		
Energy kJ	117		0		4		216		
Protein (N x 6.25) g	3.10	0.132	6		1		5.70		
Total lipid (fat) g	0.12	0.021	6		1		0.22		
Ash g	0.71	0.030	6		1		1.31		
Carbohydrate, by difference g	5.35		0	NC	4		9.84		
Fiber, total dietary g	3.0		0		4		5.5		
Sugars, total g	1.47		0	BFSN	4		2.71		
Starch g									
Minerals:									
Calcium, Ca mg	33	1.522	20		1		61		
Iron, Fe mg	0.61	0.040	20		1		1.13		
Magnesium, Mg mg	13	0.577	20		1		24		
Phosphorus, P mg	49	1.889	20		1		90		
Potassium, K mg	142	11.009	20		1		261		
Sodium, Na mg	260		0		4		478		
Zinc, Zn mg	0.28	0.014	20		1		0.52		
Copper, Cu mg	0.034	0.002	20		1		0.063		
Manganese, Mn mg	0.223	0.008	20		1		0.410		
Selenium, Se µg	0.7	0.233	20		1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	40.1	5.569	6		1		73.8		
Thiamin mg	0.055	0.004	7		1		0.101		
Riboflavin mg	0.081	0.004	7		1		0.149		
Niacin mg	0.458	0.036	6		1		0.843		
Pantothenic acid mg	0.274	0.013	6		1		0.504		
Vitamin B-6 mg	0.130	0.009	7		1		0.239		
Folate, total µg	56	4.028	3		1		104		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	56	4.028	3		1		104		
Folate, DFE µg	56		0	NC	4		104		
Choline, total mg	16.2		0	BFSY	4		29.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	51		0	NC	4		93		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	597		0	BFSY	4		1098		
Carotene, alpha µg	19		0	BFSY	4		35		
Cryptoxanthin, beta µg	1		0	BFSY	4		2		
Vitamin A, IU IU	1011		0	NC	4		1860		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1095		0	BFSY	4		2015		
Vitamin E (alpha-tocopherol) mg	1.32		0	BFSN	4		2.43		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	88.1		0	BFSN	4		162.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11743

Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.018		0		1		0.033		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.016		0		1		0.029		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.015		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.101		
18:2 undifferentiated....g	0.013		0		1		0.024		
18:3 undifferentiated....g	0.042		0		1		0.077		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.059		
Threonine....g	0.101		0		1		0.186		
Isoleucine....g	0.121		0		1		0.223		
Leucine....g	0.145		0		1		0.267		
Lysine....g	0.156		0		1		0.287		
Methionine....g	0.037		0		1		0.068		
Cystine....g	0.022		0		1		0.040		
Phenylalanine....g	0.094		0		1		0.173		
Tyrosine....g	0.070		0		1		0.129		
Valine....g	0.142		0		1		0.261		
Arginine....g	0.161		0		1		0.296		
Histidine....g	0.055		0		1		0.101		
Alanine....g	0.130		0		1		0.239		
Aspartic acid....g	0.236		0		1		0.434		
Glutamic acid....g	0.417		0		1		0.767		
Glycine....g	0.105		0		1		0.193		
Proline....g	0.127		0		1		0.234		
Serine....g	0.111		0		1		0.204		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11743
Broccoli, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 184g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11093
Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.72	0.303	9		1		166.92		
Energy kcal	28		0	NC	4		52		
Energy kJ	117		0		4		216		
Protein (N x 6.25) g	3.10	0.132	6		1		5.70		
Total lipid (fat) g	0.12	0.021	6		1		0.22		
Ash g	0.71	0.030	6		1		1.31		
Carbohydrate, by difference g	5.35		0	NC	4		9.84		
Fiber, total dietary g	3.0		0		4		5.5		
Sugars, total g	1.47		0	BFSN	4		2.71		
Starch g									
Minerals:									
Calcium, Ca mg	33	1.522	20		1		61		
Iron, Fe mg	0.61	0.040	20		1		1.13		
Magnesium, Mg mg	13	0.577	20		1		24		
Phosphorus, P mg	49	1.889	20		1		90		
Potassium, K mg	142	11.009	20		1		261		
Sodium, Na mg	11	0.834	20		1		21		
Zinc, Zn mg	0.28	0.014	20		1		0.52		
Copper, Cu mg	0.034	0.002	20		1		0.063		
Manganese, Mn mg	0.223	0.008	20		1		0.410		
Selenium, Se µg	0.7	0.233	20		1		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	40.1	5.569	6		1		73.8		
Thiamin mg	0.055	0.004	7		1		0.101		
Riboflavin mg	0.081	0.004	7		1		0.149		
Niacin mg	0.458	0.036	6		1		0.843		
Pantothenic acid mg	0.274	0.013	6		1		0.504		
Vitamin B-6 mg	0.130	0.009	7		1		0.239		
Folate, total µg	56	4.028	3		1		104		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	56	4.028	3		1		104		
Folate, DFE µg	56		0	NC	4		104		
Choline, total mg	16.2		0	BFSN	4		29.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	51		0	NC	4		93		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	597		0	BFSY	4		1098		
Carotene, alpha µg	19		0	BFSY	4		35		
Cryptoxanthin, beta µg	1		0	BFSY	4		2		
Vitamin A, IU IU	1011		0	NC	4		1860		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1095		0	BFSY	4		2015		
Vitamin E (alpha-tocopherol) mg	1.32		0	BFSN	4		2.43		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	88.1		0	BFSN	4		162.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11093

Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.018		0		1		0.033		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.016		0		1		0.029		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.015		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.101		
18:2 undifferentiated....g	0.013		0		1		0.024		
18:3 undifferentiated....g	0.042		0		1		0.077		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.059		
Threonine....g	0.101		0		1		0.186		
Isoleucine....g	0.121		0		1		0.223		
Leucine....g	0.145		0		1		0.267		
Lysine....g	0.156		0		1		0.287		
Methionine....g	0.037		0		1		0.068		
Cystine....g	0.022		0		1		0.040		
Phenylalanine....g	0.094		0		1		0.173		
Tyrosine....g	0.070		0		1		0.129		
Valine....g	0.142		0		1		0.261		
Arginine....g	0.161		0		1		0.296		
Histidine....g	0.055		0		1		0.101		
Alanine....g	0.130		0		1		0.239		
Aspartic acid....g	0.236		0		1		0.434		
Glutamic acid....g	0.417		0		1		0.767		
Glycine....g	0.105		0		1		0.193		
Proline....g	0.127		0		1		0.234		
Serine....g	0.111		0		1		0.204		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11093
Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 184g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11092
Broccoli, frozen, chopped, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.46	0.134	48		1		142.68	259.75	
Energy kcal	26		0	NC	4		41	75	
Energy kJ	110		0	NC	4		172	313	
Protein (N x 6.25) g	2.81	0.045	49		1		4.38	7.98	
Total lipid (fat) g	0.29	0.022	49		1		0.45	0.82	
Ash g	0.66	0.013	48		1		1.03	1.87	
Carbohydrate, by difference g	4.78		0	NC	4		7.46	13.58	
Fiber, total dietary g	3.0		0		1		4.7	8.5	
Sugars, total g	1.35		0	BFSN	4		2.11	3.84	
Sucrose g									
Glucose (dextrose) g	0.75	0.087	4		1		1.17	2.13	
Fructose g	0.83	0.075	4		1		1.29	2.34	
Lactose g									
Maltose g									
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	56	2.393	45		1		87	159	
Iron, Fe mg	0.81	0.042	48		1		1.26	2.30	
Magnesium, Mg mg	18	1.303	13		1		28	51	
Phosphorus, P mg	50	1.712	18		1		78	142	
Potassium, K mg	212	14.022	11		1		331	602	
Sodium, Na mg	24	4.771	14		1		37	68	
Zinc, Zn mg	0.48	0.191	15		1		0.75	1.36	
Copper, Cu mg	0.038	0.003	16		1		0.059	0.108	
Manganese, Mn mg	0.294	0.026	14		1		0.459	0.835	
Selenium, Se µg	2.8		0	BFZN	4		4.4	8.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	56.4	2.850	32		1		88.0	160.2	
Thiamin mg	0.053	0.002	45		1		0.083	0.151	
Riboflavin mg	0.096	0.003	45		1		0.150	0.273	
Niacin mg	0.470	0.026	45		1		0.733	1.335	
Pantothenic acid mg	0.279	0.024	5		1		0.435	0.792	
Vitamin B-6 mg	0.130	0.007	12		1		0.203	0.369	
Folate, total µg	67	1.844	3		1		105	190	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	67	1.844	3		1		105	190	
Folate, DFE µg	67		0	NC	4		105	190	
Choline, total mg	14.9		0	BFSN	4		23.3	42.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	52		0	NC	4		81	147	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	610		1	A	1		952	1732	
Carotene, alpha µg	20		0	BFSN	4		31	56	
Cryptoxanthin, beta µg	1		0	BFSN	4		2	3	
Vitamin A, IU IU	1034		0	NC	4		1613	2936	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1120		0	BFSN	4		1747	3180	
Vitamin E (alpha-tocopherol) mg	1.22	0.065	4		1		1.90	3.45	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	4		1		0.00	0.00	
Tocopherol, gamma mg	0.27	0.086	4		1		0.41	0.75	
Tocopherol, delta mg	0.00	0.000	4		1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11092
Broccoli, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	81.1		0	BFSN	4		126.5	230.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.069	0.125	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.039		0		1		0.061	0.111	
17:0....g									
18:0....g	0.005		0		1		0.008	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.031	0.057	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.020		0		1		0.031	0.057	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.136		0		1		0.212	0.386	
18:2 undifferentiated....g	0.031		0		1		0.048	0.088	
18:3 undifferentiated....g	0.105		0		1		0.164	0.298	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.045	0.082	
Threonine....g	0.091		0		1		0.142	0.258	
Isoleucine....g	0.109		0		1		0.170	0.310	
Leucine....g	0.131		0		1		0.204	0.372	
Lysine....g	0.141		0		1		0.220	0.400	
Methionine....g	0.034		0		1		0.053	0.097	
Cystine....g	0.020		0		1		0.031	0.057	
Phenylalanine....g	0.085		0		1		0.133	0.241	
Tyrosine....g	0.063		0		1		0.098	0.179	
Valine....g	0.128		0		1		0.200	0.364	
Arginine....g	0.146		0		1		0.228	0.415	
Histidine....g	0.050		0		1		0.078	0.142	
Alanine....g	0.118		0		1		0.184	0.335	
Aspartic acid....g	0.214		0		1		0.334	0.608	
Glutamic acid....g	0.377		0		1		0.588	1.071	

NDB No. 11092
Broccoli, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.095		0		1		0.148	0.270	
Proline....g	0.115		0		1		0.179	0.327	
Serine....g	0.100		0		1		0.156	0.284	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11744
Broccoli, frozen, spears, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.72	0.303	9		1		83.46	226.80	
Energy kcal	28		0	NC	4		26	70	
Energy kJ	117				4		108	293	
Protein (N x 6.25) g	3.10	0.131	6		1		2.85	7.75	
Total lipid (fat) g	0.11	0.021	6		1		0.10	0.28	
Ash g	0.71	0.030	6		1		0.65	1.78	
Carbohydrate, by difference g	5.35		0	NC	4		4.92	13.38	
Fiber, total dietary g	3.0		0		4		2.8	7.5	
Sugars, total g	1.44		0	BFSN	4		1.32	3.60	
Starch g									
Minerals:									
Calcium, Ca mg	51	4.684	6		1		47	128	
Iron, Fe mg	0.61	0.044	6		1		0.56	1.53	
Magnesium, Mg mg	20	0.594	6		1		18	50	
Phosphorus, P mg	55	3.268	6		1		51	138	
Potassium, K mg	180	18.064	6		1		166	450	
Sodium, Na mg	260		0		1		239	650	
Zinc, Zn mg	0.30	0.018	6		1		0.28	0.75	
Copper, Cu mg	0.043	0.003	6		1		0.040	0.108	
Manganese, Mn mg	0.325	0.034	6		1		0.299	0.813	
Selenium, Se µg	1.9	0.307	9	A	1		1.7	4.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	40.1	5.568	6		1		36.9	100.3	
Thiamin mg	0.055	0.004	7		1		0.051	0.138	
Riboflavin mg	0.081	0.004	7		1		0.075	0.203	
Niacin mg	0.458	0.035	6		1		0.421	1.145	
Pantothenic acid mg	0.274	0.014	6		1		0.252	0.685	
Vitamin B-6 mg	0.130	0.010	7		1		0.120	0.325	
Folate, total µg	30	6.888	16		1		28	75	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	30	6.888	16		1		28	75	
Folate, DFE µg	30		0	NC	4		28	75	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	56		0	NC	4		51	140	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	663		0	BFSN	4		610	1657	
Carotene, alpha µg	15		0	BFSN	4		14	37	
Cryptoxanthin, beta µg	1		0	BFSN	4		1	2	
Vitamin A, IU IU	1118		0	NC	4		1028	2795	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1498		0	BFSN	4		1378	3744	
Vitamin E (alpha-tocopherol) mg	1.32		0	BFSN	4		1.22	3.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	99.5		0	BFSN	4		91.6	248.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11744

Broccoli, frozen, spears, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.018		0		1		0.017	0.045	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.016		1		1		0.015	0.040	
17:0....g									
18:0....g	0.002		1		1		0.002	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.007	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.008		1		1		0.007	0.020	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.051	0.138	
18:2 undifferentiated....g	0.013		1		1		0.012	0.033	
18:3 undifferentiated....g	0.042		1		1		0.039	0.105	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.029	0.080	
Threonine....g	0.101		0		1		0.093	0.253	
Isoleucine....g	0.121		0		1		0.111	0.303	
Leucine....g	0.145		0		1		0.133	0.363	
Lysine....g	0.156		0		1		0.144	0.390	
Methionine....g	0.037		0		1		0.034	0.093	
Cystine....g	0.022		0		1		0.020	0.055	
Phenylalanine....g	0.094		0		1		0.086	0.235	
Tyrosine....g	0.070		0		1		0.064	0.175	
Valine....g	0.142		0		1		0.131	0.355	
Arginine....g	0.161		0		1		0.148	0.403	
Histidine....g	0.055		0		1		0.051	0.138	
Alanine....g	0.131		0		1		0.121	0.328	
Aspartic acid....g	0.236		0		1		0.217	0.590	
Glutamic acid....g	0.417		0		1		0.384	1.043	
Glycine....g	0.105		0		1		0.097	0.263	
Proline....g	0.127		0		1		0.117	0.318	
Serine....g	0.111		0		1		0.102	0.278	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11744
Broccoli, frozen, spears, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 92g: .5 cup

Measure 2 = 250g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11095
Broccoli, frozen, spears, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.72	0.303	9		1		83.46	226.80	
Energy kcal	28		0	NC	4		25	69	
Energy kJ	116		0	NC	4		106	289	
Protein (N x 6.25) g	3.10	0.131	6		1		2.85	7.75	
Total lipid (fat) g	0.11	0.021	6		1		0.10	0.28	
Ash g	0.71	0.030	6		1		0.65	1.78	
Carbohydrate, by difference g	5.36		0	NC	4		4.93	13.40	
Fiber, total dietary g	3.0		0		4		2.8	7.5	
Sugars, total g	1.47		0	BFSN	4		1.35	3.68	
Starch g									
Minerals:									
Calcium, Ca mg	51	4.684	6		1		47	128	
Iron, Fe mg	0.61	0.044	6		1		0.56	1.53	
Magnesium, Mg mg	20	0.594	6		1		18	50	
Phosphorus, P mg	55	3.268	6		1		51	138	
Potassium, K mg	180	18.064	6		1		166	450	
Sodium, Na mg	24	1.353	12		1		22	60	
Zinc, Zn mg	0.30	0.018	6		1		0.28	0.75	
Copper, Cu mg	0.043	0.003	6		1		0.040	0.108	
Manganese, Mn mg	0.325	0.034	6		1		0.299	0.813	
Selenium, Se µg	1.9	0.307	9	A	1		1.7	4.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	40.1	5.568	6		1		36.9	100.3	
Thiamin mg	0.055	0.004	7		1		0.051	0.138	
Riboflavin mg	0.081	0.004	7		1		0.075	0.203	
Niacin mg	0.458	0.035	6		1		0.421	1.145	
Pantothenic acid mg	0.274	0.014	6		1		0.252	0.685	
Vitamin B-6 mg	0.130	0.010	7		1		0.120	0.325	
Folate, total µg	30	6.888	16		1		28	75	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	30	6.888	16		1		28	75	
Folate, DFE µg	30		0	NC	4		28	75	
Choline, total mg	16.2		0	BFSN	4		14.9	40.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	51		0	NC	4		47	126	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	597		0	BFSN	4		549	1491	
Carotene, alpha µg	19		0	BFSN	4		18	48	
Cryptoxanthin, beta µg	1		0	BFSN	4		1	2	
Vitamin A, IU IU	1011		0	NC	4		930	2528	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1095		0	BFSN	4		1008	2738	
Vitamin E (alpha-tocopherol) mg	1.32		0	BFSN	4		1.22	3.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	88.1		0	BFSN	4		81.1	220.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11095

Broccoli, frozen, spears, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.018		0		1		0.017	0.045	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.016		1		1		0.015	0.040	
17:0....g									
18:0....g	0.002		1		1		0.002	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.007	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		1		1		0.007	0.020	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.051	0.138	
18:2 undifferentiated....g	0.013		1		1		0.012	0.033	
18:3 undifferentiated....g	0.042		1		1		0.039	0.105	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.029	0.080	
Threonine....g	0.101		0		1		0.093	0.253	
Isoleucine....g	0.121		0		1		0.111	0.303	
Leucine....g	0.145		0		1		0.133	0.363	
Lysine....g	0.156		0		1		0.144	0.390	
Methionine....g	0.037		0		1		0.034	0.093	
Cystine....g	0.022		0		1		0.020	0.055	
Phenylalanine....g	0.094		0		1		0.086	0.235	
Tyrosine....g	0.070		0		1		0.064	0.175	
Valine....g	0.142		0		1		0.131	0.355	
Arginine....g	0.161		0		1		0.148	0.403	
Histidine....g	0.055		0		1		0.051	0.138	
Alanine....g	0.131		0		1		0.121	0.328	
Aspartic acid....g	0.236		0		1		0.217	0.590	
Glutamic acid....g	0.417		0		1		0.384	1.043	
Glycine....g	0.105		0		1		0.097	0.263	
Proline....g	0.127		0		1		0.117	0.318	
Serine....g	0.111		0		1		0.102	0.278	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11095

Broccoli, frozen, spears, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: .5 cup

Measure 2 = 250g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11094
Broccoli, frozen, spears, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.55	0.284	53		1		86.02	257.16	821.29
Energy kcal	29		0	NC	4		28	82	263
Energy kJ	121		0		4		115	345	1101
Protein (N x 6.25) g	3.06	0.240	49		1		2.91	8.69	27.75
Total lipid (fat) g	0.34	0.041	49		1		0.32	0.97	3.08
Ash g	0.70	0.019	47		1		0.67	1.99	6.35
Carbohydrate, by difference g	5.35		0	NC	4		5.08	15.19	48.52
Fiber, total dietary g	3.0		0		1		2.9	8.5	27.2
Sugars, total g	1.47		0	BFSN	4		1.39	4.16	13.29
Starch g									
Minerals:									
Calcium, Ca mg	41	2.305	49		1		39	116	372
Iron, Fe mg	0.72	0.060	47		1		0.68	2.04	6.53
Magnesium, Mg mg	16	0.552	17		1		15	45	145
Phosphorus, P mg	59	2.745	30		1		56	168	535
Potassium, K mg	250	13.672	21		1		238	710	2268
Sodium, Na mg	17	1.682	24		1		16	48	154
Zinc, Zn mg	0.34	0.016	15		1		0.32	0.97	3.08
Copper, Cu mg	0.036	0.005	17		1		0.034	0.102	0.327
Manganese, Mn mg	0.256	0.015	15		1		0.243	0.727	2.322
Selenium, Se µg	1.9	0.307	9	A	1		1.8	5.4	17.2
Vitamins:									
Vitamin C, total ascorbic acid mg	68.3	2.837	39		1		64.9	194.0	619.5
Thiamin mg	0.072	0.006	49		1		0.068	0.204	0.653
Riboflavin mg	0.114	0.008	48		1		0.108	0.324	1.034
Niacin mg	0.462	0.032	49		1		0.439	1.312	4.190
Pantothenic acid mg	0.242	0.024	7		1		0.230	0.687	2.195
Vitamin B-6 mg	0.175	0.013	16		1		0.166	0.497	1.587
Folate, total µg	94	9.155	9		1		90	268	855
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	94	9.155	9		1		90	268	855
Folate, DFE µg	94		0	NC	4		90	268	855
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	57		0	NC	4		54	162	516
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	675		0	BFSN	4		641	1917	6122
Carotene, alpha µg	15		0	BFSN	4		14	43	138
Cryptoxanthin, beta µg	1		0	BFSN	4		1	2	7
Vitamin A, IU IU	1138		0	NC	4		1081	3233	10325
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	1525		0	BFSN	4		1449	4332	13834
Vitamin E (alpha-tocopherol) mg	1.35		0	BFSN	4		1.28	3.82	12.21
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	101.4		0	BFSN	4		96.3	287.9	919.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11094
Broccoli, frozen, spears, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.052		0		1		0.049	0.148	0.472
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.046		0		1		0.044	0.131	0.417
17:0....g									
18:0....g	0.006		0		1		0.006	0.017	0.054
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1		0.023	0.068	0.218
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.023	0.068	0.218
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.162		0		1		0.154	0.460	1.469
18:2 undifferentiated....g	0.037		0		1		0.035	0.105	0.336
18:3 undifferentiated....g	0.125		0		1		0.119	0.355	1.134
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.030	0.091	0.290
Threonine....g	0.099		0		1		0.094	0.281	0.898
Isoleucine....g	0.119		0		1		0.113	0.338	1.079
Leucine....g	0.143		0		1		0.136	0.406	1.297
Lysine....g	0.154		0		1		0.146	0.437	1.397
Methionine....g	0.037		0		1		0.035	0.105	0.336
Cystine....g	0.022		0		1		0.021	0.062	0.200
Phenylalanine....g	0.092		0		1		0.087	0.261	0.834
Tyrosine....g	0.069		0		1		0.066	0.196	0.626
Valine....g	0.140		0		1		0.133	0.398	1.270
Arginine....g	0.159		0		1		0.151	0.452	1.442
Histidine....g	0.054		0		1		0.051	0.153	0.490
Alanine....g	0.129		0		1		0.123	0.366	1.170
Aspartic acid....g	0.233		0		1		0.221	0.662	2.113
Glutamic acid....g	0.411		0		1		0.390	1.167	3.728
Glycine....g	0.104		0		1		0.099	0.295	0.943
Proline....g	0.125		0		1		0.119	0.355	1.134
Serine....g	0.109		0		1		0.104	0.310	0.989
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11094
Broccoli, frozen, spears, unprepared

Common Measures:

Measure 1 = 95g: .33 package (10 oz)
Measure 2 = 284g: 1 package (10 oz)
Measure 3 = 907g: 1 package (2 lb)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11739
Broccoli, leaves, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.69	0.333	33		1				
Energy kcal	28		0	NC	4				
Energy kJ	118		0	NC	4				
Protein (N x 6.25) g	2.98	0.109	22		1				
Total lipid (fat) g	0.35	0.034	22		1				
Ash g	0.92	0.027	23		1				
Carbohydrate, by difference g	5.06		0	NC	4				
Fiber, total dietary g	2.3		0	BFSN	4				
Sugars, total g	1.48		0	BFSN	4				
Starch g									
Minerals:									
Calcium, Ca mg	48	2.510	28		1				
Iron, Fe mg	0.88	0.082	34		1				
Magnesium, Mg mg	25	3.601	27		1				
Phosphorus, P mg	66	1.593	27		1				
Potassium, K mg	325	7.243	25		1				
Sodium, Na mg	27	1.782	30		1				
Zinc, Zn mg	0.40	0.014	33		1				
Copper, Cu mg	0.045	0.003	33		1				
Manganese, Mn mg	0.229	0.016	22		1				
Selenium, Se µg	3.0		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	93.2	2.068	15		1				
Thiamin mg	0.065	0.008	15		1				
Riboflavin mg	0.119	0.004	15		1				
Niacin mg	0.638	0.021	15		1				
Pantothenic acid mg	0.535	0.049	15		1				
Vitamin B-6 mg	0.159	0.011	15		1				
Folate, total µg	71	7.000	26		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	71	7.000	26		1				
Folate, DFE µg	71		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin B-12, added µg	0.00		0	Z	7				
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	16000		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11739
Broccoli, leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.054		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.047		0		1				
17:0....g									
18:0....g	0.007		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.024		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.167		0		1				
18:2 undifferentiated....g	0.038		0		1				
18:3 undifferentiated....g	0.129		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		26		1				
Threonine....g	0.091		26		1				
Isoleucine....g	0.109		26		1				
Leucine....g	0.131		26		1				
Lysine....g	0.141		26		1				
Methionine....g	0.034		26		1				
Cystine....g	0.020		4		1				
Phenylalanine....g	0.084		26		1				
Tyrosine....g	0.063		4		1				
Valine....g	0.128		26		1				
Arginine....g	0.145		26		1				
Histidine....g	0.050		24		1				
Alanine....g	0.118		4		1				
Aspartic acid....g	0.213		4		1				
Glutamic acid....g	0.375		4		1				
Glycine....g	0.095		4		1				
Proline....g	0.114		4		1				
Serine....g	0.100		4		1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				

NDB No. 11739
Broccoli, leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11090
Broccoli, raw
Brassica oleracea var. italica

Refuse: 39% Leaves and tough stalks with trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.30	1.036	49	JO	11		81.27	542.96	27.68
Energy kcal	34		0	NC	4		31	205	10
Energy kJ	141		0	NC	4		128	856	44
Protein g	2.82	0.437	23	JO	11		2.57	17.14	0.87
Total lipid (fat) g	0.37	0.004	29	JO	11		0.33	2.23	0.11
Ash g	0.87	0.033	23	JA	6		0.79	5.29	0.27
Carbohydrate, by difference g	6.64		0	NC	4		6.04	40.38	2.06
Fiber, total dietary g	2.6	0.257	13	JA	6		2.4	15.8	0.8
Sugars, total g	1.70		0	NC	4		1.54	10.31	0.53
Sucrose g	0.10	0.050	16	JA	6		0.09	0.62	0.03
Glucose (dextrose) g	0.49	0.071	18	JA	6		0.45	2.97	0.15
Fructose g	0.68	0.059	17	JA	6		0.62	4.14	0.21
Lactose g	0.21	0.000	9	JA	6		0.19	1.28	0.07
Maltose g	0.21	0.000	9	JA	6		0.19	1.28	0.07
Galactose g	0.00	0.000	5	JA	6		0.00	0.02	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	47	5.130	33	JA	6		43	284	14
Iron, Fe mg	0.73	0.095	33	JA	6		0.66	4.41	0.23
Magnesium, Mg mg	21	2.104	33	JA	6		19	128	7
Phosphorus, P mg	66	3.008	33	JA	6		60	399	20
Potassium, K mg	316	7.217	37	JO	11		287	1920	98
Sodium, Na mg	33	5.248	42	JO	11		30	198	10
Zinc, Zn mg	0.41	0.011	33	JA	6		0.37	2.48	0.13
Copper, Cu mg	0.049	0.012	33	JA	6		0.044	0.296	0.015
Manganese, Mn mg	0.210	0.007	23	JA	6		0.191	1.275	0.065
Selenium, Se µg	2.5	0.106	8	JA	6		2.3	15.3	0.8
Vitamins:									
Vitamin C, total ascorbic acid mg	89.2	3.977	19	JO	11		81.2	542.2	27.6
Thiamin mg	0.071	0.010	23	JA	6		0.065	0.431	0.022
Riboflavin mg	0.117	0.020	23	JA	6		0.106	0.708	0.036
Niacin mg	0.639	0.064	23	JA	6		0.581	3.883	0.198
Pantothenic acid mg	0.573	0.046	23	JA	6		0.521	3.482	0.178
Vitamin B-6 mg	0.175	0.031	23	JA	6		0.159	1.064	0.054
Folate, total µg	63	12.748	27	JO	11		57	383	20
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	63	12.748	27	JO	11		57	383	20
Folate, DFE µg	63		0	NC	4		57	383	20
Choline, total mg	18.7		0	AS	1		17.0	113.8	5.8
Betaine mg	0.1		2	A	1		0.1	0.8	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	31		0	NC	4		28	189	10
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	361	7.019	124	JO	11		328	2195	112
Carotene, alpha µg	25	3.172	55	JO	11		22	150	8
Cryptoxanthin, beta µg	1	0.000	52	JO	11		1	8	0
Vitamin A, IU IU	623		0	NC	4		567	3789	193
Lycopene µg	0	0.000	10	JO	11		0	0	0
Lutein + zeaxanthin µg	1403	40.093	7	A	1		1276	8528	435
Vitamin E (alpha-tocopherol) mg	0.78	0.099	12	JO	11		0.71	4.72	0.24
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.005	12	JO	11		0.00	0.03	0.00
Tocopherol, gamma mg	0.17	0.044	12	JO	11		0.16	1.04	0.05
Tocopherol, delta mg	0.00	0.000	12	JO	11		0.00	0.00	0.00
Tocotrienol, alpha mg	0.04	0.001	7	JO	11		0.04	0.24	0.01
Tocotrienol, beta mg	0.00	0.000	7	JO	11		0.00	0.00	0.00

NDB No. 11090
Broccoli, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	7	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	101.6	3.897	8	A	1		92.4	617.7	31.5
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.039		0	NC	4		0.036	0.238	0.012
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.001	0.000
13:0....g									
14:0....g	0.001		2	A	1		0.001	0.003	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.029		2	A	1		0.026	0.176	0.009
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.006		2	A	1		0.005	0.036	0.002
20:0....g	0.002		2	A	1		0.002	0.012	0.001
22:0....g	0.002		2	A	1		0.001	0.009	0.000
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0	NC	4		0.010	0.064	0.003
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.001		2	A	1		0.001	0.003	0.000
18:1 undifferentiated....g	0.010		2	A	1		0.009	0.061	0.003
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.038		0	NC	4		0.035	0.233	0.012
18:2 undifferentiated....g	0.017		2	A	1		0.015	0.103	0.005
18:3 undifferentiated....g	0.021		2	A	1		0.020	0.130	0.007
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033	0.003	4	A	1		0.030	0.202	0.010
Threonine....g	0.088	0.002	4	A	1		0.080	0.538	0.027
Isoleucine....g	0.079	0.002	4	A	1		0.072	0.482	0.025
Leucine....g	0.129	0.005	4	A	1		0.117	0.784	0.040
Lysine....g	0.135	0.003	4	A	1		0.123	0.822	0.042
Methionine....g	0.038	0.001	4	A	1		0.035	0.234	0.012
Cystine....g	0.028	0.000	4	A	1		0.025	0.169	0.009

NDB No. 11090
Broccoli, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.117	0.000	4	A	1		0.107	0.713	0.036
Tyrosine....g	0.050	0.002	4	A	1		0.046	0.305	0.016
Valine....g	0.125	0.003	4	A	1		0.114	0.760	0.039
Arginine....g	0.191	0.006	4	A	1		0.174	1.161	0.059
Histidine....g	0.059	0.000	4	A	1		0.054	0.360	0.018
Alanine....g	0.104	0.004	4	A	1		0.094	0.630	0.032
Aspartic acid....g	0.325	0.013	4	A	1		0.296	1.976	0.101
Glutamic acid....g	0.542	0.030	4	A	1		0.493	3.297	0.168
Glycine....g	0.089	0.003	4	A	1		0.081	0.539	0.028
Proline....g	0.110	0.015	4	A	1		0.100	0.670	0.034
Serine....g	0.121	0.005	4	A	1		0.110	0.734	0.037
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: 1 cup chopped

Measure 2 = 608g: 1 bunch

Measure 3 = 31g: 1 spear (about 5" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11741
Broccoli, stalks, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.69	0.333	33		1		103.39		
Energy kcal	28		0	NC	4		32		
Energy kJ	117				4		134		
Protein (N x 6.25) g	2.98	0.109	22		1		3.40		
Total lipid (fat) g	0.35	0.034	22		1		0.40		
Ash g	0.92	0.027	23		1		1.05		
Carbohydrate, by difference g	5.24		0	NC	4		5.97		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	48	2.510	28		1		55		
Iron, Fe mg	0.88	0.082	34		1		1.00		
Magnesium, Mg mg	25	3.601	27		1		29		
Phosphorus, P mg	66	1.593	27		1		75		
Potassium, K mg	325	7.243	25		1		371		
Sodium, Na mg	27	1.782	30		1		31		
Zinc, Zn mg	0.40	0.014	33		1		0.46		
Copper, Cu mg	0.045	0.003	33		1		0.051		
Manganese, Mn mg	0.229	0.016	22		1		0.261		
Selenium, Se µg	3.0		0	BFZN	4		3.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	93.2	2.068	15		1		106.2		
Thiamin mg	0.065	0.008	15		1		0.074		
Riboflavin mg	0.119	0.004	15		1		0.136		
Niacin mg	0.638	0.021	15		1		0.727		
Pantothenic acid mg	0.535	0.049	15		1		0.610		
Vitamin B-6 mg	0.159	0.011	15		1		0.181		
Folate, total µg	71	7.000	26		1		81		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	71	7.000	26		1		81		
Folate, DFE µg	71		0	NC	4		81		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	20		0		1		23		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	400		0		1		456		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11741
Broccoli, stalks, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.054		0		1		0.062		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.047		0		1		0.054		
17:0....g									
18:0....g	0.007		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1		0.027		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.027		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.167		0		1		0.190		
18:2 undifferentiated....g	0.038		0		1		0.043		
18:3 undifferentiated....g	0.129		0		1		0.147		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		26		1		0.033		
Threonine....g	0.091		26		1		0.104		
Isoleucine....g	0.109		26		1		0.124		
Leucine....g	0.131		26		1		0.149		
Lysine....g	0.141		26		1		0.161		
Methionine....g	0.034		26		1		0.039		
Cystine....g	0.020		4		1		0.023		
Phenylalanine....g	0.084		26		1		0.096		
Tyrosine....g	0.063		4		1		0.072		
Valine....g	0.128		26		1		0.146		
Arginine....g	0.145		26		1		0.165		
Histidine....g	0.050		24		1		0.057		
Alanine....g	0.118		4		1		0.135		
Aspartic acid....g	0.213		4		1		0.243		
Glutamic acid....g	0.375		4		1		0.428		
Glycine....g	0.095		4		1		0.108		
Proline....g	0.114		4		1		0.130		
Serine....g	0.100		4		1		0.114		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11741
Broccoli, stalks, raw

Common Measures:
Measure 1 = 114g: 1 stalk

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11745
Brussels sprouts, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.90		1		1		18.67	69.34	
Energy kcal	36		0	NC	4		8	28	
Energy kJ	150		0	NC	4		31	117	
Protein (N x 6.25) g	2.55	0.486	5		1		0.54	1.99	
Total lipid (fat) g	0.50		1		1		0.11	0.39	
Ash g	0.95	0.042	5		1		0.20	0.74	
Carbohydrate, by difference g	7.10		0	NC	4		1.49	5.54	
Fiber, total dietary g	2.6		0		4		0.5	2.0	
Sugars, total g	1.74		0	BFZN	4		0.37	1.36	
Starch g									
Minerals:									
Calcium, Ca mg	36		0		1		8	28	
Iron, Fe mg	1.20		0		1		0.25	0.94	
Magnesium, Mg mg	20		0		1		4	16	
Phosphorus, P mg	56		0		1		12	44	
Potassium, K mg	317		0		1		67	247	
Sodium, Na mg	257		0		4		54	200	
Zinc, Zn mg	0.33	0.019	6		1		0.07	0.26	
Copper, Cu mg	0.083	0.009	5		1		0.017	0.065	
Manganese, Mn mg	0.227	0.027	5		1		0.048	0.177	
Selenium, Se µg	1.5		0	BFSN	4		0.3	1.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	62.0		0		1		13.0	48.4	
Thiamin mg	0.107		0		1		0.022	0.083	
Riboflavin mg	0.080		0		1		0.017	0.062	
Niacin mg	0.607		0		1		0.127	0.473	
Pantothenic acid mg	0.252		0		1		0.053	0.197	
Vitamin B-6 mg	0.178		0		1		0.037	0.139	
Folate, total µg	60		1		1		13	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	60		1		1		13	47	
Folate, DFE µg	60		0	NC	4		13	47	
Choline, total mg	40.6		0	AS	1		8.5	31.7	
Betaine mg	0.2		1	A	1		0.0	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	39		0	AS	1		8	30	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	465	15.000	5	A	1		98	363	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	775		0	AS	1		163	605	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	1290		1	A	1		271	1006	
Vitamin E (alpha-tocopherol) mg	0.43		1		1		0.09	0.34	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	0.00		1		1		0.00	0.00	
Tocopherol, delta mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1		1		0.00	0.00	
Tocotrienol, delta mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	140.3		0	BFZN	4		29.5	109.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11745

Brussels sprouts, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.102		0	NC	4		0.021	0.080	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.003		0		1		0.001	0.002	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.000	0.001	
15:0....g									
16:0....g	0.093		0		1		0.019	0.072	
17:0....g									
18:0....g	0.005		0		1		0.001	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0	NC	4		0.008	0.030	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.007	0.027	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.255		0	NC	4		0.053	0.199	
18:2 undifferentiated....g	0.079		0		1		0.017	0.062	
18:3 undifferentiated....g	0.173		0		1		0.036	0.135	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.000	0.002	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.006	0.022	
Threonine....g	0.091		0		1		0.019	0.071	
Isoleucine....g	0.100		0		1		0.021	0.078	
Leucine....g	0.114		0		1		0.024	0.089	
Lysine....g	0.116		0		1		0.024	0.090	
Methionine....g	0.024		0		1		0.005	0.019	
Cystine....g	0.016		0		1		0.003	0.012	
Phenylalanine....g	0.074		0		1		0.016	0.058	
Tyrosine....g									
Valine....g	0.117		0		1		0.025	0.091	
Arginine....g	0.153		0		1		0.032	0.119	
Histidine....g	0.057		0		1		0.012	0.044	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11745
Brussels sprouts, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 sprout

Measure 2 = 78g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11099
Brussels sprouts, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.90		1		1		18.67	69.34	
Energy kcal	36		0	NC	4		8	28	
Energy kJ	150		0	NC	4		31	117	
Protein (N x 6.25) g	2.55	0.486	5		1		0.54	1.99	
Total lipid (fat) g	0.50		1		1		0.11	0.39	
Ash g	0.95	0.042	5		1		0.20	0.74	
Carbohydrate, by difference g	7.10		0	NC	4		1.49	5.54	
Fiber, total dietary g	2.6		0		4		0.5	2.0	
Sugars, total g	1.74		0	BFSN	4		0.37	1.36	
Starch g									
Minerals:									
Calcium, Ca mg	36		0		1		8	28	
Iron, Fe mg	1.20		0		1		0.25	0.94	
Magnesium, Mg mg	20		0		1		4	16	
Phosphorus, P mg	56		0		1		12	44	
Potassium, K mg	317		0		1		67	247	
Sodium, Na mg	21		0		1		4	16	
Zinc, Zn mg	0.33	0.019	6		1		0.07	0.26	
Copper, Cu mg	0.083	0.009	5		1		0.017	0.065	
Manganese, Mn mg	0.227	0.027	5		1		0.048	0.177	
Selenium, Se µg	1.5		0	BFSN	4		0.3	1.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	62.0		0		1		13.0	48.4	
Thiamin mg	0.107		0		1		0.022	0.083	
Riboflavin mg	0.080		0		1		0.017	0.062	
Niacin mg	0.607		0		1		0.127	0.473	
Pantothenic acid mg	0.252		0		1		0.053	0.197	
Vitamin B-6 mg	0.178		0		1		0.037	0.139	
Folate, total µg	60		1		1		13	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	60		1		1		13	47	
Folate, DFE µg	60		0	NC	4		13	47	
Choline, total mg	40.6		0	AS	1		8.5	31.7	
Betaine mg	0.2		1	A	1		0.0	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	39		0	AS	1		8	30	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	465	15.000	5	A	1		98	363	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	775		0	AS	1		163	605	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	1290		1	A	1		271	1006	
Vitamin E (alpha-tocopherol) mg	0.43		1		1		0.09	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	0.00		1		1		0.00	0.00	
Tocopherol, delta mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1		1		0.00	0.00	
Tocotrienol, delta mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	140.3		0	BFSN	4		29.5	109.5	

NDB No. 11099

Brussels sprouts, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.102		0	NC	4		0.021	0.080	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.003		0		1		0.001	0.002	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.000	0.001	
15:0....g									
16:0....g	0.093		0		1		0.019	0.072	
17:0....g									
18:0....g	0.005		0		1		0.001	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.038		0	NC	4		0.008	0.030	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.007	0.027	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.255		0	NC	4		0.053	0.199	
18:2 undifferentiated....g	0.079		0		1		0.017	0.062	
18:3 undifferentiated....g	0.173		0		1		0.036	0.135	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.000	0.002	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.006	0.022	
Threonine....g	0.091		0		1		0.019	0.071	
Isoleucine....g	0.100		0		1		0.021	0.078	
Leucine....g	0.114		0		1		0.024	0.089	
Lysine....g	0.116		0		1		0.024	0.090	
Methionine....g	0.024		0		1		0.005	0.019	
Cystine....g	0.016		0		1		0.003	0.012	
Phenylalanine....g	0.074		0		1		0.016	0.058	
Tyrosine....g									
Valine....g	0.117		0		1		0.025	0.091	
Arginine....g	0.153		0		1		0.032	0.119	
Histidine....g	0.057		0		1		0.012	0.044	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

NDB No. 11099

Brussels sprouts, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 sprout

Measure 2 = 78g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11746
Brussels sprouts, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.74	0.416	10		1		134.45		
Energy kcal	42		0	NC	4		65		
Energy kJ	176		0		4		272		
Protein (N x 6.25) g	3.64	0.166	7		1		5.64		
Total lipid (fat) g	0.39	0.095	7		1		0.60		
Ash g	0.91	0.057	7		1		1.41		
Carbohydrate, by difference g	8.32		0	NC	4		12.90		
Fiber, total dietary g	4.1		0		4		6.4		
Sugars, total g	2.08		0	BFSN	4		3.23		
Starch g									
Minerals:									
Calcium, Ca mg	26	0.883	18	A	1		40		
Iron, Fe mg	0.48	0.019	18	A	1		0.75		
Magnesium, Mg mg	18	0.843	18	A	1		28		
Phosphorus, P mg	56	2.332	18	A	1		87		
Potassium, K mg	290	13.596	18	A	1		450		
Sodium, Na mg	259		0		4		401		
Zinc, Zn mg	0.24	0.012	18	A	1		0.38		
Copper, Cu mg	0.034	0.003	18	A	1		0.053		
Manganese, Mn mg	0.206	0.011	18	A	1		0.319		
Selenium, Se µg	0.6	0.263	18	A	1		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	45.7	4.175	3		1		70.8		
Thiamin mg	0.103	0.009	6		1		0.160		
Riboflavin mg	0.113	0.006	6		1		0.175		
Niacin mg	0.537	0.145	3		1		0.832		
Pantothenic acid mg	0.342	0.009	3		1		0.530		
Vitamin B-6 mg	0.289	0.037	6		1		0.448		
Folate, total µg	101	19.059	8		1		157		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	101	19.059	8		1		157		
Folate, DFE µg	101		0	NC	4		157		
Choline, total mg	18.1		0	BFSY	4		28.0		
Betaine mg	0.7		0	BFSN	4		1.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	46		0	NC	4		72		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	555		0	BFSN	4		861		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	926		0	NC	4		1435		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	1541		0	BFSN	4		2389		
Vitamin E (alpha-tocopherol) mg	0.51		0	BFSN	4		0.80		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	193.5		2	A	1		299.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11746

Brussels sprouts, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.081		0		1		0.126		
4:0....g									
6:0....g									
8:0....g	0.002		0		1		0.003		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.069		0		1		0.107		
17:0....g									
18:0....g	0.004		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.047		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.039		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.200		0		1		0.310		
18:2 undifferentiated....g	0.059		0		1		0.091		
18:3 undifferentiated....g	0.129		0		1		0.200		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.003		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.062		
Threonine....g	0.130		0		1		0.202		
Isoleucine....g	0.143		0		1		0.222		
Leucine....g	0.164		0		1		0.254		
Lysine....g	0.166		0		1		0.257		
Methionine....g	0.035		0		1		0.054		
Cystine....g	0.023		0		1		0.036		
Phenylalanine....g	0.106		0		1		0.164		
Tyrosine....g									
Valine....g	0.167		0		1		0.259		
Arginine....g	0.218		0		1		0.338		
Histidine....g	0.082		0		1		0.127		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11746
Brussels sprouts, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11101

Brussels sprouts, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.74	0.416	10		1		134.45		
Energy kcal	42		0	NC	4		65		
Energy kJ	175		0	NC	4		271		
Protein (N x 6.25) g	3.64	0.166	7		1		5.64		
Total lipid (fat) g	0.39	0.095	7		1		0.60		
Ash g	0.91	0.057	7		1		1.41		
Carbohydrate, by difference g	8.32		0	NC	4		12.90		
Fiber, total dietary g	4.1		0		4		6.4		
Sugars, total g	2.08		0	BFSN	4		3.23		
Starch g									
Minerals:									
Calcium, Ca mg	26	0.883	18	A	1		40		
Iron, Fe mg	0.48	0.019	18	A	1		0.75		
Magnesium, Mg mg	18	0.843	18	A	1		28		
Phosphorus, P mg	56	2.332	18	A	1		87		
Potassium, K mg	290	13.596	18	A	1		450		
Sodium, Na mg	15	2.106	18	A	1		24		
Zinc, Zn mg	0.24	0.012	18	A	1		0.38		
Copper, Cu mg	0.034	0.003	18	A	1		0.053		
Manganese, Mn mg	0.206	0.011	18	A	1		0.319		
Selenium, Se µg	0.6	0.263	18	A	1		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	45.7	4.175	3		1		70.8		
Thiamin mg	0.103	0.009	6		1		0.160		
Riboflavin mg	0.113	0.006	6		1		0.175		
Niacin mg	0.537	0.145	3		1		0.832		
Pantothenic acid mg	0.342	0.009	3		1		0.530		
Vitamin B-6 mg	0.289	0.037	6		1		0.448		
Folate, total µg	101	19.059	8		1		157		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	101	19.059	8		1		157		
Folate, DFE µg	101		0	NC	4		157		
Choline, total mg	18.1		0	BFSY	4		28.0		
Betaine mg	0.7		0	BFSN	4		1.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	46		0	NC	4		72		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	555		0	BFSN	4		861		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	926		0	NC	4		1435		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	1541		0	BFSN	4		2389		
Vitamin E (alpha-tocopherol) mg	0.51		0	BFSN	4		0.80		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	193.5		2		1		299.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11101

Brussels sprouts, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.081		0		1		0.126		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.002		0		1		0.003		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.069		0		1		0.107		
17:0....g									
18:0....g	0.004		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.047		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.039		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.200		0		1		0.310		
18:2 undifferentiated....g	0.059		0		1		0.091		
18:3 undifferentiated....g	0.129		0		1		0.200		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.003		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.062		
Threonine....g	0.130		0		1		0.202		
Isoleucine....g	0.143		0		1		0.222		
Leucine....g	0.164		0		1		0.254		
Lysine....g	0.166		0		1		0.257		
Methionine....g	0.035		0		1		0.054		
Cystine....g	0.023		0		1		0.036		
Phenylalanine....g	0.106		0		1		0.164		
Tyrosine....g									
Valine....g	0.167		0		1		0.259		
Arginine....g	0.218		0		1		0.338		
Histidine....g	0.082		0		1		0.127		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFSN	4		0		

NDB No. 11101
Brussels sprouts, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	BFSN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11100
Brussels sprouts, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.07	0.309	41		1		82.72	247.28	789.72
Energy kcal	41		0	NC	4		39	116	369
Energy kJ	170		0	NC	4		162	484	1545
Protein (N x 6.25) g	3.78	0.089	37		1		3.59	10.74	34.28
Total lipid (fat) g	0.41	0.034	36		1		0.39	1.16	3.72
Ash g	0.88	0.033	35		1		0.84	2.50	7.98
Carbohydrate, by difference g	7.86		0	NC	4		7.47	22.32	71.29
Fiber, total dietary g	3.8		0		1		3.6	10.8	34.5
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26	1.312	36		1		25	74	236
Iron, Fe mg	0.93	0.074	35		1		0.88	2.64	8.44
Magnesium, Mg mg	20	0.555	14		1		19	57	181
Phosphorus, P mg	62	2.320	25		1		59	176	562
Potassium, K mg	370	12.326	19		1		352	1051	3356
Sodium, Na mg	10	1.275	19		1		10	28	91
Zinc, Zn mg	0.31	0.013	13		1		0.29	0.88	2.81
Copper, Cu mg	0.033	0.006	14		1		0.031	0.094	0.299
Manganese, Mn mg	0.311	0.015	13		1		0.295	0.883	2.821
Selenium, Se µg	1.5		0	BFSN	4		1.4	4.3	13.6
Vitamins:									
Vitamin C, total ascorbic acid mg	74.1	3.678	28		1		70.4	210.4	672.1
Thiamin mg	0.105	0.004	37		1		0.100	0.298	0.952
Riboflavin mg	0.122	0.008	36		1		0.116	0.346	1.107
Niacin mg	0.638	0.036	37		1		0.606	1.812	5.787
Pantothenic acid mg	0.285		5		1		0.271	0.809	2.585
Vitamin B-6 mg	0.202	0.011	13		1		0.192	0.574	1.832
Folate, total µg	123	25.454	9		1		117	350	1119
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	123	25.454	9		1		117	350	1119
Folate, DFE µg	123		0	NC	4		117	350	1119
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	31		0	AS	1		29	88	280
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	370		6	A	1		352	1051	3356
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	617		0	AS	1		586	1751	5593
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11100
Brussels sprouts, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.084		0		1		0.080	0.239	0.762
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.003		0		1		0.003	0.009	0.027
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	0.009
15:0....g									
16:0....g	0.072		0		1		0.068	0.204	0.653
17:0....g									
18:0....g	0.004		0		1		0.004	0.011	0.036
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		1		0.029	0.088	0.281
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.003	0.009	0.027
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.025	0.074	0.236
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.207		0		1		0.197	0.588	1.877
18:2 undifferentiated....g	0.061		0		1		0.058	0.173	0.553
18:3 undifferentiated....g	0.134		0		1		0.127	0.381	1.215
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.002	0.006	0.018
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.040	0.119	0.381
Threonine....g	0.135		0		1		0.128	0.383	1.224
Isoleucine....g	0.148		0		1		0.141	0.420	1.342
Leucine....g	0.170		0		1		0.162	0.483	1.542
Lysine....g	0.172		0		1		0.163	0.488	1.560
Methionine....g	0.036		0		1		0.034	0.102	0.327
Cystine....g	0.024		0		1		0.023	0.068	0.218
Phenylalanine....g	0.110		0		1		0.105	0.312	0.998
Tyrosine....g									
Valine....g	0.173		0		1		0.164	0.491	1.569
Arginine....g	0.227		0		1		0.216	0.645	2.059
Histidine....g	0.085		0		1		0.081	0.241	0.771
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 11100
Brussels sprouts, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Measure 3 = 907g: 1 package (2 lb)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11098

Brussels sprouts, raw

Brassica oleracea (Gemmifera Group)

Refuse: 10% Outer leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.00	0.435	8		1		75.68	16.34	
Energy kcal	43		0	NC	4		38	8	
Energy kJ	179		0	NC	4		157	34	
Protein (N x 6.25) g	3.38		2		1		2.97	0.64	
Total lipid (fat) g	0.30		2		1		0.26	0.06	
Ash g	1.37		1		1		1.21	0.26	
Carbohydrate, by difference g	8.95		0	NC	4		7.88	1.70	
Fiber, total dietary g	3.8		0		4		3.3	0.7	
Sugars, total g	2.20		0	T	4		1.94	0.42	
Sucrose g	0.46		0	T	4		0.41	0.09	
Glucose (dextrose) g	0.81		0	T	4		0.71	0.15	
Fructose g	0.93		0	T	4		0.82	0.18	
Lactose g	0.00		0	Z	7		0.00	0.00	
Maltose g	0.00		0	Z	7		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	42		2		1		37	8	
Iron, Fe mg	1.40		2		1		1.23	0.27	
Magnesium, Mg mg	23		1		1		20	4	
Phosphorus, P mg	69		1		1		61	13	
Potassium, K mg	389	21.971	4		1		342	74	
Sodium, Na mg	25	2.873	4		1		22	5	
Zinc, Zn mg	0.42		1		1		0.37	0.08	
Copper, Cu mg	0.070		1		1		0.062	0.013	
Manganese, Mn mg	0.337		0		1		0.297	0.064	
Selenium, Se µg	1.6		0	BFSN	4		1.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	85.0		1		1		74.8	16.2	
Thiamin mg	0.139		2		1		0.122	0.026	
Riboflavin mg	0.090		2		1		0.079	0.017	
Niacin mg	0.745		2		1		0.656	0.142	
Pantothenic acid mg	0.309		0		1		0.272	0.059	
Vitamin B-6 mg	0.219		0		1		0.193	0.042	
Folate, total µg	61	6.336	3		1		54	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	61	6.336	3		1		54	12	
Folate, DFE µg	61		0	NC	4		54	12	
Choline, total mg	19.1		0	BFSN	4		16.8	3.6	
Betaine mg	0.8		0	BFSN	4		0.7	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	38		0	AS	1		33	7	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	450	56.991	21	A	1		396	85	
Carotene, alpha µg	6	5.650	19	A	1		5	1	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	754		0	AS	1		664	143	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	1590		1	A	1		1399	302	
Vitamin E (alpha-tocopherol) mg	0.88		0	NR	4		0.77	0.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11098
Brussels sprouts, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	177.0		0	T	4		155.8	33.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.062		0		1		0.055	0.012	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.002		2		1		0.002	0.000	
10:0....g	0.000		2		1		0.000	0.000	
12:0....g	0.000		2		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.053		2		1		0.047	0.010	
17:0....g									
18:0....g	0.003		2		1		0.003	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.020	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		2		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.019		2		1		0.017	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.153		0		1		0.135	0.029	
18:2 undifferentiated....g	0.045		2		1		0.040	0.009	
18:3 undifferentiated....g	0.099		2		1		0.087	0.019	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		2		1		0.001	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	24		0		1		21	5	
Amino Acids:									
Tryptophan....g	0.037		14		1		0.033	0.007	
Threonine....g	0.120		14		1		0.106	0.023	
Isoleucine....g	0.132		14		1		0.116	0.025	
Leucine....g	0.152		14		1		0.134	0.029	
Lysine....g	0.154		14		1		0.136	0.029	
Methionine....g	0.032		14		1		0.028	0.006	
Cystine....g	0.022		1		1		0.019	0.004	
Phenylalanine....g	0.098		14		1		0.086	0.019	
Tyrosine....g									
Valine....g	0.155		14		1		0.136	0.029	
Arginine....g	0.203		14		1		0.179	0.039	
Histidine....g	0.076		14		1		0.067	0.014	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									

NDB No. 11098
Brussels sprouts, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 cup

Measure 2 = 19g: 1 sprout

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11747
Burdock root, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.64		1		1		94.55	125.56	
Energy kcal	88		0	NC	4		110	146	
Energy kJ	369		0	NC	4		461	613	
Protein (N x 6.25) g	2.09		1		1		2.61	3.47	
Total lipid (fat) g	0.14		1		1		0.18	0.23	
Ash g	0.98		1		1		1.23	1.63	
Carbohydrate, by difference g	21.15		0	NC	4		26.44	35.11	
Fiber, total dietary g	1.8		0	BFZN	4		2.3	3.0	
Sugars, total g	3.55		0	BFSN	4		4.44	5.89	
Starch g									
Minerals:									
Calcium, Ca mg	49		1		1		61	81	
Iron, Fe mg	0.77		1		1		0.96	1.28	
Magnesium, Mg mg	39		1		1		49	65	
Phosphorus, P mg	93		1		1		116	154	
Potassium, K mg	360		1		1		450	598	
Sodium, Na mg	240		0		4		300	398	
Zinc, Zn mg	0.38		0		4		0.48	0.63	
Copper, Cu mg	0.089		0		4		0.111	0.148	
Manganese, Mn mg	0.270		0		4		0.338	0.448	
Selenium, Se µg	0.9		0	BFSN	4		1.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		4		3.3	4.3	
Thiamin mg	0.039		0		1		0.049	0.065	
Riboflavin mg	0.058		0		1		0.073	0.096	
Niacin mg	0.320		0		1		0.400	0.531	
Pantothenic acid mg	0.353		0		4		0.441	0.586	
Vitamin B-6 mg	0.279		0		4		0.349	0.463	
Folate, total µg	20		0		4		24	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	20		0		4		24	32	
Folate, DFE µg	20		0	NC	4		24	32	
Choline, total mg									
Betaine mg	0.2		0	BFSN	4		0.3	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFSY	4		0	0	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.58	0.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		2.5	3.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11747

Burdock root, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.010	0.013	
Threonine....g	0.035		0		1		0.044	0.058	
Isoleucine....g	0.041		0		1		0.051	0.068	
Leucine....g	0.044		0		1		0.055	0.073	
Lysine....g	0.092		0		1		0.115	0.153	
Methionine....g	0.012		0		1		0.015	0.020	
Cystine....g	0.008		0		1		0.010	0.013	
Phenylalanine....g	0.045		0		1		0.056	0.075	
Tyrosine....g	0.024		0		1		0.030	0.040	
Valine....g	0.046		0		1		0.058	0.076	
Arginine....g	0.144		0		1		0.180	0.239	
Histidine....g	0.042		0		1		0.053	0.070	
Alanine....g	0.034		0		1		0.043	0.056	
Aspartic acid....g	0.242		0		1		0.303	0.402	
Glutamic acid....g	0.215		0		1		0.269	0.357	
Glycine....g	0.042		0		1		0.053	0.070	
Proline....g	0.071		0		1		0.089	0.118	
Serine....g	0.034		0		1		0.043	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup (1" pieces)

Measure 2 = 166g: 1 root

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11105
Burdock root, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.64		1		1		94.55	125.56	
Energy kcal	88		0	NC	4		110	146	
Energy kJ	369		0	NC	4		461	613	
Protein (N x 6.25) g	2.09		1		1		2.61	3.47	
Total lipid (fat) g	0.14		1		1		0.18	0.23	
Ash g	0.98		1		1		1.23	1.63	
Carbohydrate, by difference g	21.15		0	NC	4		26.44	35.11	
Fiber, total dietary g	1.8		0		4		2.3	3.0	
Sugars, total g	3.55		0	BFSN	4		4.44	5.89	
Starch g									
Minerals:									
Calcium, Ca mg	49		1		1		61	81	
Iron, Fe mg	0.77		1		1		0.96	1.28	
Magnesium, Mg mg	39		1		1		49	65	
Phosphorus, P mg	93		1		1		116	154	
Potassium, K mg	360		1		1		450	598	
Sodium, Na mg	4		1		1		5	7	
Zinc, Zn mg	0.38		0		4		0.48	0.63	
Copper, Cu mg	0.089		0		4		0.111	0.148	
Manganese, Mn mg	0.270		0		4		0.338	0.448	
Selenium, Se µg	0.9		0	BFSN	4		1.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		4		3.3	4.3	
Thiamin mg	0.039		0		1		0.049	0.065	
Riboflavin mg	0.058		0		1		0.073	0.096	
Niacin mg	0.320		0		1		0.400	0.531	
Pantothenic acid mg	0.353		0		4		0.441	0.586	
Vitamin B-6 mg	0.279		0		4		0.349	0.463	
Folate, total µg	20		0		4		24	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	20		0		4		24	32	
Folate, DFE µg	20		0	NC	4		24	32	
Choline, total mg	14.3		0	BFSY	4		17.9	23.8	
Betaine mg	0.2		0	BFSN	4		0.3	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFSY	4		0	0	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.46		0	BFSN	4		0.58	0.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		2.5	3.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11105

Burdock root, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		4		0.029	0.038	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.023		0		4		0.029	0.038	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		4		0.044	0.058	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.035		0		4		0.044	0.058	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		4		0.069	0.091	
18:2 undifferentiated....g	0.052		0		4		0.065	0.086	
18:3 undifferentiated....g	0.002		0		4		0.003	0.003	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.010	0.013	
Threonine....g	0.035		0		1		0.044	0.058	
Isoleucine....g	0.041		0		1		0.051	0.068	
Leucine....g	0.044		0		1		0.055	0.073	
Lysine....g	0.092		0		1		0.115	0.153	
Methionine....g	0.012		0		1		0.015	0.020	
Cystine....g	0.008		0		1		0.010	0.013	
Phenylalanine....g	0.045		0		1		0.056	0.075	
Tyrosine....g	0.024		0		1		0.030	0.040	
Valine....g	0.046		0		1		0.058	0.076	
Arginine....g	0.144		0		1		0.180	0.239	
Histidine....g	0.042		0		1		0.053	0.070	
Alanine....g	0.034		0		1		0.043	0.056	
Aspartic acid....g	0.242		0		1		0.303	0.402	
Glutamic acid....g	0.215		0		1		0.269	0.357	
Glycine....g	0.042		0		1		0.053	0.070	
Proline....g	0.071		0		1		0.089	0.118	
Serine....g	0.034		0		1		0.043	0.056	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11105
Burdock root, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup (1" pieces)

Measure 2 = 166g: 1 root

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11104
Burdock root, raw
Arctium lappa

Refuse: 25% Skin, root and tips

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.09	6.020	3		1		94.51	124.94	
Energy kcal	72		0	NC	4		85	112	
Energy kJ	302		0	NC	4		356	471	
Protein (N x 6.25) g	1.53		2		1		1.81	2.39	
Total lipid (fat) g	0.15		2		1		0.18	0.23	
Ash g	0.89		0		1		1.05	1.39	
Carbohydrate, by difference g	17.34		0	NC	4		20.46	27.05	
Fiber, total dietary g	3.3		0		4		3.9	5.1	
Sugars, total g	2.90		0	O	4		3.42	4.52	
Starch g									
Minerals:									
Calcium, Ca mg	41		1		1		48	64	
Iron, Fe mg	0.80		1		1		0.94	1.25	
Magnesium, Mg mg	38		1		1		45	59	
Phosphorus, P mg	51		1		1		60	80	
Potassium, K mg	308		1		1		363	480	
Sodium, Na mg	5		0		1		6	8	
Zinc, Zn mg	0.33		0		4		0.39	0.51	
Copper, Cu mg	0.077		0		4		0.091	0.120	
Manganese, Mn mg	0.232		0		4		0.274	0.362	
Selenium, Se µg	0.7		0	CAZN	4		0.8	1.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.0		1		1		3.5	4.7	
Thiamin mg	0.010		1		1		0.012	0.016	
Riboflavin mg	0.030		1		1		0.035	0.047	
Niacin mg	0.300		1		1		0.354	0.468	
Pantothenic acid mg	0.321		0		4		0.379	0.501	
Vitamin B-6 mg	0.240		0		4		0.283	0.374	
Folate, total µg	23		0		4		27	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23		0		4		27	36	
Folate, DFE µg	23		0	NC	4		27	36	
Choline, total mg	11.7		0	BFSN	4		13.8	18.3	
Betaine mg	0.2		0	BFSN	4		0.2	0.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.38		0	O	4		0.45	0.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		1.9	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11104
Burdock root, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.025		0		4		0.030	0.039	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.025		0		4		0.030	0.039	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		4		0.044	0.058	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.037		0		4		0.044	0.058	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0		4		0.070	0.092	
18:2 undifferentiated....g	0.056		0		4		0.066	0.087	
18:3 undifferentiated....g	0.002		0		4		0.002	0.003	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		2		1		0.007	0.009	
Threonine....g	0.026		2		1		0.031	0.041	
Isoleucine....g	0.030		2		1		0.035	0.047	
Leucine....g	0.032		2		1		0.038	0.050	
Lysine....g	0.067		2		1		0.079	0.105	
Methionine....g	0.009		2		1		0.011	0.014	
Cystine....g	0.006		2		1		0.007	0.009	
Phenylalanine....g	0.033		2		1		0.039	0.051	
Tyrosine....g	0.018		2		1		0.021	0.028	
Valine....g	0.033		2		1		0.039	0.051	
Arginine....g	0.105		2		1		0.124	0.164	
Histidine....g	0.031		2		1		0.037	0.048	
Alanine....g	0.025		2		1		0.030	0.039	
Aspartic acid....g	0.177		2		1		0.209	0.276	
Glutamic acid....g	0.157		2		1		0.185	0.245	
Glycine....g	0.031		2		1		0.037	0.048	
Proline....g	0.052		2		1		0.061	0.081	
Serine....g	0.025		2		1		0.030	0.039	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11104
Burdock root, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup (1" pieces)

Measure 2 = 156g: 1 root

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11106
Butterbur, (fuki), raw
Petasites japonicus

Refuse: 12% Leaves, stem ends, peels

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.50		0		1		88.83	4.73	
Energy kcal	14		0	NC	4		13	1	
Energy kJ	59				4		55	3	
Protein (N x 6.25) g	0.39		0		1		0.37	0.02	
Total lipid (fat) g	0.04		0		1		0.04	0.00	
Ash g	1.46		0		1		1.37	0.07	
Carbohydrate, by difference g	3.61		0	NC	4		3.39	0.18	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	103		0		1		97	5	
Iron, Fe mg	0.10		0		1		0.09	0.01	
Magnesium, Mg mg	14		0		1		13	1	
Phosphorus, P mg	12		0		1		11	1	
Potassium, K mg	655		0		1		616	33	
Sodium, Na mg	7		0		1		7	0	
Zinc, Zn mg	0.16		0		4		0.15	0.01	
Copper, Cu mg	0.103		0		4		0.097	0.005	
Manganese, Mn mg	0.274		0		4		0.258	0.014	
Selenium, Se µg	0.9		0	CAZN	4		0.8	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	31.5		0		1		29.6	1.6	
Thiamin mg	0.020		0		1		0.019	0.001	
Riboflavin mg	0.020		0		1		0.019	0.001	
Niacin mg	0.200		0		1		0.188	0.010	
Pantothenic acid mg	0.032		0		4		0.030	0.002	
Vitamin B-6 mg	0.096		0		4		0.090	0.005	
Folate, total µg	10		0		4		10	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		4		10	1	
Folate, DFE µg	10		0	NC	4		10	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0		1		2	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	50		0		1		47	3	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11106
Butterbur, (fuki), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 5.0g: 1 petiole

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11108
Butterbur, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	97.92		2		1		121.42	44.06	
Energy kcal	3		0	NC	4		4	1	
Energy kJ	13				4		16	6	
Protein (N x 6.25) g	0.11		0		1		0.14	0.05	
Total lipid (fat) g	0.13		0		1		0.16	0.06	
Ash g	1.46		0		1		1.81	0.66	
Carbohydrate, by difference g	0.38		0	NC	4		0.47	0.17	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	34		0		1		42	15	
Iron, Fe mg	0.63		0		1		0.78	0.28	
Magnesium, Mg mg	2		0		1		2	1	
Phosphorus, P mg	4		0		1		5	2	
Potassium, K mg	12		0		1		15	5	
Sodium, Na mg	4		0		1		5	2	
Zinc, Zn mg	0.06		0		4		0.07	0.03	
Copper, Cu mg	0.037		0		4		0.046	0.017	
Manganese, Mn mg	0.098		0		4		0.122	0.044	
Selenium, Se µg	0.9		0	CAZN	4		1.1	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.9		0		1		14.8	5.4	
Thiamin mg	0.006		0		1		0.007	0.003	
Riboflavin mg	0.006		0		1		0.007	0.003	
Niacin mg	0.140		0		1		0.174	0.063	
Pantothenic acid mg	0.011		0		4		0.014	0.005	
Vitamin B-6 mg	0.033		0		4		0.041	0.015	
Folate, total µg	3		0		4		3	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		4		3	1	
Folate, DFE µg	3		0	NC	4		3	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11108
Butterbur, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 cup, chopped

Measure 2 = 45g: 3 stalks

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11748
Butterbur, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.70		0		1				
Energy kcal	8		0	NC	4				
Energy kJ	33				4				
Protein (N x 6.25) g	0.23		0		1				
Total lipid (fat) g	0.02		0		1				
Ash g	0.88		0		1				
Carbohydrate, by difference g	2.16		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	59		0		1				
Iron, Fe mg	0.10		0		1				
Magnesium, Mg mg	8		0		1				
Phosphorus, P mg	7		0		1				
Potassium, K mg	354		0		1				
Sodium, Na mg	240		0		4				
Zinc, Zn mg	0.09		0		4				
Copper, Cu mg	0.059		0		4				
Manganese, Mn mg	0.156		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	18.9		0		1				
Thiamin mg	0.010		0		1				
Riboflavin mg	0.010		0		1				
Niacin mg	0.100		0		1				
Pantothenic acid mg	0.018		0		4				
Vitamin B-6 mg	0.052		0		4				
Folate, total µg	4		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	4		0		4				
Folate, DFE µg	4		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	1		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	27		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11748
Butterbur, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11107
Butterbur, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.70		0		1				
Energy kcal	8		0	NC	4				
Energy kJ	33				4				
Protein (N x 6.25) g	0.23		0		1				
Total lipid (fat) g	0.02		0		1				
Ash g	0.88		0		1				
Carbohydrate, by difference g	2.16		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	59		0		1				
Iron, Fe mg	0.10		0		1				
Magnesium, Mg mg	8		0		1				
Phosphorus, P mg	7		0		1				
Potassium, K mg	354		0		1				
Sodium, Na mg	4		0		1				
Zinc, Zn mg	0.09		0		4				
Copper, Cu mg	0.059		0		4				
Manganese, Mn mg	0.156		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	18.9		0		1				
Thiamin mg	0.010		0		1				
Riboflavin mg	0.010		0		1				
Niacin mg	0.100		0		1				
Pantothenic acid mg	0.018		0		4				
Vitamin B-6 mg	0.052		0		4				
Folate, total µg	4		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	4		0		4				
Folate, DFE µg	4		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	1		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	27		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11107
Butterbur, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31006
CAMPBELL'S, Organic Tomato juice
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.80		0	MC	9		227.93	227.93	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.26		0	O	4		3.06	3.06	
Carbohydrate, by difference g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	2.88		1	LC	8		7.00	7.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	LC	8		20	20	
Iron, Fe mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	177		1	LC	8		430	430	
Sodium, Na mg	280		1	LC	8		680	680	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	206		1	LC	8		500	500	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31006
CAMPBELL'S, Organic Tomato juice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31001
CAMPBELL'S, Tomato juice
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.90		0	MC	9		228.18	228.18	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	2.88		1	LC	8		7.00	7.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	LC	8		20	20	
Iron, Fe mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	177		1	LC	8		430	430	
Sodium, Na mg	280		1	LC	8		680	680	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	206		1	LC	8		500	500	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31001
CAMPBELL'S, Tomato juice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31002
CAMPBELL'S, Tomato juice, low sodium
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.90		0	MC	9		228.18	228.18	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	2.88		1	LC	8		7.00	7.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	LC	8		20	20	
Iron, Fe mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	379		1	LC	8		920	920	
Sodium, Na mg	58		1	LC	8		140	140	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	206		1	LC	8		500	500	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31002
CAMPBELL'S, Tomato juice, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31008
CAMPBELL'S, V8 100% Vegetable Juice
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.90		0	NR	4		228.18	228.18	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	LC	8		40	40	
Iron, Fe mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	193		1	LC	8		470	470	
Sodium, Na mg	173		1	LC	8		420	420	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	823		1	LC	8		2000	2000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31008
CAMPBELL'S, V8 100% Vegetable Juice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31016

CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.50		0	O	4		232.07	232.07	
Energy kcal	14		1	LC	8		35	35	
Energy kJ	60		0	LC	8		146	146	
Protein (N x 6.25) g	0.41		1	LC	8		1.00	1.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.24		0	O	4		3.01	3.01	
Carbohydrate, by difference g	2.88		1	LC	8		7.00	7.00	
Fiber, total dietary g	0.4		1	LC	8		1.0	1.0	
Sugars, total g	2.06		1	LC	8		5.00	5.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	LC	8		40	40	
Iron, Fe mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	111		1	LC	8		270	270	
Sodium, Na mg	148		1	LC	8		360	360	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	823		1	LC	8		2000	2000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31016
CAMPBELL'S, V8 60% Vegetable Juice, V8 V-Lite

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31011

CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.10		1	MC	9		226.23	226.23	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.55		0	O	4		3.77	3.77	
Carbohydrate, by difference g	4.53		1	LC	8		11.00	11.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	123		1	LC	8		300	300	
Iron, Fe mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	280		1	LC	8		680	680	
Sodium, Na mg	198		1	LC	8		480	480	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	823		1	LC	8		2000	2000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31011
CAMPBELL'S, V8 Vegetable Juice, Calcium Enriched V8

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31010

CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.30		0	LC	8		226.72	226.72	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.35		0	O	4		3.28	3.28	
Carbohydrate, by difference g	4.53		1	LC	8		11.00	11.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	LC	8		40	40	
Iron, Fe mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	177		1	LC	8		430	430	
Sodium, Na mg	198		1	LC	8		480	480	
Zinc, Zn mg	0.62		1	LC	8		1.50	1.50	
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	49.4		1	LC	8		120.0	120.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	2058		1	LC	8		5000	5000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g									
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31010
CAMPBELL'S, V8 Vegetable Juice, Essential Antioxidants V8

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31018

CAMPBELL'S, V8 Vegetable Juice, High Fiber V8

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.50		0	O	4		224.78	224.78	
Energy kcal	25		0	NC	4		60	60	
Energy kJ	104		0	NC	4		253	253	
Protein g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.29		0	O	4		3.13	3.13	
Carbohydrate, by difference g	5.39		0	NC	4		13.09	13.09	
Fiber, total dietary g	2.1		1	LC	8		5.0	5.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	LC	8		40	40	
Iron, Fe mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	193		1	LC	8		470	470	
Sodium, Na mg	198		1	LC	8		480	480	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	617		1	LC	8		1500	1500	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31018
CAMPBELL'S, V8 Vegetable Juice, High Fiber V8

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31017

CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.00		0	O	4		228.42	228.42	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.06		0	O	4		2.58	2.58	
Carbohydrate, by difference g	4.53		1	LC	8		11.00	11.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	LC	8		20	20	
Iron, Fe mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg mg	25		1	LC	8		60	60	
Phosphorus, P mg	25		1	LC	8		60	60	
Potassium, K mg	412		1	LC	8		1000	1000	
Sodium, Na mg	58		1	LC	8		140	140	
Zinc, Zn mg	0.12		1	LC	8		0.30	0.30	
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	24.7		1	LC	8		60.0	60.0	
Thiamin mg	0.000		1	LC	8		0.000	0.000	
Riboflavin mg	0.000		1	LC	8		0.000	0.000	
Niacin mg	0.000		1	LC	8		0.000	0.000	
Pantothenic acid mg									
Vitamin B-6 mg	0.000		1	LC	8		0.000	0.000	
Folate, total µg	0		1	LC	8		0	0	
Folic acid µg									
Folate, food µg	0		1	LC	8		0	0	
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		1	LC	8		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	823		1	LC	8		2000	2000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	LC	8		0.0	0.0	
Vitamin D IU	0		1	LC	8		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 31017
CAMPBELL'S, V8 Vegetable Juice, Low Sodium Spicy Hot

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans....g	0.000		1	LC	8		0.000	0.000	
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31012

CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.90		1	MC	9		228.18	228.18	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.16		0	O	4		2.82	2.82	
Carbohydrate, by difference g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	LC	8		20	20	
Iron, Fe mg	0.15		1	LC	8		0.36	0.36	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	337		1	LC	8		820	820	
Sodium, Na mg	58		1	LC	8		140	140	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	41		0	NR	4		100	100	
Vitamin A, IU IU	823		1	LC	8		2000	2000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g									
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31012
CAMPBELL'S, V8 Vegetable Juice, Low Sodium V8

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31005

CAMPBELL'S, V8 Vegetable Juice, Organic V8

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.60		0	MC	9		227.45	227.45	
Energy kcal	20		0	NC	4		48	48	
Energy kJ	83		0	NC	4		201	201	
Protein (N x 6.25) g	0.41		1	LC	8		1.00	1.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.46		0	NR	4		3.55	3.55	
Carbohydrate, by difference g	4.53		0	NC	4		11.00	11.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	LC	8		20	20	
Iron, Fe mg	0.30		1	LC	8		0.72	0.72	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	193		1	LC	8		470	470	
Sodium, Na mg	198		1	LC	8		480	480	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	823		1	LC	8		2000	2000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	LC	8		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31005
CAMPBELL'S, V8 Vegetable Juice, Organic V8

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31013

CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.00		0	MC	9		228.42	228.42	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.06		0	O	4		2.58	2.58	
Carbohydrate, by difference g	4.12		1	LC	8		10.00	10.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.29		1	LC	8		8.00	8.00	
Starch g									
Minerals:									
Calcium, Ca mg	16		1	LC	8		40	40	
Iron, Fe mg	0.44		1	LC	8		1.08	1.08	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	267		1	LC	8		650	650	
Sodium, Na mg	198		1	LC	8		480	480	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	514		1	LC	8		1250	1250	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31013
CAMPBELL'S, V8 Vegetable Juice, Spicy Hot V8

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11754

Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt

pak choi, bok choy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.55		0		1		162.44		
Energy kcal	12		0	NC	4		20		
Energy kJ	48		0	NC	4		82		
Protein (N x 6.25) g	1.56		1		1		2.65		
Total lipid (fat) g	0.16		1		1		0.27		
Ash g	0.95		1		1		1.62		
Carbohydrate, by difference g	1.78		0	NC	4		3.03		
Fiber, total dietary g	1.0		0	BFSN	4		1.6		
Sugars, total g	0.83		0	O	4		1.41		
Starch g									
Minerals:									
Calcium, Ca mg	93		1		1		158		
Iron, Fe mg	1.04		1		1		1.77		
Magnesium, Mg mg	11		1		1		19		
Phosphorus, P mg	29		1		1		49		
Potassium, K mg	371		1		1		631		
Sodium, Na mg	270		0		4		459		
Zinc, Zn mg	0.17		0		4		0.29		
Copper, Cu mg	0.019		0		4		0.032		
Manganese, Mn mg	0.144		0		4		0.245		
Selenium, Se µg	0.4		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	26.0		0		1		44.2		
Thiamin mg	0.032		0		1		0.054		
Riboflavin mg	0.063		0		1		0.107		
Niacin mg	0.428		0		1		0.728		
Pantothenic acid mg	0.079		0		4		0.134		
Vitamin B-6 mg	0.166		0		4		0.282		
Folate, total µg	41		0		4		69		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		4		69		
Folate, DFE µg	41		0	NC	4		69		
Choline, total mg	12.1		0	BFSN	4		20.6		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	212		0	NC	4		361		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2549		0	BFSN	4		4333		
Carotene, alpha µg	1		0	BFSN	4		2		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	4249		0	NC	4		7223		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	38		0	BFSN	4		65		
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	34.0		0	BFSN	4		57.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11754

Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.021		0		1		0.036		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.017		0		1		0.029		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.019		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.077		0		1		0.131		
18:2 undifferentiated....g	0.031		0		1		0.053		
18:3 undifferentiated....g	0.041		0		1		0.070		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.026		
Threonine....g	0.051		0		1		0.087		
Isoleucine....g	0.089		0		1		0.151		
Leucine....g	0.091		0		1		0.155		
Lysine....g	0.093		0		1		0.158		
Methionine....g	0.009		0		1		0.015		
Cystine....g	0.017		0		1		0.029		
Phenylalanine....g	0.046		0		1		0.078		
Tyrosine....g	0.030		0		1		0.051		
Valine....g	0.069		0		1		0.117		
Arginine....g	0.087		0		1		0.148		
Histidine....g	0.027		0		1		0.046		
Alanine....g	0.090		0		1		0.153		
Aspartic acid....g	0.112		0		1		0.190		
Glutamic acid....g	0.374		0		1		0.636		
Glycine....g	0.045		0		1		0.077		
Proline....g	0.032		0		1		0.054		
Serine....g	0.050		0		1		0.085		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11754

Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11117
Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

pak choi, bok choy
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.55		0		1		162.44		
Energy kcal	12		0	NC	4		20		
Energy kJ	48		0	NC	4		82		
Protein (N x 6.25) g	1.56		1		1		2.65		
Total lipid (fat) g	0.16		1		1		0.27		
Ash g	0.95		1		1		1.62		
Carbohydrate, by difference g	1.78		0	NC	4		3.03		
Fiber, total dietary g	1.0		0	BFSN	4		1.6		
Sugars, total g	0.83		0	O	4		1.41		
Starch g									
Minerals:									
Calcium, Ca mg	93		1		1		158		
Iron, Fe mg	1.04		1		1		1.77		
Magnesium, Mg mg	11		1		1		19		
Phosphorus, P mg	29		1		1		49		
Potassium, K mg	371		1		1		631		
Sodium, Na mg	34		1		1		58		
Zinc, Zn mg	0.17		0		4		0.29		
Copper, Cu mg	0.019		0		4		0.032		
Manganese, Mn mg	0.144		0		4		0.245		
Selenium, Se µg	0.4		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	26.0		0		1		44.2		
Thiamin mg	0.032		0		1		0.054		
Riboflavin mg	0.063		0		1		0.107		
Niacin mg	0.428		0		1		0.728		
Pantothenic acid mg	0.079		0		4		0.134		
Vitamin B-6 mg	0.166		0		4		0.282		
Folate, total µg	41		0		4		69		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		4		69		
Folate, DFE µg	41		0	NC	4		69		
Choline, total mg	12.1		0	BFSN	4		20.6		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	212		0	NC	4		361		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2549		0	BFSN	4		4333		
Carotene, alpha µg	1		0	BFSN	4		2		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	4249		0	NC	4		7223		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	38		0	BFSN	4		65		
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	34.0		0	BFSN	4		57.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11117

Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.021		0		1		0.036		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.017		0		1		0.029		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.019		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.077		0		1		0.131		
18:2 undifferentiated....g	0.031		0		1		0.053		
18:3 undifferentiated....g	0.041		0		1		0.070		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.026		
Threonine....g	0.051		0		1		0.087		
Isoleucine....g	0.089		0		1		0.151		
Leucine....g	0.091		0		1		0.155		
Lysine....g	0.093		0		1		0.158		
Methionine....g	0.009		0		1		0.015		
Cystine....g	0.017		0		1		0.029		
Phenylalanine....g	0.046		0		1		0.078		
Tyrosine....g	0.030		0		1		0.051		
Valine....g	0.069		0		1		0.117		
Arginine....g	0.087		0		1		0.148		
Histidine....g	0.027		0		1		0.046		
Alanine....g	0.090		0		1		0.153		
Aspartic acid....g	0.112		0		1		0.190		
Glutamic acid....g	0.374		0		1		0.636		
Glycine....g	0.045		0		1		0.077		
Proline....g	0.032		0		1		0.054		
Serine....g	0.050		0		1		0.085		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11117

Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11116

Cabbage, chinese (pak-choi), raw

Brassica rapa (Chinensis Group)

pak choi, bok choy

Refuse: 12% Base and damaged leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.32		2		1		66.72	800.69	13.34
Energy kcal	13		0	NC	4		9	110	2
Energy kJ	55		0	NC	4		38	461	8
Protein (N x 6.25) g	1.50		1		1		1.05	12.60	0.21
Total lipid (fat) g	0.20		1		1		0.14	1.68	0.03
Ash g	0.80		0		1		0.56	6.72	0.11
Carbohydrate, by difference g	2.18		0	NC	4		1.53	18.31	0.31
Fiber, total dietary g	1.0		0		1		0.7	8.4	0.1
Sugars, total g	1.18		0	O	4		0.83	9.91	0.17
Starch g									
Minerals:									
Calcium, Ca mg	105		1		1		74	882	15
Iron, Fe mg	0.80		1		1		0.56	6.72	0.11
Magnesium, Mg mg	19		2		1		13	160	3
Phosphorus, P mg	37		1		1		26	311	5
Potassium, K mg	252		2		1		176	2117	35
Sodium, Na mg	65		2		1		46	546	9
Zinc, Zn mg	0.19		0		4		0.13	1.60	0.03
Copper, Cu mg	0.021		0		4		0.015	0.176	0.003
Manganese, Mn mg	0.159		0		4		0.111	1.336	0.022
Selenium, Se µg	0.5		0	BFSN	4		0.4	4.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	45.0		1		1		31.5	378.0	6.3
Thiamin mg	0.040		1		1		0.028	0.336	0.006
Riboflavin mg	0.070		1		1		0.049	0.588	0.010
Niacin mg	0.500		1		1		0.350	4.200	0.070
Pantothenic acid mg	0.088		0		4		0.062	0.739	0.012
Vitamin B-6 mg	0.194		0		4		0.136	1.630	0.027
Folate, total µg	66		0		4		46	552	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	66		0		4		46	552	9
Folate, DFE µg	66		0	NC	4		46	552	9
Choline, total mg	6.4		0	BFSN	4		4.5	53.6	0.9
Betaine mg	0.3		0	BFSN	4		0.2	2.2	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	223		0	NC	4		156	1877	31
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	2681		0	T	4		1876	22516	375
Carotene, alpha µg	1		0	O	4		1	8	0
Cryptoxanthin, beta µg	0		0	O	4		0	0	0
Vitamin A, IU IU	4468		0	NC	4		3128	37534	626
Lycopene µg	0		0	O	4		0	0	0
Lutein + zeaxanthin µg	40		0	O	4		28	336	6
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.06	0.76	0.01
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	45.5		0	BFSN	4		31.8	381.9	6.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11116
Cabbage, chinese (pak-choi), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.027		0	NC	4		0.019	0.225	0.004
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.001	0.009	0.000
13:0....g									
14:0....g	0.001		0		1		0.001	0.009	0.000
15:0....g									
16:0....g	0.024		0		1		0.016	0.198	0.003
17:0....g									
18:0....g	0.001		0		1		0.001	0.009	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0	NC	4		0.010	0.126	0.002
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.010	0.126	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.096		0	NC	4		0.067	0.809	0.013
18:2 undifferentiated....g	0.042		0		1		0.029	0.350	0.006
18:3 undifferentiated....g	0.055		0		1		0.038	0.458	0.008
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		17		1		0.011	0.126	0.002
Threonine....g	0.049		17		1		0.034	0.412	0.007
Isoleucine....g	0.085		17		1		0.060	0.714	0.012
Leucine....g	0.088		17		1		0.062	0.739	0.012
Lysine....g	0.089		17		1		0.062	0.748	0.012
Methionine....g	0.009		17		1		0.006	0.076	0.001
Cystine....g	0.017		1		1		0.012	0.143	0.002
Phenylalanine....g	0.044		17		1		0.031	0.370	0.006
Tyrosine....g	0.029		1		1		0.020	0.244	0.004
Valine....g	0.066		17		1		0.046	0.554	0.009
Arginine....g	0.084		17		1		0.059	0.706	0.012
Histidine....g	0.026		17		1		0.018	0.218	0.004
Alanine....g	0.086		1		1		0.060	0.722	0.012
Aspartic acid....g	0.108		1		1		0.076	0.907	0.015
Glutamic acid....g	0.360		1		1		0.252	3.024	0.050
Glycine....g	0.043		1		1		0.030	0.361	0.006
Proline....g	0.031		1		1		0.022	0.260	0.004
Serine....g	0.048		1		1		0.034	0.403	0.007
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11116
Cabbage, chinese (pak-choi), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup, shredded

Measure 2 = 840g: 1 head

Measure 3 = 14.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11755
Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.24		2		1		113.34	13.33	
Energy kcal	14		0	NC	4		17	2	
Energy kJ	59				4		70	8	
Protein (N x 6.25) g	1.50		0		1		1.79	0.21	
Total lipid (fat) g	0.17		0		1		0.20	0.02	
Ash g	0.68		1		1		0.81	0.10	
Carbohydrate, by difference g	2.41		0	NC	4		2.87	0.34	
Fiber, total dietary g	1.7		0	BFSN	4		2.0	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		38	4	
Iron, Fe mg	0.30		0		1		0.36	0.04	
Magnesium, Mg mg	10		1		1		12	1	
Phosphorus, P mg	39		0		1		46	5	
Potassium, K mg	225		1		1		268	32	
Sodium, Na mg	245		0		4		292	34	
Zinc, Zn mg	0.18		0		1		0.21	0.03	
Copper, Cu mg	0.029		0		1		0.035	0.004	
Manganese, Mn mg	0.153		0		1		0.182	0.021	
Selenium, Se µg	0.4		0	BFSN	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.8		0		1		18.8	2.2	
Thiamin mg	0.044		0		1		0.052	0.006	
Riboflavin mg	0.044		0		1		0.052	0.006	
Niacin mg	0.500		0		1		0.595	0.070	
Pantothenic acid mg	0.080		0		1		0.095	0.011	
Vitamin B-6 mg	0.177		0		1		0.211	0.025	
Folate, total µg	53		0		1		64	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	53		0		1		64	7	
Folate, DFE µg	53		0	NC	4		64	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	48		0		1		58	7	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	967		0		1		1151	135	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11755

Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.036		0		1		0.043	0.005	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.032		0		1		0.038	0.004	
17:0....g									
18:0....g	0.004		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.024	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.021	0.003	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.061		0		1		0.073	0.009	
18:2 undifferentiated....g	0.013		0		1		0.015	0.002	
18:3 undifferentiated....g	0.048		0		1		0.057	0.007	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.018	0.002	
Threonine....g	0.049		0		1		0.058	0.007	
Isoleucine....g	0.085		0		1		0.101	0.012	
Leucine....g	0.088		0		1		0.105	0.012	
Lysine....g	0.089		0		1		0.106	0.012	
Methionine....g	0.009		0		1		0.011	0.001	
Cystine....g	0.017		0		1		0.020	0.002	
Phenylalanine....g	0.044		0		1		0.052	0.006	
Tyrosine....g	0.029		0		1		0.035	0.004	
Valine....g	0.066		0		1		0.079	0.009	
Arginine....g	0.084		0		1		0.100	0.012	
Histidine....g	0.026		0		1		0.031	0.004	
Alanine....g	0.086		0		1		0.102	0.012	
Aspartic acid....g	0.108		0		1		0.129	0.015	
Glutamic acid....g	0.360		0		1		0.428	0.050	
Glycine....g	0.043		0		1		0.051	0.006	
Proline....g	0.031		0		1		0.037	0.004	
Serine....g	0.048		0		1		0.057	0.007	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11755

Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 119g: 1 cup, shredded

Measure 2 = 14.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11120
Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.24		2		1		113.34	13.33	
Energy kcal	14		0	NC	4		17	2	
Energy kJ	59				4		70	8	
Protein (N x 6.25) g	1.50		0		1		1.79	0.21	
Total lipid (fat) g	0.17		0		1		0.20	0.02	
Ash g	0.68		1		1		0.81	0.10	
Carbohydrate, by difference g	2.41		0	NC	4		2.87	0.34	
Fiber, total dietary g	1.7		0	BFSN	4		2.0	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		38	4	
Iron, Fe mg	0.30		0		1		0.36	0.04	
Magnesium, Mg mg	10		1		1		12	1	
Phosphorus, P mg	39		0		1		46	5	
Potassium, K mg	225		1		1		268	32	
Sodium, Na mg	9		1		1		11	1	
Zinc, Zn mg	0.18		0		1		0.21	0.03	
Copper, Cu mg	0.029		0		1		0.035	0.004	
Manganese, Mn mg	0.153		0		1		0.182	0.021	
Selenium, Se µg	0.4		0	BFSN	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.8		0		1		18.8	2.2	
Thiamin mg	0.044		0		1		0.052	0.006	
Riboflavin mg	0.044		0		1		0.052	0.006	
Niacin mg	0.500		0		1		0.595	0.070	
Pantothenic acid mg	0.080		0		1		0.095	0.011	
Vitamin B-6 mg	0.177		0		1		0.211	0.025	
Folate, total µg	53		0		1		64	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	53		0		1		64	7	
Folate, DFE µg	53		0	NC	4		64	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	48		0		1		58	7	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	967		0		1		1151	135	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11120

Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.036		0		1		0.043	0.005	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.032		0		1		0.038	0.004	
17:0....g									
18:0....g	0.004		0		1		0.005	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.024	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.021	0.003	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.061		0		1		0.073	0.009	
18:2 undifferentiated....g	0.013		0		1		0.015	0.002	
18:3 undifferentiated....g	0.048		0		1		0.057	0.007	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.018	0.002	
Threonine....g	0.049		0		1		0.058	0.007	
Isoleucine....g	0.085		0		1		0.101	0.012	
Leucine....g	0.088		0		1		0.105	0.012	
Lysine....g	0.089		0		1		0.106	0.012	
Methionine....g	0.009		0		1		0.011	0.001	
Cystine....g	0.017		0		1		0.020	0.002	
Phenylalanine....g	0.044		0		1		0.052	0.006	
Tyrosine....g	0.029		0		1		0.035	0.004	
Valine....g	0.066		0		1		0.079	0.009	
Arginine....g	0.084		0		1		0.100	0.012	
Histidine....g	0.026		0		1		0.031	0.004	
Alanine....g	0.086		0		1		0.102	0.012	
Aspartic acid....g	0.108		0		1		0.129	0.015	
Glutamic acid....g	0.360		0		1		0.428	0.050	
Glycine....g	0.043		0		1		0.051	0.006	
Proline....g	0.031		0		1		0.037	0.004	
Serine....g	0.048		0		1		0.057	0.007	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11120

Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 119g: 1 cup, shredded

Measure 2 = 14.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11119

Cabbage, chinese (pe-tsai), raw

Brassica rapa (Pekinensis Group)

Refuse: 7% Outer leaves and root base

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.39	0.438	20		1		71.74		
Energy kcal	16		0	NC	4		12		
Energy kJ	67		0		4		51		
Protein (N x 6.25) g	1.20		1		1		0.91		
Total lipid (fat) g	0.20		1		1		0.15		
Ash g	0.98		2		1		0.74		
Carbohydrate, by difference g	3.23		0	NC	4		2.45		
Fiber, total dietary g	1.2		0	BFSN	4		0.9		
Sugars, total g	1.41		0	BFSN	4		1.08		
Starch g									
Minerals:									
Calcium, Ca mg	77	9.098	3		1		59		
Iron, Fe mg	0.31	0.096	3		1		0.24		
Magnesium, Mg mg	13	1.084	4		1		10		
Phosphorus, P mg	29	4.601	3		1		22		
Potassium, K mg	238	22.214	9		1		181		
Sodium, Na mg	9	2.109	15		1		7		
Zinc, Zn mg	0.23	0.021	12		1		0.17		
Copper, Cu mg	0.036	0.005	11		1		0.027		
Manganese, Mn mg	0.190	0.077	11		1		0.144		
Selenium, Se µg	0.6		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	27.0		1		1		20.5		
Thiamin mg	0.040		1		1		0.030		
Riboflavin mg	0.050		1		1		0.038		
Niacin mg	0.400		1		1		0.304		
Pantothenic acid mg	0.105		0		1		0.080		
Vitamin B-6 mg	0.232		1		1		0.176		
Folate, total µg	79	6.032	3		1		60		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	79	6.032	3		1		60		
Folate, DFE µg	79		0	NC	4		60		
Choline, total mg	7.6		0	BFSN	4		5.8		
Betaine mg	0.3		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	16		0	NC	4		12		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	190		0	T	4		144		
Carotene, alpha µg	1		0	BFSN	4		1		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	318		0	NC	4		241		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	48		0	BFSN	4		36		
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	42.9		0	BFSN	4		32.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11119
Cabbage, chinese (pe-tsai), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.043		0	NC	4		0.033		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.038		3		1		0.029		
17:0....g									
18:0....g	0.005		3		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0	NC	4		0.017		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		2		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.021		3		1		0.016		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0	NC	4		0.055		
18:2 undifferentiated....g	0.015		3		1		0.011		
18:3 undifferentiated....g	0.057		3		1		0.043		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		17		1		0.009		
Threonine....g	0.039		17		1		0.030		
Isoleucine....g	0.068		17		1		0.052		
Leucine....g	0.070		17		1		0.053		
Lysine....g	0.071		17		1		0.054		
Methionine....g	0.007		17		1		0.005		
Cystine....g	0.013		1		1		0.010		
Phenylalanine....g	0.035		17		1		0.027		
Tyrosine....g	0.023		1		1		0.017		
Valine....g	0.053		17		1		0.040		
Arginine....g	0.067		17		1		0.051		
Histidine....g	0.021		17		1		0.016		
Alanine....g	0.069		1		1		0.052		
Aspartic acid....g	0.086		1		1		0.065		
Glutamic acid....g	0.288		1		1		0.219		
Glycine....g	0.035		1		1		0.027		
Proline....g	0.025		1		1		0.019		
Serine....g	0.038		1		1		0.029		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11119
Cabbage, chinese (pe-tsai), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 1 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11749

Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw

Refuse: 20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.52	0.173	57		1		32.38	840.08	
Energy kcal	24		0	NC	4		8	218	
Energy kJ	100				4		35	912	
Protein (N x 6.25) g	1.21	0.132	6		1		0.42	10.99	
Total lipid (fat) g	0.18	0.071	5		1		0.06	1.63	
Ash g	0.72	0.021	27		1		0.25	6.54	
Carbohydrate, by difference g	5.37		0	NC	4		1.88	48.76	
Fiber, total dietary g	2.3		0	BFZN	4		0.8	20.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	47	2.244	36		1		16	427	
Iron, Fe mg	0.56	0.152	29		1		0.20	5.08	
Magnesium, Mg mg	15	1.665	37		1		5	136	
Phosphorus, P mg	23	1.628	34		1		8	209	
Potassium, K mg	246	9.164	30		1		86	2234	
Sodium, Na mg	18	1.651	46		1		6	163	
Zinc, Zn mg	0.18	0.010	39		1		0.06	1.63	
Copper, Cu mg	0.023	0.002	49		1		0.008	0.209	
Manganese, Mn mg	0.159	0.016	35		1		0.056	1.444	
Selenium, Se µg	0.9	0.318	6	A	1		0.3	8.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	51.0		0		1		17.9	463.1	
Thiamin mg	0.050		1		1		0.018	0.454	
Riboflavin mg	0.030		1		1		0.011	0.272	
Niacin mg	0.300		1		1		0.105	2.724	
Pantothenic acid mg	0.140	0.005	6		1		0.049	1.271	
Vitamin B-6 mg	0.095	0.010	6		1		0.033	0.863	
Folate, total µg	57	12.121	10		1		20	515	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	57	12.121	10		1		20	515	
Folate, DFE µg	57		0	NC	4		20	515	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6	1.195	7		1		2	57	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	126	23.908	7		1		44	1144	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11749

Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.023		0		1		0.008	0.209	
4:0....g									
6:0....g									
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.001		1		1		0.000	0.009	
13:0....g									
14:0....g	0.001		1		1		0.000	0.009	
15:0....g									
16:0....g	0.019		1		1		0.007	0.173	
17:0....g									
18:0....g	0.001		1		1		0.000	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.005	0.118	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		1		1		0.005	0.118	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0		1		0.030	0.790	
18:2 undifferentiated....g	0.035		1		1		0.012	0.318	
18:3 undifferentiated....g	0.046		1		1		0.016	0.418	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	11		0		1		4	100	
Amino Acids:									
Tryptophan....g	0.012		199		1		0.004	0.109	
Threonine....g	0.042		206		1		0.015	0.381	
Isoleucine....g	0.061		205		1		0.021	0.554	
Leucine....g	0.063		205		1		0.022	0.572	
Lysine....g	0.057		208		1		0.020	0.518	
Methionine....g	0.012		210		1		0.004	0.109	
Cystine....g	0.010		15		1		0.004	0.091	
Phenylalanine....g	0.039		205		1		0.014	0.354	
Tyrosine....g	0.021		10		1		0.007	0.191	
Valine....g	0.052		205		1		0.018	0.472	
Arginine....g	0.069		205		1		0.024	0.627	
Histidine....g	0.025		204		1		0.009	0.227	
Alanine....g	0.042		9		1		0.015	0.381	
Aspartic acid....g	0.119		9		1		0.042	1.081	
Glutamic acid....g	0.270		9		1		0.095	2.452	
Glycine....g	0.027		9		1		0.009	0.245	
Proline....g	0.238		9		1		0.083	2.161	
Serine....g	0.071		9		1		0.025	0.645	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11749

Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw

Common Measures:

Measure 1 = 35g: .5 cup, shredded

Measure 2 = 908g: 1 head

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11750

Cabbage, common (danish, domestic, and pointed types), stored, raw

Refuse: 20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.52	0.173	57		1		32.38	840.08	
Energy kcal	24		0	NC	4		8	218	
Energy kJ	100				4		35	912	
Protein (N x 6.25) g	1.21	0.132	6		1		0.42	10.99	
Total lipid (fat) g	0.18	0.071	5		1		0.06	1.63	
Ash g	0.72	0.021	27		1		0.25	6.54	
Carbohydrate, by difference g	5.37		0	NC	4		1.88	48.76	
Fiber, total dietary g	2.3		0	BFZN	4		0.8	20.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	47	2.244	36		1		16	427	
Iron, Fe mg	0.56	0.152	29		1		0.20	5.08	
Magnesium, Mg mg	15	1.665	37		1		5	136	
Phosphorus, P mg	23	1.628	34		1		8	209	
Potassium, K mg	246	9.164	30		1		86	2234	
Sodium, Na mg	18	1.651	46		1		6	163	
Zinc, Zn mg	0.18	0.010	39		1		0.06	1.63	
Copper, Cu mg	0.023	0.002	49		1		0.008	0.209	
Manganese, Mn mg	0.159	0.016	35		1		0.056	1.444	
Selenium, Se µg	0.9	0.318	6	A	1		0.3	8.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	42.0		0		1		14.7	381.4	
Thiamin mg	0.050		1		1		0.018	0.454	
Riboflavin mg	0.030		1		1		0.011	0.272	
Niacin mg	0.300		1		1		0.105	2.724	
Pantothenic acid mg	0.140	0.005	6		1		0.049	1.271	
Vitamin B-6 mg	0.095	0.010	6		1		0.033	0.863	
Folate, total µg	57	12.121	10		1		20	515	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	57	12.121	10		1		20	515	
Folate, DFE µg	57		0	NC	4		20	515	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6	1.195	7		1		2	57	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	126	23.908	7		1		44	1144	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11750

Cabbage, common (danish, domestic, and pointed types), stored, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.023		0		1		0.008	0.209	
4:0....g									
6:0....g									
8:0....g	0.000		1		1		0.000	0.000	
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.001		1		1		0.000	0.009	
13:0....g									
14:0....g	0.001		1		1		0.000	0.009	
15:0....g									
16:0....g	0.019		1		1		0.007	0.173	
17:0....g									
18:0....g	0.001		1		1		0.000	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.005	0.118	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		1		1		0.005	0.118	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0		1		0.030	0.790	
18:2 undifferentiated....g	0.035		1		1		0.012	0.318	
18:3 undifferentiated....g	0.046		1		1		0.016	0.418	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	11		0		1		4	100	
Amino Acids:									
Tryptophan....g	0.012		199		1		0.004	0.109	
Threonine....g	0.042		206		1		0.015	0.381	
Isoleucine....g	0.061		205		1		0.021	0.554	
Leucine....g	0.063		205		1		0.022	0.572	
Lysine....g	0.057		208		1		0.020	0.518	
Methionine....g	0.012		210		1		0.004	0.109	
Cystine....g	0.010		15		1		0.004	0.091	
Phenylalanine....g	0.039		205		1		0.014	0.354	
Tyrosine....g	0.021		10		1		0.007	0.191	
Valine....g	0.052		205		1		0.018	0.472	
Arginine....g	0.069		205		1		0.024	0.627	
Histidine....g	0.025		204		1		0.009	0.227	
Alanine....g	0.042		9		1		0.015	0.381	
Aspartic acid....g	0.119		9		1		0.042	1.081	
Glutamic acid....g	0.270		9		1		0.095	2.452	
Glycine....g	0.027		9		1		0.009	0.245	
Proline....g	0.238		9		1		0.083	2.161	
Serine....g	0.071		9		1		0.025	0.645	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11750

Cabbage, common (danish, domestic, and pointed types), stored, raw

Common Measures:

Measure 1 = 35g: .5 cup, shredded

Measure 2 = 908g: 1 head

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11751
Cabbage, common, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.57	0.487	6	JA	6		69.43	1168.25	
Energy kcal	23		0	NC	4		17	294	
Energy kJ	97		0	NC	4		73	1229	
Protein (N x 6.25) g	1.27	0.069	4	A	1		0.95	16.06	
Total lipid (fat) g	0.06	0.026	4	A	1		0.05	0.77	
Ash g	0.59	0.021	4	A	1		0.44	7.41	
Carbohydrate, by difference g	5.51		0	NC	4		4.13	69.50	
Fiber, total dietary g	1.9	0.038	5	JA	6		1.4	24.2	
Sugars, total g	2.79		0	NC	4		2.09	35.21	
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) g	1.62	0.084	4	A	1		1.22	20.51	
Fructose g	1.16	0.040	4	A	1		0.87	14.70	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	48	5.674	4	A	1		36	609	
Iron, Fe mg	0.17	0.010	29		1		0.13	2.15	
Magnesium, Mg mg	15	0.831	4	A	1		11	185	
Phosphorus, P mg	33	0.826	4	A	1		25	421	
Potassium, K mg	196	8.377	4	A	1		147	2474	
Sodium, Na mg	255		0		4		191	3218	
Zinc, Zn mg	0.20	0.025	4	A	1		0.15	2.52	
Copper, Cu mg	0.017	0.000	4	A	1		0.012	0.210	
Manganese, Mn mg	0.205	0.038	4	A	1		0.154	2.590	
Selenium, Se µg	0.6	0.170	5	A	1		0.5	7.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	37.5	1.400	4	A	1		28.1	472.6	
Thiamin mg	0.061	0.005	4	A	1		0.045	0.764	
Riboflavin mg	0.038	0.004	4	A	1		0.029	0.485	
Niacin mg	0.248	0.007	4	A	1		0.186	3.127	
Pantothenic acid mg	0.174	0.011	4	A	1		0.131	2.202	
Vitamin B-6 mg	0.112	0.003	4	A	1		0.084	1.420	
Folate, total µg	30	3.081	4	A	1		23	385	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	30	3.081	4	A	1		23	385	
Folate, DFE µg	30		0	NC	4		23	385	
Choline, total mg	20.3		0	AS	1		15.2	255.6	
Betaine mg	0.3		1	A	1		0.2	3.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	AS	1		3	50	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	48	19.827	4	A	1		36	602	
Carotene, alpha µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	
Vitamin A, IU IU	80		0	AS	1		60	1004	
Lycopene µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin µg	27		0	BFSY	4		21	347	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.11	1.81	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11751

Cabbage, common, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	108.7	18.070	4	A	1		81.6	1372.3	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.5	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000	0.000	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g									
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.000		1	A	1		0.000	0.000	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.000		1	A	1		0.000	0.000	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.019		0	NC	4		0.014	0.235	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.009		1	A	1		0.007	0.118	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.009		1	A	1		0.007	0.118	
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.023		0	NC	4		0.017	0.294	
18:2 undifferentiated....g	0.009		1	A	1		0.007	0.118	
18:3 undifferentiated....g	0.014		1	A	1		0.010	0.177	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	10		0	BFSN	4		8	132	
Amino Acids:									
Tryptophan....g	0.011		0	A	1		0.008	0.137	
Threonine....g	0.035		0	A	1		0.026	0.440	
Isoleucine....g	0.030		0	A	1		0.022	0.378	
Leucine....g	0.041		0	A	1		0.031	0.516	
Lysine....g	0.043		0	A	1		0.032	0.547	
Methionine....g	0.012		0	A	1		0.009	0.153	
Cystine....g	0.011		0	A	1		0.008	0.137	
Phenylalanine....g	0.032		0	A	1		0.024	0.400	
Tyrosine....g	0.019		0	A	1		0.014	0.241	
Valine....g	0.042		0	A	1		0.032	0.532	
Arginine....g	0.074		0	A	1		0.056	0.934	
Histidine....g	0.022		0	A	1		0.016	0.274	
Alanine....g	0.042		0	A	1		0.032	0.532	
Aspartic acid....g	0.121		0	A	1		0.091	1.527	
Glutamic acid....g	0.292		0	A	1		0.219	3.683	

NDB No. 11751

Cabbage, common, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.030		0	A	1		0.022	0.378	
Proline....g	0.048		0	A	1		0.036	0.600	
Serine....g	0.052		0	A	1		0.039	0.659	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: .5 cup, shredded

Measure 2 = 1262g: 1 head

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11110
Cabbage, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.57	0.487	6	JA	6		69.43	1168.25	
Energy kcal	23		0	NC	4		17	294	
Energy kJ	97		0	NC	4		73	1229	
Protein (N x 6.25) g	1.27	0.069	4	A	1		0.95	16.06	
Total lipid (fat) g	0.06	0.026	4	A	1		0.05	0.77	
Ash g	0.59	0.021	4	A	1		0.44	7.41	
Carbohydrate, by difference g	5.51		0	NC	4		4.13	69.50	
Fiber, total dietary g	1.9	0.038	5	JA	6		1.4	24.2	
Sugars, total g	2.79		0	NC	4		2.09	35.21	
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) g	1.62	0.084	4	A	1		1.22	20.51	
Fructose g	1.16	0.040	4	A	1		0.87	14.70	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	48	5.674	4	A	1		36	609	
Iron, Fe mg	0.17	0.010	29		1		0.13	2.15	
Magnesium, Mg mg	15	0.831	4	A	1		11	185	
Phosphorus, P mg	33	0.826	4	A	1		25	421	
Potassium, K mg	196	8.377	4	A	1		147	2474	
Sodium, Na mg	8	0.909	29		1		6	101	
Zinc, Zn mg	0.20	0.025	4	A	1		0.15	2.52	
Copper, Cu mg	0.017	0.000	4	A	1		0.012	0.210	
Manganese, Mn mg	0.205	0.038	4	A	1		0.154	2.590	
Selenium, Se µg	0.6	0.170	5	A	1		0.5	7.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	37.5	1.400	4	A	1		28.1	472.6	
Thiamin mg	0.061	0.005	4	A	1		0.045	0.764	
Riboflavin mg	0.038	0.004	4	A	1		0.029	0.485	
Niacin mg	0.248	0.007	4	A	1		0.186	3.127	
Pantothenic acid mg	0.174	0.011	4	A	1		0.131	2.202	
Vitamin B-6 mg	0.112	0.003	4	A	1		0.084	1.420	
Folate, total µg	30	3.081	4	A	1		23	385	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	30	3.081	4	A	1		23	385	
Folate, DFE µg	30		0	NC	4		23	385	
Choline, total mg	20.3		0	AS	1		15.2	255.6	
Betaine mg	0.3		1	A	1		0.2	3.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	AS	1		3	50	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	48	19.827	4	A	1		36	602	
Carotene, alpha µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	
Vitamin A, IU IU	80		0	AS	1		60	1004	
Lycopene µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin µg	27		0	BFSY	4		21	347	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.11	1.81	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11110

Cabbage, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	108.7	18.070	4	A	1		81.6	1372.3	
Dihydrophylloquinone µg	0.0	0.000	4	A	1		0.0	0.5	
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		0	NC	4		0.000	0.000	
4:0 g	0.000		0	BFSN	4		0.000	0.000	
6:0 g	0.000		0	BFSN	4		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g									
14:0 g	0.000		1	A	1		0.000	0.000	
15:0 g	0.000		1	A	1		0.000	0.000	
16:0 g	0.000		1	A	1		0.000	0.000	
17:0 g	0.000		1	A	1		0.000	0.000	
18:0 g	0.000		1	A	1		0.000	0.000	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	0.019		0	NC	4		0.014	0.235	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.009		1	A	1		0.007	0.118	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	0.009		1	A	1		0.007	0.118	
20:1 g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.023		0	NC	4		0.017	0.294	
18:2 undifferentiated g	0.009		1	A	1		0.007	0.118	
18:3 undifferentiated g	0.014		1	A	1		0.010	0.177	
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg	10		0	BFSN	4		8	132	
Amino Acids:									
Tryptophan g	0.011		0	A	1		0.008	0.137	
Threonine g	0.035		0	A	1		0.026	0.440	
Isoleucine g	0.030		0	A	1		0.022	0.378	
Leucine g	0.041		0	A	1		0.031	0.516	
Lysine g	0.043		0	A	1		0.032	0.547	
Methionine g	0.012		0	A	1		0.009	0.153	
Cystine g	0.011		0	A	1		0.008	0.137	
Phenylalanine g	0.032		0	A	1		0.024	0.400	
Tyrosine g	0.019		0	A	1		0.014	0.241	
Valine g	0.042		0	A	1		0.032	0.532	
Arginine g	0.074		0	A	1		0.056	0.934	
Histidine g	0.022		0	A	1		0.016	0.274	
Alanine g	0.042		0	A	1		0.032	0.532	
Aspartic acid g	0.121		0	A	1		0.091	1.527	
Glutamic acid g	0.292		0	A	1		0.219	3.683	

NDB No. 11110
Cabbage, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.030		0	A	1		0.022	0.378	
Proline....g	0.048		0	A	1		0.036	0.600	
Serine....g	0.052		0	A	1		0.039	0.659	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: .5 cup, shredded

Measure 2 = 1262g: 1 head

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43143
Cabbage, japanese style, fresh, pickled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.40		1		1		137.10		
Energy kcal	30		0	NC	4		45		
Energy kJ	125		0	NC	4		188		
Protein g	1.60		1		1		2.40		
Total lipid (fat) g	0.10		1		1		0.15		
Ash g	1.23		0	O	4		1.85		
Carbohydrate, by difference g	5.67		0	NC	4		8.51		
Fiber, total dietary g	3.1		0		4		4.7		
Sugars, total g	1.30		0	O	4		1.95		
Starch g									
Minerals:									
Calcium, Ca mg	48		1		1		72		
Iron, Fe mg	0.49		1		1		0.74		
Magnesium, Mg mg	12		1		1		18		
Phosphorus, P mg	43		1		1		65		
Potassium, K mg	853		1		1		1280		
Sodium, Na mg	277		1		1		416		
Zinc, Zn mg	0.20		0		4		0.30		
Copper, Cu mg	0.025		0		4		0.038		
Manganese, Mn mg	0.238		0	BFSN	4		0.356		
Selenium, Se µg	1.0		0	BFSN	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.7		1		1		1.1		
Thiamin mg	0.000		1		1		0.000		
Riboflavin mg	0.040		1		1		0.060		
Niacin mg	0.180		1		1		0.270		
Pantothenic acid mg	0.202		0	BFSN	4		0.303		
Vitamin B-6 mg	0.100		0		4		0.150		
Folate, total µg	42		0		4		63		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	42		0		4		63		
Folate, DFE µg	42		0	NC	4		63		
Choline, total mg	23.5		0	BFSN	4		35.2		
Betaine mg	0.3		0	BFSN	4		0.4		
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	9		0	NC	4		14		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	100		0	BNA	4		150		
Carotene, alpha µg	27		0	BNA	4		41		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	189		0	NC	4		284		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	32		0	BFSN	4		48		
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.18		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	125.9		0	BFSN	4		188.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43143

Cabbage, japanese style, fresh, pickled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.013		0		4		0.020		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.001		0		4		0.002		
13:0....g									
14:0....g	0.001		0		4		0.002		
15:0....g									
16:0....g	0.011		0		4		0.017		
17:0....g									
18:0....g	0.001		0		4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		4		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		4		0.011		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		4		0.072		
18:2 undifferentiated....g	0.019		0		4		0.029		
18:3 undifferentiated....g	0.025		0		4		0.038		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11118
Cabbage, kimchi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.30		1	T	4		141.45		
Energy kcal	15		0	NC	4		23		
Energy kJ	65		0	NC	4		98		
Protein (N x 6.25) g	1.10		1	T	4		1.65		
Total lipid (fat) g	0.50		1	T	4		0.75		
Ash g	1.70		1	T	4		2.55		
Carbohydrate, by difference g	2.40		0	NC	4		3.60		
Fiber, total dietary g	1.6		1	T	4		2.4		
Sugars, total g	1.06		0	BFSN	4		1.59		
Starch g									
Minerals:									
Calcium, Ca mg	33		1	T	4		50		
Iron, Fe mg	2.50		1	T	4		3.75		
Magnesium, Mg mg	14		0	BFSN	4		21		
Phosphorus, P mg	24		1	T	4		36		
Potassium, K mg	151		1	T	4		227		
Sodium, Na mg	498		1	T	4		747		
Zinc, Zn mg	0.22		0	BFSN	4		0.33		
Copper, Cu mg	0.024		0	BFSN	4		0.037		
Manganese, Mn mg									
Selenium, Se µg	0.5		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	T	4		0.0		
Thiamin mg	0.010		1	T	4		0.015		
Riboflavin mg	0.210		1	T	4		0.315		
Niacin mg	1.100		1	T	4		1.650		
Pantothenic acid mg									
Vitamin B-6 mg	0.213		0	BFSN	4		0.319		
Folate, total µg	52		0	BFSN	4		78		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	52		0	BFSN	4		78		
Folate, DFE µg	52		0	NC	4		78		
Choline, total mg	15.5		0	BFSN	4		23.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	BFSN	4		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	5		0	NC	4		7		
Retinol µg	0		1	T	4		0		
Carotene, beta µg	55		1	T	4		83		
Carotene, alpha µg	1		0	BFSN	4		2		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	93		0	NC	4		139		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	49		0	BFSN	4		73		
Vitamin E (alpha-tocopherol) mg	0.11		0	BFSN	4		0.16		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	43.6		0	BFSN	4		65.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11118
Cabbage, kimchi

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.067		0	NC	4		0.100		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.003		0	BFSN	4		0.005		
13:0....g									
14:0....g	0.003		0	BFSN	4		0.005		
15:0....g									
16:0....g	0.057		0	BFSN	4		0.085		
17:0....g									
18:0....g	0.003		0	BFSN	4		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0	NC	4		0.055		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.037		0	BFSN	4		0.055		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.241		0	NC	4		0.362		
18:2 undifferentiated....g	0.104		0	BFSN	4		0.156		
18:3 undifferentiated....g	0.137		0	BFSN	4		0.206		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43144
Cabbage, mustard, salted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.10		1		1		117.89		
Energy kcal	28		0	NC	4		36		
Energy kJ	116		0	NC	4		149		
Protein g	1.10		1		1		1.41		
Total lipid (fat) g	0.10		1		1		0.13		
Ash g	1.07		0	O	4		1.37		
Carbohydrate, by difference g	5.63		0	NC	4		7.20		
Fiber, total dietary g	3.1		0		4		4.0		
Sugars, total g	1.40		0	O	4		1.79		
Starch g									
Minerals:									
Calcium, Ca mg	67		1		1		86		
Iron, Fe mg	0.70		1		1		0.90		
Magnesium, Mg mg	15		1		1		19		
Phosphorus, P mg	27		1		1		35		
Potassium, K mg	246		1		1		315		
Sodium, Na mg	717		1		1		918		
Zinc, Zn mg	0.30		0		4		0.38		
Copper, Cu mg	0.034		0		4		0.044		
Manganese, Mn mg	0.218		0	BFSN	4		0.279		
Selenium, Se µg	0.9		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0		
Thiamin mg	0.040		1		1		0.051		
Riboflavin mg	0.090		1		1		0.115		
Niacin mg	0.720		1		1		0.922		
Pantothenic acid mg	0.186		0	BFSN	4		0.238		
Vitamin B-6 mg	0.300		0		4		0.384		
Folate, total µg	72		0		4		92		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	72		0		4		92		
Folate, DFE µg	72		0	NC	4		92		
Choline, total mg	21.5		0	BFSN	4		27.6		
Betaine mg	0.3		0	BFSN	4		0.4		
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	49		0	NC	4		62		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	513		0	BNA	4		656		
Carotene, alpha µg	140		0	BNA	4		179		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	971		0	NC	4		1243		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	29		0	BFSN	4		37		
Vitamin E (alpha-tocopherol) mg	0.02		0	O	4		0.03		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	115.6		0	BFSN	4		148.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43144
Cabbage, mustard, salted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.013		0		4		0.017		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.001		0		4		0.001		
13:0....g									
14:0....g	0.001		0		4		0.001		
15:0....g									
16:0....g	0.011		0		4		0.014		
17:0....g									
18:0....g	0.001		0		4		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		4		0.009		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		4		0.009		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		4		0.061		
18:2 undifferentiated....g	0.019		0		4		0.024		
18:3 undifferentiated....g	0.026		0		4		0.033		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11970
Cabbage, napa, cooked
Brassica oleracea

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.33		2	A	1		105.00		
Energy kcal	12		0	NC	4		13		
Energy kJ	50		0		4		55		
Protein (N x 6.25) g	1.10		2	A	1		1.20		
Total lipid (fat) g	0.17		2	A	1		0.19		
Ash g	0.17		2	A	1		0.19		
Carbohydrate, by difference g	2.23		0	NC	4		2.43		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	29		2	A	1		32		
Iron, Fe mg	0.74		2	A	1		0.81		
Magnesium, Mg mg	8		2	A	1		9		
Phosphorus, P mg	19		2	A	1		21		
Potassium, K mg	87		2	A	1		95		
Sodium, Na mg	11		2	A	1		12		
Zinc, Zn mg	0.14		0	BFSN	4		0.15		
Copper, Cu mg	0.096		2	A	1		0.105		
Manganese, Mn mg	0.203		2	A	1		0.221		
Selenium, Se µg	0.4		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.2		2	A	1		3.5		
Thiamin mg	0.005		2	A	1		0.005		
Riboflavin mg	0.025		2	A	1		0.027		
Niacin mg	0.466		2	A	1		0.508		
Pantothenic acid mg	0.035		2	A	1		0.038		
Vitamin B-6 mg	0.037		2	A	1		0.040		
Folate, total µg	43		2	A	1		47		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	43		2	A	1		47		
Folate, DFE µg	43		0	NC	4		47		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	13		0	AS	1		14		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	133		2	A	1		145		
Carotene, alpha µg	49		2	A	1		54		
Cryptoxanthin, beta µg	0		2	A	1		0		
Vitamin A, IU IU	263		0	AS	1		287		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11970
Cabbage, napa, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 109g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11109
Cabbage, raw
Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.18	0.128	20	JO	11		82.04	64.53	1150.42
Energy kcal	25		0	NC	4		22	17	308
Energy kJ	103		0	NC	4		92	72	1287
Protein (N x 6.25) g	1.28	0.097	4	A	1		1.14	0.90	16.01
Total lipid (fat) g	0.10	0.015	13	JO	11		0.09	0.07	1.23
Ash g	0.64	0.039	4	A	1		0.57	0.45	8.02
Carbohydrate, by difference g	5.80		0	NC	4		5.16	4.06	72.33
Fiber, total dietary g	2.5		2		1		2.2	1.7	30.9
Sugars, total g	3.20		0	NC	4		2.85	2.24	39.97
Sucrose g	0.08	0.005	11	JA	6		0.07	0.05	0.96
Glucose (dextrose) g	1.67	0.042	11	JA	6		1.49	1.17	20.83
Fructose g	1.45	0.029	11	JA	6		1.29	1.01	18.06
Lactose g	0.00	0.000	6	JA	6		0.00	0.00	0.00
Maltose g	0.01	0.009	9	JA	6		0.01	0.01	0.11
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	40	1.307	30	JA	6		35	28	496
Iron, Fe mg	0.47	0.035	31	JA	6		0.42	0.33	5.84
Magnesium, Mg mg	12	0.325	31	JA	6		11	9	156
Phosphorus, P mg	26	0.657	30	JA	6		23	18	327
Potassium, K mg	170	4.811	31	JA	6		151	119	2122
Sodium, Na mg	18	1.651	46		1		16	13	225
Zinc, Zn mg	0.18	0.009	31	JA	6		0.16	0.13	2.26
Copper, Cu mg	0.019	0.002	31	JA	6		0.016	0.013	0.231
Manganese, Mn mg	0.160	0.012	31	JA	6		0.143	0.112	2.002
Selenium, Se µg	0.3	0.174	20		1		0.2	0.2	3.1
Vitamins:									
Vitamin C, total ascorbic acid mg	36.6	3.388	4	A	1		32.6	25.6	456.8
Thiamin mg	0.061	0.007	4	A	1		0.054	0.043	0.762
Riboflavin mg	0.040	0.002	4	A	1		0.036	0.028	0.498
Niacin mg	0.234	0.069	4	A	1		0.209	0.164	2.926
Pantothenic acid mg	0.212	0.008	4	A	1		0.189	0.148	2.646
Vitamin B-6 mg	0.124	0.020	4	A	1		0.110	0.087	1.549
Folate, total µg	43	7.223	19		1		38	30	537
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	43	7.223	19		1		38	30	537
Folate, DFE µg	43		0	NC	4		38	30	537
Choline, total mg	10.7		0	AS	1		9.5	7.5	132.9
Betaine mg	0.4		1	A	1		0.4	0.3	5.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	AS	1		4	3	61
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	42	0.860	25	A	1		38	29	526
Carotene, alpha µg	33		3	A	1		29	23	410
Cryptoxanthin, beta µg	0		3	A	1		0	0	0
Vitamin A, IU IU	98		0	AS	1		87	68	1218
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	30	10.455	22	A	1		27	21	380
Vitamin E (alpha-tocopherol) mg	0.15	0.019	9	A	1		0.13	0.11	1.89
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00	0.000	9	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.04		1	A	1		0.04	0.03	0.50
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 11109
Cabbage, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	76.0	6.028	11	JO	11		67.6	53.2	948.1
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.5
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.034		0	NC	4		0.030	0.024	0.424
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.034		1	A	1		0.030	0.024	0.424
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.000		1	A	1		0.000	0.000	0.000
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.017		0	NC	4		0.015	0.012	0.212
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.017		1	A	1		0.015	0.012	0.212
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.017		0	NC	4		0.015	0.012	0.212
18:2 undifferentiated....g	0.017		1	A	1		0.015	0.012	0.212
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	11		1		1		10	8	137
Amino Acids:									
Tryptophan....g	0.011		0	A	1		0.010	0.008	0.137
Threonine....g	0.035		0	A	1		0.031	0.025	0.439
Isoleucine....g	0.030		0	A	1		0.027	0.021	0.377
Leucine....g	0.041		0	A	1		0.037	0.029	0.515
Lysine....g	0.044		0	A	1		0.039	0.031	0.545
Methionine....g	0.012		0	A	1		0.011	0.009	0.153
Cystine....g	0.011		0	A	1		0.010	0.008	0.137
Phenylalanine....g	0.032		0	A	1		0.028	0.022	0.398
Tyrosine....g	0.019		0	A	1		0.017	0.013	0.240
Valine....g	0.042		0	A	1		0.038	0.030	0.530
Arginine....g	0.075		0	A	1		0.066	0.052	0.931
Histidine....g	0.022		0	A	1		0.019	0.015	0.273
Alanine....g	0.042		0	A	1		0.038	0.030	0.530

NDB No. 11109
Cabbage, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.122		0	A	1		0.109	0.085	1.522
Glutamic acid....g	0.294		0	A	1		0.262	0.206	3.671
Glycine....g	0.030		0	A	1		0.027	0.021	0.377
Proline....g	0.048		0	A	1		0.043	0.034	0.598
Serine....g	0.053		0	A	1		0.047	0.037	0.657
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 cup, chopped

Measure 2 = 70g: 1 cup, shredded

Measure 3 = 1248g: 1 head, large (about 7" dia)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11752
Cabbage, red, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.84	0.220	4	A	1		19.99	68.13	
Energy kcal	29		0	NC	4		6	22	
Energy kJ	122		0	NC	4		27	92	
Protein (N x 6.25) g	1.51	0.095	3	A	1		0.33	1.13	
Total lipid (fat) g	0.09	0.041	4	A	1		0.02	0.07	
Ash g	0.62	0.030	3	A	1		0.14	0.46	
Carbohydrate, by difference g	6.94		0	NC	4		1.53	5.20	
Fiber, total dietary g	2.6	0.149	4	A	1		0.6	1.9	
Sugars, total g	3.32		0	AS	1		0.73	2.49	
Sucrose g	0.71	0.077	4	A	1		0.16	0.53	
Glucose (dextrose) g	1.42	0.030	4	A	1		0.31	1.06	
Fructose g	1.20	0.061	4	A	1		0.26	0.90	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	42	2.941	3	A	1		9	32	
Iron, Fe mg	0.66	0.091	3	A	1		0.15	0.49	
Magnesium, Mg mg	17	1.417	3	A	1		4	13	
Phosphorus, P mg	33	2.948	3	A	1		7	25	
Potassium, K mg	262	28.042	3	A	1		58	197	
Sodium, Na mg	244		0		4		54	183	
Zinc, Zn mg	0.25	0.031	3	A	1		0.06	0.19	
Copper, Cu mg	0.054	0.037	3	A	1		0.012	0.041	
Manganese, Mn mg	0.223	0.035	3	A	1		0.049	0.167	
Selenium, Se µg	2.3		2	A	1		0.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.8	2.795	4	A	1		2.4	8.1	
Thiamin mg	0.071	0.007	4	A	1		0.016	0.053	
Riboflavin mg	0.060	0.003	4	A	1		0.013	0.045	
Niacin mg	0.382	0.043	4	A	1		0.084	0.287	
Pantothenic acid mg	0.154	0.017	4	A	1		0.034	0.116	
Vitamin B-6 mg	0.225	0.022	4	A	1		0.050	0.169	
Folate, total µg	24	1.296	4	A	1		5	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	24	1.296	4	A	1		5	18	
Folate, DFE µg	24		0	NC	4		5	18	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		0	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	20	12.021	4	A	1		4	15	
Carotene, alpha µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	
Vitamin A, IU IU	33		0	AS	1		7	24	
Lycopene µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin µg	20	8.299	4	A	1		4	15	
Vitamin E (alpha-tocopherol) mg	0.12		0	BFZN	4		0.03	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11752

Cabbage, red, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	47.6	7.020	4	A	1		10.5	35.7	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.011		0	NC	4		0.003	0.009	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.010		0		1		0.002	0.007	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.001	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.001	0.005	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0	NC	4		0.009	0.032	
18:2 undifferentiated....g	0.019		0		1		0.004	0.014	
18:3 undifferentiated....g	0.024		0		1		0.005	0.018	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0	A	1		0.003	0.010	
Threonine....g	0.041		0	A	1		0.009	0.031	
Isoleucine....g	0.036		0	A	1		0.008	0.027	
Leucine....g	0.049		0	A	1		0.011	0.036	
Lysine....g	0.051		0	A	1		0.011	0.039	
Methionine....g	0.014		0	A	1		0.003	0.011	
Cystine....g	0.013		0	A	1		0.003	0.010	
Phenylalanine....g	0.038		0	A	1		0.008	0.028	
Tyrosine....g	0.023		0	A	1		0.005	0.017	
Valine....g	0.050		0	A	1		0.011	0.038	
Arginine....g	0.088		0	A	1		0.019	0.066	
Histidine....g	0.026		0	A	1		0.006	0.019	
Alanine....g	0.050		0	A	1		0.011	0.038	
Aspartic acid....g	0.144		0	A	1		0.032	0.108	
Glutamic acid....g	0.346		0	A	1		0.076	0.260	
Glycine....g	0.036		0	A	1		0.008	0.027	

NDB No. 11752
Cabbage, red, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.056		0	A	1		0.012	0.042	
Serine....g	0.062		0	A	1		0.014	0.046	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 leaf

Measure 2 = 75g: .5 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11113
Cabbage, red, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.84	0.220	4	A	1		19.99	68.13	
Energy kcal	29		0	NC	4		6	22	
Energy kJ	122		0	NC	4		27	92	
Protein (N x 6.25) g	1.51	0.095	3	A	1		0.33	1.13	
Total lipid (fat) g	0.09	0.041	4	A	1		0.02	0.07	
Ash g	0.62	0.030	3	A	1		0.14	0.46	
Carbohydrate, by difference g	6.94		0	NC	4		1.53	5.20	
Fiber, total dietary g	2.6	0.149	4	A	1		0.6	1.9	
Sugars, total g	3.32		0	NC	4		0.73	2.49	
Sucrose g	0.71	0.077	4	A	1		0.16	0.53	
Glucose (dextrose) g	1.42	0.030	4	A	1		0.31	1.06	
Fructose g	1.20	0.061	4	A	1		0.26	0.90	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	T	4		0.00	0.00	
Starch g	0.00		2	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	42	2.941	3	A	1		9	32	
Iron, Fe mg	0.66	0.091	3	A	1		0.15	0.49	
Magnesium, Mg mg	17	1.417	3	A	1		4	13	
Phosphorus, P mg	33	2.948	3	A	1		7	25	
Potassium, K mg	262	28.042	3	A	1		58	197	
Sodium, Na mg	28	1.625	3	A	1		6	21	
Zinc, Zn mg	0.25	0.031	3	A	1		0.06	0.19	
Copper, Cu mg	0.054	0.037	3	A	1		0.012	0.041	
Manganese, Mn mg	0.223	0.035	3	A	1		0.049	0.167	
Selenium, Se µg	2.3		2	A	1		0.5	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	34.4		0		1		7.6	25.8	
Thiamin mg	0.071	0.007	4	A	1		0.016	0.053	
Riboflavin mg	0.060	0.003	4	A	1		0.013	0.045	
Niacin mg	0.382	0.043	4	A	1		0.084	0.287	
Pantothenic acid mg	0.154	0.017	4	A	1		0.034	0.116	
Vitamin B-6 mg	0.225	0.022	4	A	1		0.050	0.169	
Folate, total µg	24	1.296	4	A	1		5	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	24	1.296	4	A	1		5	18	
Folate, DFE µg	24		0	NC	4		5	18	
Choline, total mg	21.4		0	AS	1		4.7	16.1	
Betaine mg	0.1		1	A	1		0.0	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		0	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	20	12.021	4	A	1		4	15	
Carotene, alpha µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	
Vitamin A, IU IU	33		0	AS	1		7	24	
Lycopene µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin µg	20		0	NR	4		4	15	
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.03	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11113

Cabbage, red, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	47.6	7.020	4	A	1		10.5	35.7	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.011		0	NC	4		0.003	0.009	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.010		0		1		0.002	0.007	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.001	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.001	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0	NC	4		0.009	0.032	
18:2 undifferentiated....g	0.019		0		1		0.004	0.014	
18:3 undifferentiated....g	0.024		0		1		0.005	0.018	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0	A	1		0.003	0.010	
Threonine....g	0.041		0	A	1		0.009	0.031	
Isoleucine....g	0.036		0	A	1		0.008	0.027	
Leucine....g	0.049		0	A	1		0.011	0.036	
Lysine....g	0.051		0	A	1		0.011	0.039	
Methionine....g	0.014		0	A	1		0.003	0.011	
Cystine....g	0.013		0	A	1		0.003	0.010	
Phenylalanine....g	0.038		0	A	1		0.008	0.028	
Tyrosine....g	0.023		0	A	1		0.005	0.017	
Valine....g	0.050		0	A	1		0.011	0.038	
Arginine....g	0.088		0	A	1		0.019	0.066	
Histidine....g	0.026		0	A	1		0.006	0.019	
Alanine....g	0.050		0	A	1		0.011	0.038	
Aspartic acid....g	0.144		0	A	1		0.032	0.108	
Glutamic acid....g	0.346		0	A	1		0.076	0.260	

NDB No. 11113

Cabbage, red, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.036		0	A	1		0.008	0.027	
Proline....g	0.056		0	A	1		0.012	0.042	
Serine....g	0.062		0	A	1		0.014	0.046	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 leaf

Measure 2 = 75g: .5 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11112

Cabbage, red, raw

Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.39	0.325	5	JA	6		80.45	63.27	1025.02
Energy kcal	31		0	NC	4		28	22	353
Energy kJ	130		0	NC	4		116	91	1479
Protein (N x 6.25) g	1.43	0.091	4	A	1		1.28	1.00	16.27
Total lipid (fat) g	0.16	0.067	4	A	1		0.15	0.11	1.86
Ash g	0.64	0.010	4	A	1		0.57	0.45	7.31
Carbohydrate, by difference g	7.37		0	NC	4		6.56	5.16	83.53
Fiber, total dietary g	2.1	0.048	4	A	1		1.9	1.5	24.3
Sugars, total g	3.83		0	NC	4		3.41	2.68	43.43
Sucrose g	0.60	0.084	5	JA	6		0.54	0.42	6.83
Glucose (dextrose) g	1.74	0.088	5	JA	6		1.55	1.22	19.78
Fructose g	1.48	0.067	5	JA	6		1.32	1.04	16.83
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	45	1.116	4	A	1		40	31	510
Iron, Fe mg	0.80	0.269	4	A	1		0.71	0.56	9.03
Magnesium, Mg mg	16	1.379	4	A	1		14	11	182
Phosphorus, P mg	30	1.733	4	A	1		27	21	341
Potassium, K mg	243	11.244	4	A	1		216	170	2750
Sodium, Na mg	27	1.801	4	A	1		24	19	312
Zinc, Zn mg	0.22	0.017	4	A	1		0.19	0.15	2.47
Copper, Cu mg	0.017	0.000	4	A	1		0.015	0.012	0.188
Manganese, Mn mg	0.243	0.011	4	A	1		0.217	0.170	2.761
Selenium, Se µg	0.6		2	A	1		0.6	0.4	7.1
Vitamins:									
Vitamin C, total ascorbic acid mg	57.0		1		1		50.7	39.9	646.4
Thiamin mg	0.064	0.005	4	A	1		0.057	0.044	0.721
Riboflavin mg	0.069	0.002	4	A	1		0.062	0.049	0.786
Niacin mg	0.418	0.029	4	A	1		0.372	0.293	4.742
Pantothenic acid mg	0.147	0.025	4	A	1		0.131	0.103	1.666
Vitamin B-6 mg	0.209	0.007	4	A	1		0.186	0.146	2.367
Folate, total µg	18	0.628	4	A	1		16	12	202
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	18	0.628	4	A	1		16	12	202
Folate, DFE µg	18		0	NC	4		16	12	202
Choline, total mg	17.1		0	AS	1		15.2	12.0	194.1
Betaine mg	0.1		1	A	1		0.1	0.1	1.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	56		0	AS	1		50	39	633
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	670	410.811	4	A	1		596	469	7596
Carotene, alpha µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU IU	1116		0	AS	1		994	782	12661
Lycopene µg	20	15.212	4	A	1		18	14	227
Lutein + zeaxanthin µg	329	254.939	4	A	1		293	230	3732
Vitamin E (alpha-tocopherol) mg	0.11		0	O	4		0.09	0.07	1.19
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11112
Cabbage, red, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	38.2	3.204	4	A	1		34.0	26.8	433.8
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.5
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.021		0	NC	4		0.019	0.015	0.237
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.001	0.000	0.008
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	0.008
15:0....g									
16:0....g	0.019		0		1		0.017	0.013	0.214
17:0....g									
18:0....g	0.001		0		1		0.001	0.000	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0	NC	4		0.011	0.008	0.138
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.011	0.008	0.138
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0	NC	4		0.071	0.056	0.910
18:2 undifferentiated....g	0.034		0		1		0.031	0.024	0.390
18:3 undifferentiated....g	0.045		0		1		0.040	0.032	0.512
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001	0.000	0.008
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0	A	1		0.011	0.009	0.139
Threonine....g	0.039		0	A	1		0.035	0.028	0.446
Isoleucine....g	0.034		0	A	1		0.030	0.024	0.383
Leucine....g	0.046		0	A	1		0.041	0.032	0.523
Lysine....g	0.049		0	A	1		0.043	0.034	0.554
Methionine....g	0.014		0	A	1		0.012	0.010	0.155
Cystine....g	0.012		0	A	1		0.011	0.009	0.139
Phenylalanine....g	0.036		0	A	1		0.032	0.025	0.405
Tyrosine....g	0.022		0	A	1		0.019	0.015	0.244
Valine....g	0.048		0	A	1		0.042	0.033	0.539
Arginine....g	0.083		0	A	1		0.074	0.058	0.947
Histidine....g	0.024		0	A	1		0.022	0.017	0.277
Alanine....g	0.048		0	A	1		0.042	0.033	0.539
Aspartic acid....g	0.136		0	A	1		0.121	0.095	1.547
Glutamic acid....g	0.329		0	A	1		0.293	0.230	3.732

NDB No. 11112
Cabbage, red, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.034		0	A	1		0.030	0.024	0.383
Proline....g	0.054		0	A	1		0.048	0.038	0.608
Serine....g	0.059		0	A	1		0.052	0.041	0.668
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 cup, chopped

Measure 2 = 70g: 1 cup, shredded

Measure 3 = 1134g: 1 head, large (about 5-1/2" dia)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11753
Cabbage, savoy, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.00		0		1		133.40		
Energy kcal	24		0	NC	4		35		
Energy kJ	100				4		146		
Protein (N x 6.25) g	1.80		0		1		2.61		
Total lipid (fat) g	0.09		0		1		0.13		
Ash g	0.70		0		1		1.02		
Carbohydrate, by difference g	5.41		0	NC	4		7.84		
Fiber, total dietary g	2.8		0	BFSN	4		4.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	30		0		1		44		
Iron, Fe mg	0.38		0		1		0.55		
Magnesium, Mg mg	24		0		1		35		
Phosphorus, P mg	33		0		1		48		
Potassium, K mg	184		0		1		267		
Sodium, Na mg	260		0		4		377		
Zinc, Zn mg	0.23		0		4		0.33		
Copper, Cu mg	0.052		0		4		0.075		
Manganese, Mn mg	0.152		0		4		0.220		
Selenium, Se µg	0.7		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0		0		1		24.7		
Thiamin mg	0.051		0		1		0.074		
Riboflavin mg	0.020		0		1		0.029		
Niacin mg	0.024		0		1		0.035		
Pantothenic acid mg	0.159		0		4		0.231		
Vitamin B-6 mg	0.152		0		1		0.220		
Folate, total µg	46		0		4		67		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	46		0		4		67		
Folate, DFE µg	46		0	NC	4		67		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	44		0		1		64		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	889		0		1		1289		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11753

Cabbage, savoy, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1		0.017		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.010		0		1		0.015		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.009		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.062		
18:2 undifferentiated....g	0.018		0		1		0.026		
18:3 undifferentiated....g	0.023		0		1		0.033		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.026		
Threonine....g	0.062		0		1		0.090		
Isoleucine....g	0.091		0		1		0.132		
Leucine....g	0.093		0		1		0.135		
Lysine....g	0.085		0		1		0.123		
Methionine....g	0.018		0		1		0.026		
Cystine....g	0.015		0		1		0.022		
Phenylalanine....g	0.058		0		1		0.084		
Tyrosine....g	0.031		0		1		0.045		
Valine....g	0.077		0		1		0.112		
Arginine....g	0.102		0		1		0.148		
Histidine....g	0.037		0		1		0.054		
Alanine....g	0.063		0		1		0.091		
Aspartic acid....g	0.177		0		1		0.257		
Glutamic acid....g	0.400		0		1		0.580		
Glycine....g	0.040		0		1		0.058		
Proline....g	0.353		0		1		0.512		
Serine....g	0.105		0		1		0.152		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11753

Cabbage, savoy, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 145g: 1 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11115
Cabbage, savoy, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.00		0		1		133.40		
Energy kcal	24		0	NC	4		35		
Energy kJ	100				4		146		
Protein (N x 6.25) g	1.80		0		1		2.61		
Total lipid (fat) g	0.09		0		1		0.13		
Ash g	0.70		0		1		1.02		
Carbohydrate, by difference g	5.41		0	NC	4		7.84		
Fiber, total dietary g	2.8		0	BFSN	4		4.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	30		0		1		44		
Iron, Fe mg	0.38		0		1		0.55		
Magnesium, Mg mg	24		0		1		35		
Phosphorus, P mg	33		0		1		48		
Potassium, K mg	184		0		1		267		
Sodium, Na mg	24		0		1		35		
Zinc, Zn mg	0.23		0		4		0.33		
Copper, Cu mg	0.052		0		4		0.075		
Manganese, Mn mg	0.152		0		4		0.220		
Selenium, Se µg	0.7		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0		0		1		24.7		
Thiamin mg	0.051		0		1		0.074		
Riboflavin mg	0.020		0		1		0.029		
Niacin mg	0.024		0		1		0.035		
Pantothenic acid mg	0.159		0		4		0.231		
Vitamin B-6 mg	0.152		0		1		0.220		
Folate, total µg	46		0		4		67		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	46		0		4		67		
Folate, DFE µg	46		0	NC	4		67		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	44		0		1		64		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	889		0		1		1289		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11115

Cabbage, savoy, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1		0.017		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.010		0		1		0.015		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.009		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.062		
18:2 undifferentiated....g	0.018		0		1		0.026		
18:3 undifferentiated....g	0.023		0		1		0.033		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.026		
Threonine....g	0.062		0		1		0.090		
Isoleucine....g	0.091		0		1		0.132		
Leucine....g	0.093		0		1		0.135		
Lysine....g	0.085		0		1		0.123		
Methionine....g	0.018		0		1		0.026		
Cystine....g	0.015		0		1		0.022		
Phenylalanine....g	0.058		0		1		0.084		
Tyrosine....g	0.031		0		1		0.045		
Valine....g	0.077		0		1		0.112		
Arginine....g	0.102		0		1		0.148		
Histidine....g	0.037		0		1		0.054		
Alanine....g	0.063		0		1		0.091		
Aspartic acid....g	0.177		0		1		0.257		
Glutamic acid....g	0.400		0		1		0.580		
Glycine....g	0.040		0		1		0.058		
Proline....g	0.353		0		1		0.512		
Serine....g	0.105		0		1		0.152		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11115

Cabbage, savoy, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 145g: 1 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11114

Cabbage, savoy, raw

Brassica oleracea (Capitata Group)

Refuse: 20% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.00		1		1		63.70		
Energy kcal	27		0	NC	4		19		
Energy kJ	113		0		4		79		
Protein (N x 6.25) g	2.00		0		1		1.40		
Total lipid (fat) g	0.10		1		1		0.07		
Ash g	0.80		0		1		0.56		
Carbohydrate, by difference g	6.10		0	NC	4		4.27		
Fiber, total dietary g	3.1		0		4		2.2		
Sugars, total g	2.27		0	BFSN	4		1.59		
Starch g									
Minerals:									
Calcium, Ca mg	35		1		1		25		
Iron, Fe mg	0.40		1		1		0.28		
Magnesium, Mg mg	28		1		1		20		
Phosphorus, P mg	42		1		1		29		
Potassium, K mg	230		1		1		161		
Sodium, Na mg	28		1		1		20		
Zinc, Zn mg	0.27		0		4		0.19		
Copper, Cu mg	0.062		0		4		0.043		
Manganese, Mn mg	0.180		0		4		0.126		
Selenium, Se µg	0.9		0	BFZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	31.0		1		1		21.7		
Thiamin mg	0.070		1		1		0.049		
Riboflavin mg	0.030		1		1		0.021		
Niacin mg	0.300		1		1		0.210		
Pantothenic acid mg	0.187		0		4		0.131		
Vitamin B-6 mg	0.190		0		1		0.133		
Folate, total µg	80		0		4		56		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	80		0		4		56		
Folate, DFE µg	80		0	NC	4		56		
Choline, total mg	12.3		0	BFSN	4		8.6		
Betaine mg	0.5		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	50		0	NC	4		35		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	600		0	BNA	4		420		
Carotene, alpha µg	0		0	BNA	4		0		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	1000		0	NC	4		700		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	77		0	BFSN	4		54		
Vitamin E (alpha-tocopherol) mg	0.17		0	BFSN	4		0.12		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	68.8		0	BFSN	4		48.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11114
Cabbage, savoy, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.013		0	NC	4		0.009		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.012		0		1		0.008		
17:0....g									
18:0....g	0.001		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.005		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.049		0	NC	4		0.034		
18:2 undifferentiated....g	0.021		0		1		0.015		
18:3 undifferentiated....g	0.028		0		1		0.019		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.014		
Threonine....g	0.069		0		1		0.048		
Isoleucine....g	0.101		0		1		0.071		
Leucine....g	0.103		0		1		0.072		
Lysine....g	0.094		0		1		0.066		
Methionine....g	0.020		0		1		0.014		
Cystine....g	0.017		0		1		0.012		
Phenylalanine....g	0.064		0		1		0.045		
Tyrosine....g	0.034		0		1		0.024		
Valine....g	0.085		0		1		0.060		
Arginine....g	0.114		0		1		0.080		
Histidine....g	0.041		0		1		0.029		
Alanine....g	0.070		0		1		0.049		
Aspartic acid....g	0.197		0		1		0.138		
Glutamic acid....g	0.445		0		1		0.312		
Glycine....g	0.044		0		1		0.031		
Proline....g	0.393		0		1		0.275		
Serine....g	0.116		0		1		0.081		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11114
Cabbage, savoy, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11756
Cardoon, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.46		0		1				
Energy kcal	20		0	NC	4				
Energy kJ	82		0	NC	4				
Protein (N x 6.25) g	0.76		0		1				
Total lipid (fat) g	0.11		0		1				
Ash g	0.93		0	O	4				
Carbohydrate, by difference g	4.74		0	NC	4				
Fiber, total dietary g	1.7		0	BFSN	4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	72		0		1				
Iron, Fe mg	0.73		0		1				
Magnesium, Mg mg	43		0		1				
Phosphorus, P mg	23		0		1				
Potassium, K mg	392		0		1				
Sodium, Na mg	412		0		4				
Zinc, Zn mg	0.18		0		4				
Copper, Cu mg	0.029		0		4				
Manganese, Mn mg	0.133		0		4				
Selenium, Se µg	1.0		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		1				
Thiamin mg	0.018		0		1				
Riboflavin mg	0.031		0		1				
Niacin mg	0.294		0		1				
Pantothenic acid mg	0.097		0		4				
Vitamin B-6 mg	0.042		0		4				
Folate, total µg	22		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	22		0		4				
Folate, DFE µg	22		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0	AS	1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11756
Cardoon, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.010		0		1				
17:0....g									
18:0....g	0.002		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1				
17:1....g									
18:1 undifferentiated....g	0.020		0		1				
20:1....g	0.000		0		1				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.044		0		1				
18:2 undifferentiated....g	0.044		0		1				
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11123
Cardoon, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.46		0		1				
Energy kcal	22		0	NC	4				
Energy kJ	92				4				
Protein (N x 6.25) g	0.76		0		1				
Total lipid (fat) g	0.11		0		1				
Ash g	0.34		0		1				
Carbohydrate, by difference g	5.33		0	NC	4				
Fiber, total dietary g	1.7		0	BFSN	4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	72		0		1				
Iron, Fe mg	0.73		0		1				
Magnesium, Mg mg	43		0		1				
Phosphorus, P mg	23		0		1				
Potassium, K mg	392		0		1				
Sodium, Na mg	176		0		1				
Zinc, Zn mg	0.18		0		4				
Copper, Cu mg									
Manganese, Mn mg	0.133		0		4				
Selenium, Se µg	1.0		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		1				
Thiamin mg	0.018		0		1				
Riboflavin mg	0.031		0		1				
Niacin mg	0.294		0		1				
Pantothenic acid mg	0.097		0		4				
Vitamin B-6 mg	0.042		0		4				
Folate, total µg	22		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	22		0		4				
Folate, DFE µg	22		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	6		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	118		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11123

Cardoon, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.012		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.010		0		1				
17:0....g									
18:0....g	0.002		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1				
17:1....g									
18:1 undifferentiated....g	0.020		0		1				
20:1....g	0.000		0		1				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.044		0		1				
18:2 undifferentiated....g	0.044		0		1				
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11122
Cardoon, raw
Cynara cardunculus

Refuse: 51% Tough stems and leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.00		1		1		167.32		
Energy kcal	17		0	NC	4		30		
Energy kJ	71		0	NC	4		127		
Protein (N x 6.25) g	0.70		1		1		1.25		
Total lipid (fat) g	0.10		1		1		0.18		
Ash g	1.13		0	BFZN	4		2.01		
Carbohydrate, by difference g	4.07		0	NC	4		7.24		
Fiber, total dietary g	1.6		0		1		2.8		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	70		1		1		125		
Iron, Fe mg	0.70		1		1		1.25		
Magnesium, Mg mg	42		1		1		75		
Phosphorus, P mg	23		1		1		41		
Potassium, K mg	400		1		1		712		
Sodium, Na mg	170		1		1		303		
Zinc, Zn mg	0.17		0		4		0.30		
Copper, Cu mg	0.231		0	BFZN	4		0.411		
Manganese, Mn mg	0.256		0	BFZN	4		0.456		
Selenium, Se µg	0.2		0	BFZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0		1		1		3.6		
Thiamin mg	0.020		1		1		0.036		
Riboflavin mg	0.030		1		1		0.053		
Niacin mg	0.300		1		1		0.534		
Pantothenic acid mg	0.338		0	BFZN	4		0.602		
Vitamin B-6 mg	0.116		0	BFZN	4		0.206		
Folate, total µg	68		0	BFZN	4		121		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	68		0	BFZN	4		121		
Folate, DFE µg	68		0	NC	4		121		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11122
Cardoon, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0		1		0.020		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.009		0		1		0.016		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.032		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.041		0		1		0.073		
18:2 undifferentiated....g	0.041		0		1		0.073		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 cup, shredded

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11655
Carrot juice, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.87	0.425	3		1		209.73	26.22	
Energy kcal	40		0	NC	4		93	12	
Energy kJ	165		0	NC	4		390	49	
Protein (N x 6.25) g	0.95		0		1		2.24	0.28	
Total lipid (fat) g	0.15		0		1		0.35	0.04	
Ash g	0.75		0		1		1.77	0.22	
Carbohydrate, by difference g	9.28		0	NC	4		21.90	2.74	
Fiber, total dietary g	0.8		0		4		1.9	0.2	
Sugars, total g	3.91		0	BFSN	4		9.23	1.15	
Starch g									
Minerals:									
Calcium, Ca mg	24		0		1		57	7	
Iron, Fe mg	0.46		0		1		1.09	0.14	
Magnesium, Mg mg	14		0		1		33	4	
Phosphorus, P mg	42		0		1		99	12	
Potassium, K mg	292		0		1		689	86	
Sodium, Na mg	66		0	LC	8		156	19	
Zinc, Zn mg	0.18		0		1		0.42	0.05	
Copper, Cu mg	0.046		0		1		0.109	0.014	
Manganese, Mn mg	0.130		0		1		0.307	0.038	
Selenium, Se µg	0.6		0	BFSN	4		1.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.5		0		1		20.1	2.5	
Thiamin mg	0.092		0		1		0.217	0.027	
Riboflavin mg	0.055		0		1		0.130	0.016	
Niacin mg	0.386		0		1		0.911	0.114	
Pantothenic acid mg	0.228		0		1		0.538	0.067	
Vitamin B-6 mg	0.217		0		1		0.512	0.064	
Folate, total µg	4	0.292	3		1		9	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4	0.292	3		1		9	1	
Folate, DFE µg	4		0	NC	4		9	1	
Choline, total mg	9.9		0	BFSN	4		23.4	2.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	956		0	NC	4		2257	282	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	9303		0	BFSN	4		21956	2744	
Carotene, alpha µg	4342		0	BFSN	4		10248	1281	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	19124		0	NC	4		45133	5642	
Lycopene µg	2		0	BFSN	4		5	1	
Lutein + zeaxanthin µg	333		0	BFSN	4		785	98	
Vitamin E (alpha-tocopherol) mg	1.16		0	BFSN	4		2.74	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	15.5		0	BFSN	4		36.6	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11655
Carrot juice, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.027		0		1		0.064	0.008	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		0		1		0.005	0.001	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.021		0		1		0.050	0.006	
17:0....g									
18:0....g	0.001		0		1		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.017	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005	0.001	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.071		0		1		0.168	0.021	
18:2 undifferentiated....g	0.061		0		1		0.144	0.018	
18:3 undifferentiated....g	0.009		0		1		0.021	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 cup

Measure 2 = 29.5g: 1 fl oz

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11683
Carrot, dehydrated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.00		1		1		2.96		
Energy kcal	341		0	NC	4		252		
Energy kJ	1427		0		4		1056		
Protein (N x 6.25) g	8.10		1		1		5.99		
Total lipid (fat) g	1.49		1		1		1.10		
Ash g	6.84		1		1		5.06		
Carbohydrate, by difference g	79.57		0	NC	4		58.88		
Fiber, total dietary g	23.6		0		4		17.5		
Sugars, total g	38.82		0	BFSN	4		28.73		
Starch g									
Minerals:									
Calcium, Ca mg	212		1		1		157		
Iron, Fe mg	3.93		1		1		2.91		
Magnesium, Mg mg	118		1		1		87		
Phosphorus, P mg	346		1		1		256		
Potassium, K mg	2540		1		1		1880		
Sodium, Na mg	275		1		1		204		
Zinc, Zn mg	1.57		1		1		1.16		
Copper, Cu mg	0.370		1		1		0.274		
Manganese, Mn mg	1.116		1		1		0.826		
Selenium, Se µg	8.6		0	BFSN	4		6.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	14.6		1		1		10.8		
Thiamin mg	0.534		1		1		0.395		
Riboflavin mg	0.417		1		1		0.309		
Niacin mg	6.567		1		1		4.860		
Pantothenic acid mg	1.471		1		1		1.089		
Vitamin B-6 mg	1.040		1		1		0.770		
Folate, total µg	55		1		1		41		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	55		1		1		41		
Folate, DFE µg	55		0	NC	4		41		
Choline, total mg	72.1		0	BFSY	4		53.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3423		0	NC	4		2533		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	33954		0	BFSY	4		25126		
Carotene, alpha µg	14251		0	BFSY	4		10546		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	68466		0	NC	4		50665		
Lycopene µg	3		0	BFSY	4		2		
Lutein + zeaxanthin µg	1051		0	BFSY	4		778		
Vitamin E (alpha-tocopherol) mg	5.45		0	BFSN	4		4.03		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	BFSN	4		79.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11683
Carrot, dehydrated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.256		0		1		0.189		
4:0....g	0.000		0		7		0.000		
6:0....g	0.000		0		7		0.000		
8:0....g	0.000		0		7		0.000		
10:0....g	0.000		0		7		0.000		
12:0....g	0.019		0		1		0.014		
13:0....g									
14:0....g	0.009		0		1		0.007		
15:0....g									
16:0....g	0.218		0		1		0.161		
17:0....g									
18:0....g	0.009		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.076		0		1		0.056		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0		1		0.014		
17:1....g									
18:1 undifferentiated....g	0.057		0		1		0.042		
20:1....g	0.000		0		7		0.000		
22:1 undifferentiated....g	0.000		0		7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.730		0		1		0.540		
18:2 undifferentiated....g	0.635		0		1		0.470		
18:3 undifferentiated....g	0.095		0		1		0.070		
18:4....g	0.000		0		7		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		7		0.000		
20:5 n-3 (EPA)....g	0.000		0		7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		7		0.000		
22:6 n-3 (DHA)....g	0.000		0		7		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	94		0		1		70		
Amino Acids:									
Tryptophan....g	0.087		0		1		0.064		
Threonine....g	0.299		0		1		0.221		
Isoleucine....g	0.323		0		1		0.239		
Leucine....g	0.338		0		1		0.250		
Lysine....g	0.315		0		1		0.233		
Methionine....g	0.056		0		1		0.041		
Cystine....g	0.063		0		1		0.047		
Phenylalanine....g	0.251		0		1		0.186		
Tyrosine....g	0.157		0		1		0.116		
Valine....g	0.346		0		1		0.256		
Arginine....g	0.338		0		1		0.250		
Histidine....g	0.126		0		1		0.093		
Alanine....g	0.464		0		1		0.343		
Aspartic acid....g	1.077		0		1		0.797		
Glutamic acid....g	1.589		0		1		1.176		
Glycine....g									
Proline....g	0.228		0		1		0.169		
Serine....g	0.275		0		1		0.204		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11683
Carrot, dehydrated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 74g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11960
Carrots, baby, raw
Daucus carota

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.35	0.115	8	A	1		13.55	9.04	76.80
Energy kcal	35		0	NC	4		5	3	29
Energy kJ	145		0	NC	4		22	14	123
Protein (N x 6.25) g	0.64	0.040	8	A	1		0.10	0.06	0.54
Total lipid (fat) g	0.13	0.025	8	A	1		0.02	0.01	0.11
Ash g	0.63	0.019	8	A	1		0.09	0.06	0.53
Carbohydrate, by difference g	8.24		0	NC	4		1.24	0.82	7.01
Fiber, total dietary g	2.9	0.192	8	A	1		0.4	0.3	2.5
Sugars, total g	4.76	0.117	4	A	1		0.71	0.48	4.04
Sucrose g	2.72	0.130	4	A	1		0.41	0.27	2.31
Glucose (dextrose) g	1.04	0.076	4	A	1		0.16	0.10	0.88
Fructose g	1.00	0.062	4	A	1		0.15	0.10	0.85
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	32	1.293	8	A	1		5	3	27
Iron, Fe mg	0.89	0.341	8	A	1		0.13	0.09	0.76
Magnesium, Mg mg	10	0.366	8	A	1		2	1	9
Phosphorus, P mg	28	0.741	8	A	1		4	3	24
Potassium, K mg	237	8.548	8	A	1		36	24	201
Sodium, Na mg	78	4.999	8	A	1		12	8	66
Zinc, Zn mg	0.17	0.006	8	A	1		0.03	0.02	0.14
Copper, Cu mg	0.100	0.006	8	A	1		0.015	0.010	0.085
Manganese, Mn mg	0.151	0.015	8	A	1		0.023	0.015	0.129
Selenium, Se µg	0.9	0.115	8	A	1		0.1	0.1	0.7
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6	0.182	8	A	1		0.4	0.3	2.2
Thiamin mg	0.030	0.002	8	A	1		0.005	0.003	0.026
Riboflavin mg	0.036	0.003	8	A	1		0.005	0.004	0.031
Niacin mg	0.556	0.040	8	A	1		0.083	0.056	0.472
Pantothenic acid mg	0.401	0.020	8	A	1		0.060	0.040	0.341
Vitamin B-6 mg	0.105	0.018	7	A	1		0.016	0.011	0.090
Folate, total µg	27	2.753	8	A	1		4	3	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	27	2.753	8	A	1		4	3	23
Folate, DFE µg	27		0	NC	4		4	3	23
Choline, total mg	7.5		0	AS	1		1.1	0.7	6.4
Betaine mg	0.1		1	A	1		0.0	0.0	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	690		0	AS	1		103	69	586
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	6391	1661.000	7	A	1		959	639	5432
Carotene, alpha µg	3767	1026.500	7	A	1		565	377	3202
Cryptoxanthin, beta µg	0		3	A	1		0	0	0
Vitamin A, IU IU	13790		0	AS	1		2069	1379	11722
Lycopene µg	0		3	A	1		0	0	0
Lutein + zeaxanthin µg	358		3	A	1		54	36	304
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0

NDB No. 11960
Carrots, baby, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	9.4	1.170	6	A	1		1.4	0.9	8.0
Dihydrophylloquinone µg	0.0	0.000	6	A	1		0.0	0.0	0.0
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.023		0	NC	4		0.003	0.002	0.019
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g	0.002		1		1		0.000	0.000	0.001
13:0 g									
14:0 g	0.001		1		1		0.000	0.000	0.001
15:0 g									
16:0 g	0.019		1		1		0.003	0.002	0.017
17:0 g									
18:0 g	0.001		1		1		0.000	0.000	0.001
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.007		0	NC	4		0.001	0.001	0.006
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		1		1		0.000	0.000	0.001
17:1 g									
18:1 undifferentiated g	0.005		1		1		0.001	0.000	0.004
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.065		0	NC	4		0.010	0.007	0.056
18:2 undifferentiated g	0.057		1		1		0.009	0.006	0.048
18:3 undifferentiated g	0.008		1		1		0.001	0.001	0.007
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.009		0		1		0.001	0.001	0.008
Threonine g	0.031		0		1		0.005	0.003	0.026
Isoleucine g	0.034		0		1		0.005	0.003	0.029
Leucine g	0.035		0		1		0.005	0.004	0.030
Lysine g	0.033		0		1		0.005	0.003	0.028
Methionine g	0.006		0		1		0.001	0.001	0.005
Cystine g	0.007		0		1		0.001	0.001	0.006
Phenylalanine g	0.026		0		1		0.004	0.003	0.022
Tyrosine g	0.016		0		1		0.002	0.002	0.014
Valine g	0.036		0		1		0.005	0.004	0.031
Arginine g	0.035		0		1		0.005	0.004	0.030
Histidine g	0.013		0		1		0.002	0.001	0.011
Alanine g	0.048		0		1		0.007	0.005	0.041
Aspartic acid g	0.112		0		1		0.017	0.011	0.095
Glutamic acid g	0.165		0		1		0.025	0.017	0.140
Glycine g	0.024		0		1		0.004	0.002	0.020
Proline g	0.024		0		1		0.004	0.002	0.020
Serine g	0.028		0		1		0.004	0.003	0.024

NDB No. 11960
Carrots, baby, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 large
Measure 2 = 10.0g: 1 medium
Measure 3 = 85g: 1 NLEA serving

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11759
Carrots, canned, no salt added, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.95	0.290	11		1		135.71	211.93	2.60
Energy kcal	25		0	NC	4		37	57	1
Energy kJ	105				4		153	238	3
Protein (N x 6.25) g	0.64	0.029	11		1		0.93	1.46	0.02
Total lipid (fat) g	0.19	0.013	11		1		0.28	0.43	0.01
Ash g	0.68	0.068	11		1		0.99	1.55	0.02
Carbohydrate, by difference g	5.54		0	NC	4		8.09	12.63	0.16
Fiber, total dietary g	1.5		1	A	1		2.2	3.4	0.0
Sugars, total g	2.48		0	BFSN	4		3.62	5.65	0.07
Starch g									
Minerals:									
Calcium, Ca mg	25	0.353	6		1		37	57	1
Iron, Fe mg	0.64	0.025	6		1		0.93	1.46	0.02
Magnesium, Mg mg	8	0.183	6		1		12	18	0
Phosphorus, P mg	24	0.281	6		1		35	55	1
Potassium, K mg	179	14.472	6		1		261	408	5
Sodium, Na mg	42		0		1		61	96	1
Zinc, Zn mg	0.26	0.020	11		1		0.38	0.59	0.01
Copper, Cu mg	0.104	0.013	10		1		0.152	0.237	0.003
Manganese, Mn mg	0.450	0.027	6		1		0.657	1.026	0.013
Selenium, Se µg	0.4		0	BFSN	4		0.6	0.9	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	2.7	0.062	6		1		3.9	6.2	0.1
Thiamin mg	0.018	0.002	6		1		0.026	0.041	0.001
Riboflavin mg	0.030	0.000	6		1		0.044	0.068	0.001
Niacin mg	0.552	0.021	6		1		0.806	1.259	0.015
Pantothenic acid mg	0.135	0.005	6		1		0.197	0.308	0.004
Vitamin B-6 mg	0.112	0.002	6		1		0.164	0.255	0.003
Folate, total µg	9	0.297	6		1		13	21	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9	0.297	6		1		13	21	0
Folate, DFE µg	9		0	NC	4		13	21	0
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	558		0	AS	1		815	1273	16
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5331	84.667	15	A	1		7783	12154	149
Carotene, alpha µg	2743		14	A	1		4004	6253	77
Cryptoxanthin, beta µg	0		4	A	1		0	0	0
Vitamin A, IU IU	11170		0	AS	1		16308	25467	313
Lycopene µg	0		4	A	1		0	0	0
Lutein + zeaxanthin µg	0		4	A	1		0	0	0
Vitamin E (alpha-tocopherol) mg	0.74		0	BFSN	4		1.08	1.68	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	9.8		0	BFSN	4		14.3	22.4	0.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11759

Carrots, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.036		0		1		0.053	0.082	0.001
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.003	0.005	0.000
13:0....g									
14:0....g	0.001		0		1		0.001	0.002	0.000
15:0....g									
16:0....g	0.027		0		1		0.039	0.062	0.001
17:0....g									
18:0....g	0.001		0		1		0.001	0.002	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.013	0.021	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003	0.005	0.000
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.010	0.016	0.000
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.092		0		1		0.134	0.210	0.003
18:2 undifferentiated....g	0.079		0		1		0.115	0.180	0.002
18:3 undifferentiated....g	0.011		0		1		0.016	0.025	0.000
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0		1		0.010	0.016	0.000
Threonine....g	0.023		0		1		0.034	0.052	0.001
Isoleucine....g	0.025		0		1		0.037	0.057	0.001
Leucine....g	0.027		0		1		0.039	0.062	0.001
Lysine....g	0.025		0		1		0.037	0.057	0.001
Methionine....g	0.004		0		1		0.006	0.009	0.000
Cystine....g	0.005		0		1		0.007	0.011	0.000
Phenylalanine....g	0.020		0		1		0.029	0.046	0.001
Tyrosine....g	0.012		0		1		0.018	0.027	0.000
Valine....g	0.027		0		1		0.039	0.062	0.001
Arginine....g	0.026		0		1		0.038	0.059	0.001
Histidine....g	0.010		0		1		0.015	0.023	0.000
Alanine....g	0.036		0		1		0.053	0.082	0.001
Aspartic acid....g	0.084		0		1		0.123	0.192	0.002
Glutamic acid....g	0.124		0		1		0.181	0.283	0.003
Glycine....g	0.018		0		1		0.026	0.041	0.001
Proline....g	0.018		0		1		0.026	0.041	0.001
Serine....g	0.021		0		1		0.031	0.048	0.001
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11759
Carrots, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup, sliced
Measure 2 = 228g: 1 cup, mashed
Measure 3 = 2.8g: 1 slice

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11758
Carrots, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.99	0.711	133	A	1		114.38	422.17	
Energy kcal	23		0	NC	4		29	106	
Energy kJ	98		0	NC	4		120	444	
Protein (N x 6.25) g	0.59	0.020	155	A	1		0.73	2.68	
Total lipid (fat) g	0.14	0.007	152	A	1		0.17	0.64	
Ash g	0.92	0.024	124	A	1		1.13	4.18	
Carbohydrate, by difference g	5.36		0	NC	4		6.59	24.33	
Fiber, total dietary g	1.8		0	A	1		2.2	8.2	
Sugars, total g	2.46		0	BFSN	4		3.03	11.18	
Sucrose g	1.92		0	BFSN	4		2.37	8.73	
Glucose (dextrose) g	0.28		0	BFSN	4		0.35	1.28	
Fructose g	0.26		0	BFSN	4		0.32	1.17	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.00		0	BFSN	4		0.00	0.00	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	31	1.325	152	A	1		38	141	
Iron, Fe mg	0.52	0.038	147	A	1		0.64	2.36	
Magnesium, Mg mg	9	0.173	109		1		11	41	
Phosphorus, P mg	20	0.347	152		1		25	91	
Potassium, K mg	158	5.499	75	A	1		194	717	
Sodium, Na mg	34	5.276	10	A	1		42	154	
Zinc, Zn mg	0.29	0.006	73		1		0.36	1.32	
Copper, Cu mg	0.103	0.007	73		1		0.127	0.468	
Manganese, Mn mg	0.450	0.027	6		1		0.554	2.043	
Selenium, Se µg	0.4		0	BFSN	4		0.5	1.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0	0.123	122	A	1		2.5	9.1	
Thiamin mg	0.019	0.000	167		1		0.023	0.086	
Riboflavin mg	0.027	0.000	167		1		0.033	0.123	
Niacin mg	0.421	0.012	164		1		0.518	1.911	
Pantothenic acid mg	0.139	0.005	6		1		0.171	0.631	
Vitamin B-6 mg	0.112	0.002	6		1		0.138	0.508	
Folate, total µg	8	0.707	9		1		10	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8	0.707	9		1		10	37	
Folate, DFE µg	8		0	NC	4		10	37	
Choline, total mg	6.3		0	BFSN	4		7.7	28.4	
Betaine mg	0.1		0	BFSN	4		0.1	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	558		0	AS	1		687	2536	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	5331	84.667	15	A	1		6557	24201	
Carotene, alpha µg	2743		14	A	1		3373	12451	
Cryptoxanthin, beta µg	0		4	A	1		0	0	
Vitamin A, IU IU	11170		0	AS	1		13739	50711	
Lycopene µg	0		4	A	1		0	0	
Lutein + zeaxanthin µg	0		4	A	1		0	0	
Vitamin E (alpha-tocopherol) mg	0.73		0	BFSN	4		0.90	3.33	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		0	BFSN	4		0.02	0.06	
Tocopherol, gamma mg	0.01		0	BFSN	4		0.01	0.03	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11758

Carrots, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	9.8		0	BFSN	4		12.0	44.3	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.024		0	NC	4		0.030	0.110	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.002		0	BFFN	4		0.003	0.010	
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.005	
15:0....g									
16:0....g	0.020		0	BFFN	4		0.025	0.091	
17:0....g									
18:0....g	0.001		0	BFFN	4		0.001	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.009	0.034	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.003	0.010	
17:1....g									
18:1 undifferentiated....g	0.005		0	BFFN	4		0.007	0.024	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.068		0	NC	4		0.083	0.307	
18:2 undifferentiated....g	0.059		0	BFFN	4		0.073	0.269	
18:3 undifferentiated....g	0.008		0	BFFN	4		0.010	0.038	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	NR	4		0.009	0.034	
Threonine....g	0.122		0	NR	4		0.150	0.553	
Isoleucine....g	0.049		0	NR	4		0.060	0.222	
Leucine....g	0.065		0	NR	4		0.080	0.294	
Lysine....g	0.064		0	NR	4		0.079	0.292	
Methionine....g	0.013		0	NR	4		0.016	0.059	
Cystine....g	0.053		0	NR	4		0.065	0.239	
Phenylalanine....g	0.039		0	NR	4		0.048	0.176	
Tyrosine....g	0.027		0	NR	4		0.033	0.123	
Valine....g	0.044		0	NR	4		0.054	0.199	
Arginine....g	0.058		0	NR	4		0.072	0.264	
Histidine....g	0.025		0	NR	4		0.031	0.115	
Alanine....g	0.072		0	NR	4		0.088	0.326	
Aspartic acid....g	0.121		0	NR	4		0.149	0.549	
Glutamic acid....g	0.233		0	NR	4		0.287	1.060	

NDB No. 11758
Carrots, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.030		0	NR	4		0.037	0.135	
Proline....g	0.035		0	NR	4		0.042	0.157	
Serine....g	0.034		0	NR	4		0.042	0.156	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup slices

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11128
Carrots, canned, regular pack, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.95	0.290	11		1		135.71	211.93	2.60
Energy kcal	25		0	NC	4		37	57	1
Energy kJ	105		0		4		153	238	3
Protein (N x 6.25) g	0.64	0.029	11		1		0.93	1.46	0.02
Total lipid (fat) g	0.19	0.013	11		1		0.28	0.43	0.01
Ash g	0.68	0.068	11		1		0.99	1.55	0.02
Carbohydrate, by difference g	5.54		0	NC	4		8.09	12.63	0.16
Fiber, total dietary g	1.5		0		1		2.2	3.4	0.0
Sugars, total g	2.48		0	BFSN	4		3.62	5.65	0.07
Starch g									
Minerals:									
Calcium, Ca mg	25	0.353	6		1		37	57	1
Iron, Fe mg	0.64	0.025	6		1		0.93	1.46	0.02
Magnesium, Mg mg	8	0.183	6		1		12	18	0
Phosphorus, P mg	24	0.281	6		1		35	55	1
Potassium, K mg	179	14.472	6		1		261	408	5
Sodium, Na mg	242		0	BD	4		353	552	7
Zinc, Zn mg	0.26	0.020	11		1		0.38	0.59	0.01
Copper, Cu mg	0.104	0.013	10		1		0.152	0.237	0.003
Manganese, Mn mg	0.450	0.027	6		1		0.657	1.026	0.013
Selenium, Se µg	0.4		0	BFSN	4		0.6	0.9	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	2.7	0.062	6		1		3.9	6.2	0.1
Thiamin mg	0.018	0.002	6		1		0.026	0.041	0.001
Riboflavin mg	0.030	0.000	6		1		0.044	0.068	0.001
Niacin mg	0.552	0.021	6		1		0.806	1.259	0.015
Pantothenic acid mg	0.135	0.005	6		1		0.197	0.308	0.004
Vitamin B-6 mg	0.112	0.002	6		1		0.164	0.255	0.003
Folate, total µg	9	0.297	6		1		13	21	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9	0.297	6		1		13	21	0
Folate, DFE µg	9		0	NC	4		13	21	0
Choline, total mg	6.3		0	BFSN	4		9.2	14.3	0.2
Betaine mg	0.1		0	BFSN	4		0.1	0.2	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	558		0	AS	1		815	1273	16
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5331	84.667	15	A	1		7783	12154	149
Carotene, alpha µg	2743		14	A	1		4004	6253	77
Cryptoxanthin, beta µg	0		4	A	1		0	0	0
Vitamin A, IU IU	11170		0	AS	1		16308	25467	313
Lycopene µg	0		4	A	1		0	0	0
Lutein + zeaxanthin µg	0		4	A	1		0	0	0
Vitamin E (alpha-tocopherol) mg	0.74		0	BFSN	4		1.08	1.68	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	9.8		0	BFSN	4		14.3	22.4	0.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11128

Carrots, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	0.036		0		1		0.053	0.082	0.001
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.000		0		1		0.000	0.000	0.000
12:0 g	0.002		0		1		0.003	0.005	0.000
13:0 g									
14:0 g	0.001		0		1		0.001	0.002	0.000
15:0 g									
16:0 g	0.027		0		1		0.039	0.062	0.001
17:0 g									
18:0 g	0.001		0		1		0.001	0.002	0.000
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.009		0		1		0.013	0.021	0.000
14:1 g									
15:1 g									
16:1 undifferentiated g	0.002		0		1		0.003	0.005	0.000
17:1 g									
18:1 undifferentiated g	0.007		0		1		0.010	0.016	0.000
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.092		0		1		0.134	0.210	0.003
18:2 undifferentiated g	0.079		0		1		0.115	0.180	0.002
18:3 undifferentiated g	0.011		0		1		0.016	0.025	0.000
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.008		0	NR	4		0.012	0.019	0.000
Threonine g	0.132		0	NR	4		0.193	0.301	0.004
Isoleucine g	0.053		0	NR	4		0.077	0.121	0.001
Leucine g	0.070		0	NR	4		0.103	0.160	0.002
Lysine g	0.070		0	NR	4		0.102	0.159	0.002
Methionine g	0.014		0	NR	4		0.021	0.032	0.000
Cystine g	0.057		0	NR	4		0.083	0.130	0.002
Phenylalanine g	0.042		0	NR	4		0.061	0.096	0.001
Tyrosine g	0.029		0	NR	4		0.043	0.067	0.001
Valine g	0.048		0	NR	4		0.069	0.108	0.001
Arginine g	0.063		0	NR	4		0.092	0.144	0.002
Histidine g	0.027		0	NR	4		0.040	0.063	0.001
Alanine g	0.078		0	NR	4		0.114	0.178	0.002
Aspartic acid g	0.131		0	NR	4		0.191	0.299	0.004
Glutamic acid g	0.253		0	NR	4		0.370	0.577	0.007
Glycine g	0.032		0	NR	4		0.047	0.073	0.001
Proline g	0.037		0	NR	4		0.055	0.085	0.001
Serine g	0.037		0	NR	4		0.054	0.085	0.001
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0

NDB No. 11128
Carrots, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup, sliced

Measure 2 = 228g: 1 cup, mashed

Measure 3 = 2.8g: 1 slice

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11126
Carrots, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.99	0.711	133	A	1		114.38	422.17	
Energy kcal	23		0	NC	4		28	104	
Energy kJ	96		0		4		118	437	
Protein (N x 6.25) g	0.58	0.020	155	A	1		0.71	2.63	
Total lipid (fat) g	0.14	0.007	152	A	1		0.17	0.64	
Ash g	0.92	0.024	124	A	1		1.13	4.18	
Carbohydrate, by difference g	5.37		0	NC	4		6.61	24.38	
Fiber, total dietary g	1.8		0	A	1		2.2	8.2	
Sugars, total g	2.46		0	BFSN	4		3.03	11.18	
Starch g									
Minerals:									
Calcium, Ca mg	31	1.325	152	A	1		38	141	
Iron, Fe mg	0.52	0.038	147	A	1		0.64	2.36	
Magnesium, Mg mg	9	0.173	109		1		11	41	
Phosphorus, P mg	20	0.347	152		1		25	91	
Potassium, K mg	173	4.591	116		1		213	785	
Sodium, Na mg	240	10.560	51	A	1		295	1090	
Zinc, Zn mg	0.29	0.006	73		1		0.36	1.32	
Copper, Cu mg	0.103	0.007	73		1		0.127	0.468	
Manganese, Mn mg	0.450	0.027	6		1		0.554	2.043	
Selenium, Se µg	0.4		0	BFSN	4		0.5	1.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0	0.123	122	A	1		2.5	9.1	
Thiamin mg	0.019	0.000	167		1		0.023	0.086	
Riboflavin mg	0.027	0.000	167		1		0.033	0.123	
Niacin mg	0.421	0.012	164		1		0.518	1.911	
Pantothenic acid mg	0.139	0.005	6		1		0.171	0.631	
Vitamin B-6 mg	0.112	0.002	6		1		0.138	0.508	
Folate, total µg	8	0.707	9		1		10	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8	0.707	9		1		10	37	
Folate, DFE µg	8		0	NC	4		10	37	
Choline, total mg	6.3		0	BFSN	4		7.7	28.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	613		0	NC	4		754	2784	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	5940		0	BFSN	4		7306	26968	
Carotene, alpha µg	2692		0	BFSN	4		3311	12223	
Cryptoxanthin, beta µg	144		0	BFSN	4		177	654	
Vitamin A, IU IU	12264		0	NC	4		15084	55678	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	490		0	BFSN	4		602	2224	
Vitamin E (alpha-tocopherol) mg	0.73		0	BFSN	4		0.90	3.33	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	9.8		0	BFSN	4		12.0	44.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11126

Carrots, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.025		0	BFFN	4		0.031	0.114	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.002		0	BFFN	4		0.002	0.009	
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.005	
15:0....g									
16:0....g	0.019		0	BFFN	4		0.023	0.086	
17:0....g									
18:0....g	0.001		0	BFFN	4		0.001	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0	BFFN	4		0.007	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.002	0.009	
17:1....g									
18:1 undifferentiated....g	0.005		0	BFFN	4		0.006	0.023	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.065		0	BFFN	4		0.080	0.295	
18:2 undifferentiated....g	0.056		0	BFFN	4		0.069	0.254	
18:3 undifferentiated....g	0.008		0	BFFN	4		0.010	0.036	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	BFPN	4		0.007	0.027	
Threonine....g	0.021		0	BFPN	4		0.026	0.095	
Isoleucine....g	0.023		0	BFPN	4		0.028	0.104	
Leucine....g	0.024		0	BFPN	4		0.030	0.109	
Lysine....g	0.023		0	BFPN	4		0.028	0.104	
Methionine....g	0.004		0	BFPN	4		0.005	0.018	
Cystine....g	0.005		0	BFPN	4		0.006	0.023	
Phenylalanine....g	0.018		0	BFPN	4		0.022	0.082	
Tyrosine....g	0.011		0	BFPN	4		0.014	0.050	
Valine....g	0.025		0	BFPN	4		0.031	0.114	
Arginine....g	0.024		0	BFPN	4		0.030	0.109	
Histidine....g	0.009		0	BFPN	4		0.011	0.041	
Alanine....g	0.033		0	BFPN	4		0.041	0.150	
Aspartic acid....g	0.077		0	BFPN	4		0.095	0.350	
Glutamic acid....g	0.113		0	BFPN	4		0.139	0.513	
Glycine....g	0.017		0	BFPN	4		0.021	0.077	
Proline....g	0.016		0	BFPN	4		0.020	0.073	
Serine....g	0.019		0	BFPN	4		0.023	0.086	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11126

Carrots, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: .5 cup slices

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11757
Carrots, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.17	0.195	4	A	1		8.75	70.33	41.48
Energy kcal	35		0	NC	4		3	27	16
Energy kJ	147		0	NC	4		14	115	68
Protein (N x 6.25) g	0.76	0.048	4	A	1		0.07	0.59	0.35
Total lipid (fat) g	0.18	0.071	4	A	1		0.02	0.14	0.08
Ash g	0.67	0.041	4	A	1		0.07	0.53	0.31
Carbohydrate, by difference g	8.22		0	NC	4		0.80	6.41	3.78
Fiber, total dietary g	3.0	0.041	4	A	1		0.3	2.3	1.4
Sugars, total g	3.45		0	NC	4		0.34	2.69	1.59
Sucrose g	2.70	0.178	4	A	1		0.26	2.10	1.24
Glucose (dextrose) g	0.40	0.058	4	A	1		0.04	0.31	0.18
Fructose g	0.36	0.052	4	A	1		0.04	0.28	0.17
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch g	0.17		2	A	1		0.02	0.13	0.08
Minerals:									
Calcium, Ca mg	30	1.157	4	A	1		3	23	14
Iron, Fe mg	0.34	0.036	4	A	1		0.03	0.27	0.16
Magnesium, Mg mg	10	0.397	4	A	1		1	8	5
Phosphorus, P mg	30	1.702	4	A	1		3	24	14
Potassium, K mg	235	18.143	4	A	1		23	183	108
Sodium, Na mg	302		0		4		29	236	139
Zinc, Zn mg	0.20	0.008	4	A	1		0.02	0.16	0.09
Copper, Cu mg	0.017	0.000	4	A	1		0.002	0.013	0.008
Manganese, Mn mg	0.155	0.038	4	A	1		0.015	0.121	0.071
Selenium, Se µg	0.7	0.201	4	A	1		0.1	0.5	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6	0.931	4	A	1		0.3	2.8	1.7
Thiamin mg	0.066	0.003	4	A	1		0.006	0.051	0.030
Riboflavin mg	0.044	0.002	4	A	1		0.004	0.034	0.020
Niacin mg	0.645	0.031	4	A	1		0.063	0.503	0.297
Pantothenic acid mg	0.232	0.006	4	A	1		0.023	0.181	0.107
Vitamin B-6 mg	0.153	0.004	4	A	1		0.015	0.119	0.070
Folate, total µg	2	0.000	4	A	1		0	1	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	2	0.000	4	A	1		0	1	1
Folate, DFE µg	2		0	NC	4		0	1	1
Choline, total mg	8.8		0	AS	1		0.9	6.8	4.0
Betaine mg	0.1		1	A	1		0.0	0.1	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	852		0	NC	4		83	664	392
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	8332	95.030	21	A	1		808	6499	3833
Carotene, alpha µg	3776	47.860	21	A	1		366	2945	1737
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	17033		0	NC	4		1652	13286	7835
Lycopene µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin µg	194		0	BFSY	4		19	151	89
Vitamin E (alpha-tocopherol) mg	1.03	0.085	4	A	1		0.10	0.80	0.47
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.02	0.001	4	A	1		0.00	0.01	0.01
Tocopherol, gamma mg	0.01	0.005	4	A	1		0.00	0.01	0.00
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.05	0.032	4	A	1		0.01	0.04	0.03
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 11757
Carrots, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	13.7	1.622	4	A	1		1.3	10.7	6.3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.037		0	NC	4		0.004	0.029	0.017
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.035		2	A	1		0.003	0.027	0.016
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.002		2	A	1		0.000	0.001	0.001
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.001	0.006	0.003
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.002		2	A	1		0.000	0.001	0.001
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.006		2	A	1		0.001	0.005	0.003
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.107		0	NC	4		0.010	0.083	0.049
18:2 undifferentiated....g	0.105		2	A	1		0.010	0.082	0.048
18:3 undifferentiated....g	0.002		2	A	1		0.000	0.001	0.001
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	A	1		0.001	0.008	0.004
Threonine....g	0.157		0	A	1		0.015	0.122	0.072
Isoleucine....g	0.063		0	A	1		0.006	0.049	0.029
Leucine....g	0.084		0	A	1		0.008	0.065	0.038
Lysine....g	0.083		0	A	1		0.008	0.065	0.038
Methionine....g	0.017		0	A	1		0.002	0.013	0.008
Cystine....g	0.068		0	A	1		0.007	0.053	0.031
Phenylalanine....g	0.050		0	A	1		0.005	0.039	0.023
Tyrosine....g	0.035		0	A	1		0.003	0.027	0.016
Valine....g	0.056		0	A	1		0.005	0.044	0.026
Arginine....g	0.075		0	A	1		0.007	0.058	0.034
Histidine....g	0.033		0	A	1		0.003	0.025	0.015
Alanine....g	0.093		0	A	1		0.009	0.072	0.043

NDB No. 11757
Carrots, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.156		0	A	1		0.015	0.121	0.072
Glutamic acid....g	0.301		0	A	1		0.029	0.235	0.138
Glycine....g	0.038		0	A	1		0.004	0.030	0.018
Proline....g	0.044		0	A	1		0.004	0.035	0.020
Serine....g	0.044		0	A	1		0.004	0.035	0.020
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.7g: 1 tbsp

Measure 2 = 78g: .5 cup slices

Measure 3 = 46g: 1 carrot

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11125
Carrots, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.17	0.195	4	A	1		8.75	70.33	41.48
Energy kcal	35		0	NC	4		3	27	16
Energy kJ	147		0	NC	4		14	115	68
Protein (N x 6.25) g	0.76	0.048	4	A	1		0.07	0.59	0.35
Total lipid (fat) g	0.18	0.071	4	A	1		0.02	0.14	0.08
Ash g	0.67	0.041	4	A	1		0.07	0.53	0.31
Carbohydrate, by difference g	8.22		0	NC	4		0.80	6.41	3.78
Fiber, total dietary g	3.0	0.041	4	A	1		0.3	2.3	1.4
Sugars, total g	3.45		0	AS	1		0.34	2.69	1.59
Sucrose g	2.70	0.178	4	A	1		0.26	2.10	1.24
Glucose (dextrose) g	0.40	0.058	4	A	1		0.04	0.31	0.18
Fructose g	0.36	0.052	4	A	1		0.04	0.28	0.17
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.17		2	A	1		0.02	0.13	0.08
Minerals:									
Calcium, Ca mg	30	1.157	4	A	1		3	23	14
Iron, Fe mg	0.34	0.036	4	A	1		0.03	0.27	0.16
Magnesium, Mg mg	10	0.397	4	A	1		1	8	5
Phosphorus, P mg	30	1.702	4	A	1		3	24	14
Potassium, K mg	235	18.143	4	A	1		23	183	108
Sodium, Na mg	58	5.252	4	A	1		6	45	27
Zinc, Zn mg	0.20	0.008	4	A	1		0.02	0.16	0.09
Copper, Cu mg	0.017	0.000	4	A	1		0.002	0.013	0.008
Manganese, Mn mg	0.155	0.038	4	A	1		0.015	0.121	0.071
Selenium, Se µg	0.7	0.201	4	A	1		0.1	0.5	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6	0.931	4	A	1		0.3	2.8	1.7
Thiamin mg	0.066	0.003	4	A	1		0.006	0.051	0.030
Riboflavin mg	0.044	0.002	4	A	1		0.004	0.034	0.020
Niacin mg	0.645	0.031	4	A	1		0.063	0.503	0.297
Pantothenic acid mg	0.232	0.006	4	A	1		0.023	0.181	0.107
Vitamin B-6 mg	0.153	0.004	4	A	1		0.015	0.119	0.070
Folate, total µg	14	0.944	12		1		1	11	6
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	14	0.944	12		1		1	11	6
Folate, DFE µg	14		0	NC	4		1	11	6
Choline, total mg	8.8		0	AS	1		0.9	6.8	4.0
Betaine mg	0.1		1	A	1		0.0	0.1	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	852		0	NC	4		83	664	392
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	8332	95.030	21	A	1		808	6499	3833
Carotene, alpha µg	3776	47.860	21	A	1		366	2945	1737
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	17033		0	NC	4		1652	13286	7835
Lycopene µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin µg	687	70.697	4	A	1		67	536	316
Vitamin E (alpha-tocopherol) mg	1.03	0.085	4	A	1		0.10	0.80	0.47
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.02	0.001	4	A	1		0.00	0.01	0.01
Tocopherol, gamma mg	0.01	0.005	4	A	1		0.00	0.01	0.00
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.05	0.032	4	A	1		0.01	0.04	0.03
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 11125

Carrots, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	13.7	1.622	4	A	1		1.3	10.7	6.3
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.030		0	NC	4		0.003	0.024	0.014
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.029		2	A	1		0.003	0.023	0.013
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.001		2	A	1		0.000	0.001	0.001
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.001	0.005	0.003
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.001		2	A	1		0.000	0.001	0.001
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.005		2	A	1		0.000	0.004	0.002
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0	NC	4		0.009	0.069	0.041
18:2 undifferentiated....g	0.087		2	A	1		0.008	0.068	0.040
18:3 undifferentiated....g	0.001		2	A	1		0.000	0.001	0.001
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	A	1		0.001	0.008	0.004
Threonine....g	0.157		0	A	1		0.015	0.122	0.072
Isoleucine....g	0.063		0	A	1		0.006	0.049	0.029
Leucine....g	0.084		0	A	1		0.008	0.065	0.038
Lysine....g	0.083		0	A	1		0.008	0.065	0.038
Methionine....g	0.017		0	A	1		0.002	0.013	0.008
Cystine....g	0.068		0	A	1		0.007	0.053	0.031
Phenylalanine....g	0.050		0	A	1		0.005	0.039	0.023
Tyrosine....g	0.035		0	A	1		0.003	0.027	0.016
Valine....g	0.056		0	A	1		0.005	0.044	0.026
Arginine....g	0.075		0	A	1		0.007	0.058	0.034
Histidine....g	0.033		0	A	1		0.003	0.025	0.015
Alanine....g	0.093		0	A	1		0.009	0.072	0.043

NDB No. 11125
Carrots, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.156		0	A	1		0.015	0.121	0.072
Glutamic acid....g	0.301		0	A	1		0.029	0.235	0.138
Glycine....g	0.038		0	A	1		0.004	0.030	0.018
Proline....g	0.044		0	A	1		0.004	0.035	0.020
Serine....g	0.044		0	A	1		0.004	0.035	0.020
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 9.7g: 1 tbsp

Measure 2 = 78g: .5 cup slices

Measure 3 = 46g: 1 carrot

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11760
Carrots, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.32	0.214	3	A	1		131.87		
Energy kcal	37		0	NC	4		54		
Energy kJ	155		0	NC	4		226		
Protein (N x 6.25) g	0.58	0.012	3	A	1		0.84		
Total lipid (fat) g	0.68	0.013	3	A	1		1.00		
Ash g	0.69	0.032	3	A	1		1.00		
Carbohydrate, by difference g	7.73		0	NC	4		11.29		
Fiber, total dietary g	3.3	0.150	3	A	1		4.8		
Sugars, total g	4.08	0.090	3	A	1		5.96		
Sucrose g	3.44	0.046	3	A	1		5.03		
Glucose (dextrose) g	0.36	0.039	3	A	1		0.52		
Fructose g	0.28	0.020	3	A	1		0.41		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g	0.31	0.015	3	A	1		0.45		
Minerals:									
Calcium, Ca mg	35	0.769	3	A	1		52		
Iron, Fe mg	0.53	0.069	3	A	1		0.77		
Magnesium, Mg mg	11	0.115	3	A	1		16		
Phosphorus, P mg	31	0.467	3	A	1		45		
Potassium, K mg	192	5.511	3	A	1		281		
Sodium, Na mg	295		0		4		431		
Zinc, Zn mg	0.35	0.009	3	A	1		0.52		
Copper, Cu mg	0.082	0.008	3	A	1		0.120		
Manganese, Mn mg	0.167	0.007	3	A	1		0.244		
Selenium, Se µg	0.6		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3	0.100	3	A	1		3.4		
Thiamin mg	0.030	0.000	3	A	1		0.044		
Riboflavin mg	0.037	0.000	3	A	1		0.054		
Niacin mg	0.416	0.040	3	A	1		0.608		
Pantothenic acid mg	0.174		2	A	1		0.254		
Vitamin B-6 mg	0.084	0.005	3	A	1		0.122		
Folate, total µg	11	0.452	6		1		16		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	11	0.452	6		1		16		
Folate, DFE µg	11		0	NC	4		16		
Choline, total mg	8.6		0	BFSN	4		12.6		
Betaine mg	0.1		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	846		0	NC	4		1236		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	8199		0	BFSN	4		11971		
Carotene, alpha µg	3716		0	BFSN	4		5426		
Cryptoxanthin, beta µg	199		0	BFSN	4		290		
Vitamin A, IU IU	16928		0	NC	4		24715		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	676		0	BFSN	4		987		
Vitamin E (alpha-tocopherol) mg	1.01		0	BFSN	4		1.48		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11760

Carrots, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	13.6		1	A	1		19.9		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.132		0	NC	4		0.192		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.007		0		1		0.010		
13:0....g									
14:0....g	0.007		0		1		0.010		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.111		0		1		0.162		
17:0....g									
18:0....g	0.007		0		1		0.010		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.000		2	A	1		0.000		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	0.035		0	NC	4		0.051		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.040		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.318		0	NC	4		0.465		
18:2 undifferentiated....g	0.318		0		1		0.465		
18:3 undifferentiated....g	0.000		2	A	1		0.000		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	NR	4		0.011		
Threonine....g	0.119		0	NR	4		0.174		
Isoleucine....g	0.048		0	NR	4		0.070		
Leucine....g	0.063		0	NR	4		0.092		
Lysine....g	0.063		0	NR	4		0.092		
Methionine....g	0.013		0	NR	4		0.019		
Cystine....g	0.051		0	NR	4		0.075		
Phenylalanine....g	0.038		0	NR	4		0.055		
Tyrosine....g	0.026		0	NR	4		0.039		
Valine....g	0.043		0	NR	4		0.063		
Arginine....g	0.057		0	NR	4		0.083		
Histidine....g	0.025		0	NR	4		0.036		
Alanine....g	0.070		0	NR	4		0.102		
Aspartic acid....g	0.118		0	NR	4		0.172		
Glutamic acid....g	0.228		0	NR	4		0.333		

NDB No. 11760
Carrots, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.029		0	NR	4		0.042		
Proline....g	0.034		0	NR	4		0.049		
Serine....g	0.034		0	NR	4		0.049		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11131
Carrots, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.32	0.214	3	A	1		131.87		
Energy kcal	37		0	NC	4		54		
Energy kJ	155		0	NC	4		226		
Protein (N x 6.25) g	0.58	0.012	3	A	1		0.84		
Total lipid (fat) g	0.68	0.013	3	A	1		1.00		
Ash g	0.69	0.032	3	A	1		1.00		
Carbohydrate, by difference g	7.73		0	NC	4		11.29		
Fiber, total dietary g	3.3	0.150	3	A	1		4.8		
Sugars, total g	4.08	0.090	3	A	1		5.96		
Sucrose g	3.44	0.046	3	A	1		5.03		
Glucose (dextrose) g	0.36	0.039	3	A	1		0.52		
Fructose g	0.28	0.020	3	A	1		0.41		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g	0.31	0.015	3	A	1		0.45		
Minerals:									
Calcium, Ca mg	35	0.769	3	A	1		52		
Iron, Fe mg	0.53	0.069	3	A	1		0.77		
Magnesium, Mg mg	11	0.115	3	A	1		16		
Phosphorus, P mg	31	0.467	3	A	1		45		
Potassium, K mg	192	5.511	3	A	1		281		
Sodium, Na mg	59	6.035	3	A	1		86		
Zinc, Zn mg	0.35	0.009	3	A	1		0.52		
Copper, Cu mg	0.082	0.008	3	A	1		0.120		
Manganese, Mn mg	0.167	0.007	3	A	1		0.244		
Selenium, Se µg	0.6		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3	0.100	3	A	1		3.4		
Thiamin mg	0.030	0.000	3	A	1		0.044		
Riboflavin mg	0.037	0.000	3	A	1		0.054		
Niacin mg	0.416	0.040	3	A	1		0.608		
Pantothenic acid mg	0.174		2	A	1		0.254		
Vitamin B-6 mg	0.084	0.005	3	A	1		0.122		
Folate, total µg	11	0.452	6		1		16		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	11	0.452	6		1		16		
Folate, DFE µg	11		0	NC	4		16		
Choline, total mg	8.6		0	BFSN	4		12.6		
Betaine mg	0.1		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	846		0	NC	4		1236		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	8199		0	BFSN	4		11971		
Carotene, alpha µg	3716		0	BFSN	4		5426		
Cryptoxanthin, beta µg	199		0	BFSN	4		290		
Vitamin A, IU IU	16928		0	NC	4		24715		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	676		0	BFSN	4		987		
Vitamin E (alpha-tocopherol) mg	1.01		0	BFSN	4		1.48		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11131

Carrots, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	13.6		1	A	1		19.9		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.120		0	NC	4		0.175		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.006		0		1		0.009		
13:0....g									
14:0....g	0.006		0		1		0.009		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.101		0		1		0.147		
17:0....g									
18:0....g	0.006		0		1		0.009		
20:0....g	0.000		2	A	1		0.000		
22:0....g	0.000		2	A	1		0.000		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	0.031		0	NC	4		0.046		
14:1....g	0.000		2	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.006		0		1		0.009		
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.037		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.334		0	NC	4		0.487		
18:2 undifferentiated....g	0.289		0		1		0.423		
18:3 undifferentiated....g	0.044		0		1		0.064		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	NR	4		0.011		
Threonine....g	0.119		0	NR	4		0.174		
Isoleucine....g	0.048		0	NR	4		0.070		
Leucine....g	0.063		0	NR	4		0.092		
Lysine....g	0.063		0	NR	4		0.092		
Methionine....g	0.013		0	NR	4		0.019		
Cystine....g	0.051		0	NR	4		0.075		
Phenylalanine....g	0.038		0	NR	4		0.055		
Tyrosine....g	0.026		0	NR	4		0.039		
Valine....g	0.043		0	NR	4		0.063		
Arginine....g	0.057		0	NR	4		0.083		
Histidine....g	0.025		0	NR	4		0.036		
Alanine....g	0.070		0	NR	4		0.102		
Aspartic acid....g	0.118		0	NR	4		0.172		
Glutamic acid....g	0.228		0	NR	4		0.333		

NDB No. 11131
Carrots, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.029		0	NR	4		0.042		
Proline....g	0.034		0	NR	4		0.049		
Serine....g	0.034		0	NR	4		0.049		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup, sliced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11130
Carrots, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.04	0.267	5	A	1		57.62	255.71	
Energy kcal	36		0	NC	4		23	103	
Energy kJ	152		0	NC	4		97	432	
Protein (N x 6.25) g	0.78	0.117	5	A	1		0.50	2.21	
Total lipid (fat) g	0.46	0.077	5	A	1		0.29	1.30	
Ash g	0.83	0.088	5	A	1		0.53	2.35	
Carbohydrate, by difference g	7.90		0	NC	4		5.06	22.44	
Fiber, total dietary g	3.3	0.077	5	A	1		2.1	9.5	
Sugars, total g	4.76	0.107	5	A	1		3.05	13.53	
Sucrose g	4.05	0.128	5	A	1		2.59	11.49	
Glucose (dextrose) g	0.40	0.025	5	A	1		0.26	1.15	
Fructose g	0.31	0.019	5	A	1		0.20	0.89	
Lactose g	0.00	0.000	5	A	1		0.00	0.00	
Maltose g	0.00	0.000	5	A	1		0.00	0.00	
Galactose g	0.00	0.000	5	A	1		0.00	0.00	
Starch g	0.26	0.017	5	A	1		0.16	0.73	
Minerals:									
Calcium, Ca mg	36	0.793	5	A	1		23	102	
Iron, Fe mg	0.44	0.024	5	A	1		0.28	1.26	
Magnesium, Mg mg	12	0.323	5	A	1		7	33	
Phosphorus, P mg	33	1.205	5	A	1		21	95	
Potassium, K mg	235	14.618	5	A	1		150	667	
Sodium, Na mg	68	2.564	5	A	1		44	193	
Zinc, Zn mg	0.33	0.011	5	A	1		0.21	0.94	
Copper, Cu mg	0.074	0.006	5	A	1		0.047	0.210	
Manganese, Mn mg	0.171	0.004	5	A	1		0.109	0.486	
Selenium, Se µg	0.7		0	BFSN	4		0.4	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.5	0.197	5	A	1		1.6	7.2	
Thiamin mg	0.044	0.001	3	A	1		0.028	0.124	
Riboflavin mg	0.037	0.000	3	A	1		0.024	0.106	
Niacin mg	0.464	0.007	3	A	1		0.297	1.318	
Pantothenic acid mg	0.187	0.008	3	A	1		0.120	0.531	
Vitamin B-6 mg	0.095	0.000	3	A	1		0.061	0.269	
Folate, total µg	10	0.308	6		1		6	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10	0.308	6		1		6	27	
Folate, DFE µg	10		0	NC	4		6	27	
Choline, total mg	7.5		0	BFSN	4		4.8	21.3	
Betaine mg	0.3		0	BFSN	4		0.2	0.9	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	710		0	NC	4		455	2018	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	7047		0	BFSN	4		4510	20014	
Carotene, alpha µg	2958		0	BFSN	4		1893	8400	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	14210		0	NC	4		9094	40356	
Lycopene µg	1		0	BFSN	4		0	2	
Lutein + zeaxanthin µg	218		0	BFSN	4		140	620	
Vitamin E (alpha-tocopherol) mg	0.57		0	BFSN	4		0.36	1.61	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11130
Carrots, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	17.6		2	A	1		11.3	50.1	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.047		0	NC	4		0.030	0.133	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.003		0		1		0.002	0.008	
13:0....g									
14:0....g	0.001		0		1		0.001	0.004	
15:0....g									
16:0....g	0.041		0		1		0.026	0.118	
17:0....g									
18:0....g	0.001		0		1		0.001	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0	NC	4		0.009	0.039	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.003	0.012	
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.006	0.027	
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.263		0	NC	4		0.169	0.748	
18:2 undifferentiated....g	0.247	0.017	3	A	1		0.158	0.701	
18:3 undifferentiated....g	0.017		0		1		0.011	0.047	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.007	0.031	
Threonine....g	0.040		0		1		0.026	0.114	
Isoleucine....g	0.043		0		1		0.028	0.122	
Leucine....g	0.045		0		1		0.029	0.128	
Lysine....g	0.042		0		1		0.027	0.119	
Methionine....g	0.007		0		1		0.004	0.020	
Cystine....g	0.009		0		1		0.006	0.026	
Phenylalanine....g	0.034		0		1		0.022	0.097	
Tyrosine....g	0.021		0		1		0.013	0.060	
Valine....g	0.046		0		1		0.029	0.131	
Arginine....g	0.045		0		1		0.029	0.128	
Histidine....g	0.017		0		1		0.011	0.048	
Alanine....g	0.062		0		1		0.040	0.176	
Aspartic acid....g	0.144		0		1		0.092	0.409	
Glutamic acid....g	0.212		0		1		0.136	0.602	

NDB No. 11130
Carrots, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.031		0		1		0.020	0.088	
Proline....g	0.030		0		1		0.019	0.085	
Serine....g	0.036		0		1		0.023	0.102	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: .5 cup slices

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11124

Carrots, raw

Daucus carota

Includes USDA commodity food A099

Refuse: 11% Crown, tops and scrapings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.29	0.429	33	JO	11		113.01	97.12	107.71
Energy kcal	41		0	NC	4		53	45	50
Energy kJ	173		0	NC	4		221	190	211
Protein (N x 6.25) g	0.93	0.008	19	JO	11		1.18	1.02	1.13
Total lipid (fat) g	0.24	0.018	26	JO	11		0.30	0.26	0.29
Ash g	0.97	0.014	19	JA	6		1.24	1.06	1.18
Carbohydrate, by difference g	9.58		0	NC	4		12.27	10.54	11.69
Fiber, total dietary g	2.8		4	A	1		3.6	3.1	3.4
Sugars, total g	4.74		0	NC	4		6.06	5.21	5.78
Sucrose g	3.59	0.280	11	JA	6		4.60	3.95	4.38
Glucose (dextrose) g	0.59	0.141	11	JA	6		0.76	0.65	0.72
Fructose g	0.55	0.097	11	JA	6		0.71	0.61	0.67
Lactose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	1.43		2	A	1		1.83	1.58	1.75
Minerals:									
Calcium, Ca mg	33	1.120	75	JA	6		43	37	41
Iron, Fe mg	0.30	0.014	75	JA	6		0.38	0.33	0.36
Magnesium, Mg mg	12	0.367	75	JA	6		16	14	15
Phosphorus, P mg	35	0.755	75	JA	6		45	38	42
Potassium, K mg	320	8.418	76	JA	6		409	352	390
Sodium, Na mg	69	3.358	81	JA	6		88	75	84
Zinc, Zn mg	0.24	0.011	76	JA	6		0.31	0.27	0.30
Copper, Cu mg	0.045	0.007	70	JA	6		0.058	0.050	0.055
Manganese, Mn mg	0.143	0.006	66	JA	6		0.183	0.158	0.175
Selenium, Se µg	0.1	0.038	39		1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	5.9	1.130	21	JA	6		7.6	6.5	7.2
Thiamin mg	0.066	0.011	21	JA	6		0.085	0.073	0.081
Riboflavin mg	0.058	0.013	19	JA	6		0.074	0.064	0.071
Niacin mg	0.983	0.215	19	JA	6		1.259	1.082	1.200
Pantothenic acid mg	0.273	0.145	9	JA	6		0.350	0.300	0.333
Vitamin B-6 mg	0.138	0.030	19	JA	6		0.176	0.151	0.168
Folate, total µg	19	5.175	19	JA	6		24	21	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	19	5.175	19	JA	6		24	21	23
Folate, DFE µg	19		0	NC	4		24	21	23
Choline, total mg	8.8		0	AS	1		11.3	9.7	10.7
Betaine mg	0.4		1	A	1		0.5	0.4	0.5
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	835		0	NC	4		1069	919	1019
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	8285	1082.194	197	JO	11		10605	9114	10108
Carotene, alpha µg	3477	531.987	190	A	1		4451	3825	4242
Cryptoxanthin, beta µg	0		45	A	1		0	0	0
Vitamin A, IU IU	16706		0	NC	4		21384	18377	20382
Lycopene µg	1	0.800	8	A	1		1	1	1
Lutein + zeaxanthin µg	256	62.707	10	JO	11		328	282	313
Vitamin E (alpha-tocopherol) mg	0.66	0.269	11	JO	11		0.85	0.73	0.81
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.005	11	JO	11		0.01	0.01	0.01
Tocopherol, gamma mg	0.00	0.000	11	JO	11		0.00	0.00	0.00
Tocopherol, delta mg	0.00	0.000	11	JO	11		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01	0.015	5	JO	11		0.02	0.02	0.02
Tocotrienol, beta mg	0.00	0.000	5	JO	11		0.00	0.00	0.00

NDB No. 11124
Carrots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	13.2		4	A	1		16.9	14.5	16.1
Dihydrophylloquinone....µg	0.0		4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.037		0	NC	4		0.047	0.040	0.045
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.035		2	A	1		0.044	0.038	0.042
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.002		2	A	1		0.002	0.002	0.002
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.014		0	NC	4		0.018	0.016	0.018
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.002		2	A	1		0.002	0.002	0.002
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.012		2	A	1		0.016	0.014	0.015
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.117		0	NC	4		0.150	0.129	0.143
18:2 undifferentiated....g	0.115		2	A	1		0.148	0.127	0.141
18:3 undifferentiated....g	0.002		2	A	1		0.002	0.002	0.002
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0	JA	6		0.015	0.013	0.014
Threonine....g	0.191		0	JA	6		0.245	0.210	0.233
Isoleucine....g	0.077		0	JA	6		0.098	0.084	0.093
Leucine....g	0.102		0	JA	6		0.130	0.112	0.124
Lysine....g	0.101		0	JA	6		0.129	0.111	0.123
Methionine....g	0.020		0	JA	6		0.026	0.023	0.025
Cystine....g	0.083		0	JA	6		0.106	0.091	0.101
Phenylalanine....g	0.061		0	JA	6		0.078	0.067	0.074
Tyrosine....g	0.043		0	JA	6		0.054	0.047	0.052
Valine....g	0.069		0	JA	6		0.088	0.076	0.084
Arginine....g	0.091		0	JA	6		0.117	0.100	0.111
Histidine....g	0.040		0	JA	6		0.051	0.044	0.048
Alanine....g	0.113		0	JA	6		0.144	0.124	0.138

NDB No. 11124
Carrots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.190		0	JA	6		0.243	0.209	0.231
Glutamic acid....g	0.366		0	JA	6		0.469	0.403	0.447
Glycine....g	0.047		0	JA	6		0.060	0.051	0.057
Proline....g	0.054		0	JA	6		0.069	0.060	0.066
Serine....g	0.054		0	JA	6		0.069	0.059	0.066
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 128g: 1 cup chopped

Measure 2 = 110g: 1 cup grated

Measure 3 = 122g: 1 cup strips or slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11134
Cassava, raw
Manihot esculenta

Refuse: 16% Skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.68		2	A	1		122.94	243.49	
Energy kcal	160		0	NC	4		329	651	
Energy kJ	667		0	NC	4		1375	2723	
Protein (N x 6.25) g	1.36		2	A	1		2.80	5.55	
Total lipid (fat) g	0.28		2	A	1		0.58	1.14	
Ash g	0.62		2	A	1		1.28	2.53	
Carbohydrate, by difference g	38.06		0	NC	4		78.40	155.28	
Fiber, total dietary g	1.8		2	A	1		3.7	7.3	
Sugars, total g	1.70		0	T	4		3.50	6.94	
Starch g									
Minerals:									
Calcium, Ca mg	16		2	A	1		33	65	
Iron, Fe mg	0.27		2	A	1		0.56	1.10	
Magnesium, Mg mg	21		2	A	1		43	86	
Phosphorus, P mg	27		2	A	1		56	110	
Potassium, K mg	271		2	A	1		558	1106	
Sodium, Na mg	14		2	A	1		29	57	
Zinc, Zn mg	0.34		2	A	1		0.70	1.39	
Copper, Cu mg	0.100		1	A	1		0.206	0.408	
Manganese, Mn mg	0.384		1	A	1		0.791	1.567	
Selenium, Se µg	0.7		0	CAZN	4		1.4	2.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	20.6		2	A	1		42.4	84.0	
Thiamin mg	0.087		2	A	1		0.179	0.355	
Riboflavin mg	0.048		2	A	1		0.099	0.196	
Niacin mg	0.854		2	A	1		1.759	3.484	
Pantothenic acid mg	0.107		2	A	1		0.220	0.437	
Vitamin B-6 mg	0.088		2	A	1		0.181	0.359	
Folate, total µg	27		2	A	1		56	110	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	27		2	A	1		56	110	
Folate, DFE µg	27		0	NC	4		56	110	
Choline, total mg	23.7		0	BFSN	4		48.9	96.8	
Betaine mg	0.4		0	BFSN	4		0.7	1.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8		0	T	4		16	33	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	13		0	NC	4		27	54	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.19		0	O	4		0.39	0.78	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1.9		0	O	4		3.9	7.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11134
Cassava, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.074		0		1		0.152	0.302	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.002	0.004	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.069		0		1		0.142	0.282	
17:0....g									
18:0....g	0.005		0		1		0.010	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.075		0		1		0.155	0.306	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.075		0		1		0.155	0.306	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.099	0.196	
18:2 undifferentiated....g	0.032		0		1		0.066	0.131	
18:3 undifferentiated....g	0.017		0		1		0.035	0.069	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		23		1		0.039	0.078	
Threonine....g	0.028		23		1		0.058	0.114	
Isoleucine....g	0.027		23		1		0.056	0.110	
Leucine....g	0.039		23		1		0.080	0.159	
Lysine....g	0.044		23		1		0.091	0.180	
Methionine....g	0.011		23		1		0.023	0.045	
Cystine....g	0.028		20		1		0.058	0.114	
Phenylalanine....g	0.026		23		1		0.054	0.106	
Tyrosine....g	0.017		23		1		0.035	0.069	
Valine....g	0.035		23		1		0.072	0.143	
Arginine....g	0.137		23		1		0.282	0.559	
Histidine....g	0.020		23		1		0.041	0.082	
Alanine....g	0.038		22		1		0.078	0.155	
Aspartic acid....g	0.079		22		1		0.163	0.322	
Glutamic acid....g	0.206		22		1		0.424	0.840	
Glycine....g	0.028		22		1		0.058	0.114	
Proline....g	0.033		22		1		0.068	0.135	
Serine....g	0.033		22		1		0.068	0.135	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11134
Cassava, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 206g: 1 cup

Measure 2 = 408g: 1 root

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11935
Catsup

Ketchup
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.51	0.201	18	A	1		11.65	6.17	164.43
Energy kcal	101		0	NC	4		17	9	243
Energy kJ	423		0	NC	4		72	38	1015
Protein (N x 6.25) g	1.04	0.028	18	A	1		0.18	0.09	2.51
Total lipid (fat) g	0.10	0.006	18	A	1		0.02	0.01	0.24
Ash g	2.94	0.015	18	A	1		0.50	0.26	7.05
Carbohydrate, by difference g	27.40		0	NC	4		4.66	2.47	65.76
Fiber, total dietary g	0.3	0.020	6	A	1		0.1	0.0	0.7
Sugars, total g	21.27	0.102	9	A	1		3.62	1.91	51.04
Sucrose g	2.30	0.022	9	A	1		0.39	0.21	5.51
Glucose (dextrose) g	10.25	0.062	9	A	1		1.74	0.92	24.60
Fructose g	8.72	0.061	9	A	1		1.48	0.78	20.92
Lactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	15	0.196	18	A	1		3	1	36
Iron, Fe mg	0.35	0.006	18	A	1		0.06	0.03	0.85
Magnesium, Mg mg	13	0.145	18	A	1		2	1	31
Phosphorus, P mg	26	0.333	18	A	1		4	2	62
Potassium, K mg	281	5.695	18	A	1		48	25	674
Sodium, Na mg	907	6.715	18	A	1		154	82	2176
Zinc, Zn mg	0.17	0.005	18	A	1		0.03	0.02	0.41
Copper, Cu mg	0.085	0.003	18	A	1		0.014	0.008	0.204
Manganese, Mn mg	0.084	0.001	18	A	1		0.014	0.008	0.201
Selenium, Se µg	0.7		1	A	1		0.1	0.1	1.6
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1	1.313	6	A	1		0.7	0.4	9.7
Thiamin mg	0.011	0.004	4	A	1		0.002	0.001	0.027
Riboflavin mg	0.166	0.053	6	A	1		0.028	0.015	0.399
Niacin mg	1.434	0.094	6	A	1		0.244	0.129	3.442
Pantothenic acid mg	0.047		2	A	1		0.008	0.004	0.112
Vitamin B-6 mg	0.158	0.009	4	A	1		0.027	0.014	0.378
Folate, total µg	9	0.706	6	A	1		2	1	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9	0.706	6	A	1		2	1	23
Folate, DFE µg	9		0	NC	4		2	1	23
Choline, total mg	12.5		0	AS	1		2.1	1.1	30.0
Betaine mg	0.2		2	A	1		0.0	0.0	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	26		0	AS	1		4	2	63
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	316	29.399	6	A	1		54	28	759
Carotene, alpha µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU IU	527		0	AS	1		90	47	1265
Lycopene µg	12062	445.616	6	A	1		2051	1086	28948
Lutein + zeaxanthin µg	161	2.749	6	A	1		27	14	386
Vitamin E (alpha-tocopherol) mg	1.46		2		1		0.25	0.13	3.50
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2		1		0.00	0.00	0.00
Tocopherol, gamma mg	0.13		2		1		0.02	0.01	0.31
Tocopherol, delta mg	0.00		2		1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11935
Catsup

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.0		3	JO	11		0.5	0.3	7.2
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0	NC	4		0.002	0.001	0.033
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.010		1		1		0.002	0.001	0.024
17:0....g									
18:0....g	0.004		1		1		0.001	0.000	0.009
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0	NC	4		0.003	0.001	0.037
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.000	0.000	0.001
17:1....g									
18:1 undifferentiated....g	0.015		1		1		0.002	0.001	0.035
20:1....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.041		0	NC	4		0.007	0.004	0.098
18:2 undifferentiated....g	0.039		1		1		0.007	0.004	0.094
18:3 undifferentiated....g	0.001		1		1		0.000	0.000	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0	A	1		0.001	0.000	0.011
Threonine....g	0.019		0	A	1		0.003	0.002	0.046
Isoleucine....g	0.014		0	A	1		0.002	0.001	0.034
Leucine....g	0.021		0	A	1		0.004	0.002	0.051
Lysine....g	0.023		0	A	1		0.004	0.002	0.055
Methionine....g	0.005		0	A	1		0.001	0.000	0.011
Cystine....g	0.005		0	A	1		0.001	0.000	0.011
Phenylalanine....g	0.021		0	A	1		0.004	0.002	0.051
Tyrosine....g	0.009		0	A	1		0.002	0.001	0.022
Valine....g	0.014		0	A	1		0.002	0.001	0.034
Arginine....g	0.016		0	A	1		0.003	0.001	0.038
Histidine....g	0.013		0	A	1		0.002	0.001	0.031
Alanine....g	0.033		0	A	1		0.006	0.003	0.079
Aspartic acid....g	0.133		0	A	1		0.023	0.012	0.320
Glutamic acid....g	0.349		0	A	1		0.059	0.031	0.837

NDB No. 11935
Catsup

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.016		0	A	1		0.003	0.001	0.040
Proline....g	0.012		0	A	1		0.002	0.001	0.029
Serine....g	0.021		0	A	1		0.004	0.002	0.051
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 9.0g: 1 packet

Measure 3 = 240g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11949
Catsup, low sodium

Ketchup, low sodium
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.51	0.201	18	A	1		11.65	6.17	164.43
Energy kcal	101		0	NC	4		17	9	243
Energy kJ	423		0	NC	4		72	38	1015
Protein (N x 6.25) g	1.04	0.028	18	A	1		0.18	0.09	2.51
Total lipid (fat) g	0.10	0.006	18	A	1		0.02	0.01	0.24
Ash g	2.94	0.015	18	A	1		0.50	0.26	7.05
Carbohydrate, by difference g	27.40		0	NC	4		4.66	2.47	65.76
Fiber, total dietary g	0.3	0.020	6	A	1		0.1	0.0	0.7
Sugars, total g	21.27	0.102	9	A	1		3.62	1.91	51.04
Sucrose g	2.30	0.022	9	A	1		0.39	0.21	5.51
Glucose (dextrose) g	10.25	0.062	9	A	1		1.74	0.92	24.60
Fructose g	8.72	0.061	9	A	1		1.48	0.78	20.92
Lactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	15	0.196	18	A	1		3	1	36
Iron, Fe mg	0.35	0.006	18	A	1		0.06	0.03	0.85
Magnesium, Mg mg	13	0.145	18	A	1		2	1	31
Phosphorus, P mg	26	0.333	18	A	1		4	2	62
Potassium, K mg	281	5.695	18	A	1		48	25	674
Sodium, Na mg	20		1		1		3	2	48
Zinc, Zn mg	0.17	0.005	18	A	1		0.03	0.02	0.41
Copper, Cu mg	0.085	0.003	18	A	1		0.014	0.008	0.204
Manganese, Mn mg	0.084	0.001	18	A	1		0.014	0.008	0.201
Selenium, Se µg	0.7		1	A	1		0.1	0.1	1.6
Vitamins:									
Vitamin C, total ascorbic acid mg	4.1	1.313	6	A	1		0.7	0.4	9.7
Thiamin mg	0.011	0.004	4	A	1		0.002	0.001	0.027
Riboflavin mg	0.166	0.053	6	A	1		0.028	0.015	0.399
Niacin mg	1.434	0.094	6	A	1		0.244	0.129	3.442
Pantothenic acid mg	0.047		2	A	1		0.008	0.004	0.112
Vitamin B-6 mg	0.158	0.009	4	A	1		0.027	0.014	0.378
Folate, total µg	9	0.706	6	A	1		2	1	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9	0.706	6	A	1		2	1	23
Folate, DFE µg	9		0	NC	4		2	1	23
Choline, total mg	12.5		0	AS	1		2.1	1.1	30.0
Betaine mg	0.2		2	A	1		0.0	0.0	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	26		0	AS	1		4	2	63
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	316	29.399	6	A	1		54	28	759
Carotene, alpha µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU IU	527		0	AS	1		90	47	1265
Lycopene µg	12062	445.616	6	A	1		2051	1086	28948
Lutein + zeaxanthin µg	161	2.749	6	A	1		27	14	386
Vitamin E (alpha-tocopherol) mg	1.46		2		1		0.25	0.13	3.50
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2		1		0.00	0.00	0.00
Tocopherol, gamma mg	0.13		2		1		0.02	0.01	0.31
Tocopherol, delta mg	0.00		2		1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11949
Catsup, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.0		3	JO	11		0.5	0.3	7.2
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.014		0	NC	4		0.002	0.001	0.033
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.010		1		1		0.002	0.001	0.024
17:0....g									
18:0....g	0.004		1		1		0.001	0.000	0.009
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0	NC	4		0.003	0.001	0.037
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.000	0.000	0.001
17:1....g									
18:1 undifferentiated....g	0.015		1		1		0.002	0.001	0.035
20:1....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.041		0	NC	4		0.007	0.004	0.098
18:2 undifferentiated....g	0.039		1		1		0.007	0.004	0.094
18:3 undifferentiated....g	0.001		1		1		0.000	0.000	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0	A	1		0.001	0.000	0.011
Threonine....g	0.019		0	A	1		0.003	0.002	0.046
Isoleucine....g	0.014		0	A	1		0.002	0.001	0.034
Leucine....g	0.021		0	A	1		0.004	0.002	0.051
Lysine....g	0.023		0	A	1		0.004	0.002	0.055
Methionine....g	0.005		0	A	1		0.001	0.000	0.011
Cystine....g	0.005		0	A	1		0.001	0.000	0.011
Phenylalanine....g	0.021		0	A	1		0.004	0.002	0.051
Tyrosine....g	0.009		0	A	1		0.002	0.001	0.022
Valine....g	0.014		0	A	1		0.002	0.001	0.034
Arginine....g	0.016		0	A	1		0.003	0.001	0.038
Histidine....g	0.013		0	A	1		0.002	0.001	0.031
Alanine....g	0.033		0	A	1		0.006	0.003	0.079
Aspartic acid....g	0.133		0	A	1		0.023	0.012	0.320
Glutamic acid....g	0.349		0	A	1		0.059	0.031	0.837

NDB No. 11949
Catsup, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.016		0	A	1		0.003	0.001	0.040
Proline....g	0.012		0	A	1		0.002	0.001	0.029
Serine....g	0.021		0	A	1		0.004	0.002	0.051
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 tbsp

Measure 2 = 9.0g: 1 packet

Measure 3 = 240g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11761
Cauliflower, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.00	0.336	7		1		57.66	50.22	
Energy kcal	23		0	NC	4		14	12	
Energy kJ	96		0	NC	4		59	52	
Protein (N x 6.25) g	1.84	0.087	4		1		1.14	0.99	
Total lipid (fat) g	0.45	0.111	4		1		0.28	0.24	
Ash g	0.60	0.062	4		1		0.37	0.32	
Carbohydrate, by difference g	4.11		0	NC	4		2.55	2.22	
Fiber, total dietary g	2.3		6		1		1.4	1.2	
Sugars, total g	1.86		0	O	4		1.15	1.00	
Starch g									
Minerals:									
Calcium, Ca mg	16	0.457	27		1		10	9	
Iron, Fe mg	0.32	0.015	28		1		0.20	0.17	
Magnesium, Mg mg	9	0.358	28		1		6	5	
Phosphorus, P mg	32	1.163	27		1		20	17	
Potassium, K mg	142	6.438	28		1		88	76	
Sodium, Na mg	242		0		4		150	131	
Zinc, Zn mg	0.17	0.006	28		1		0.11	0.09	
Copper, Cu mg	0.018	0.002	28		1		0.011	0.010	
Manganese, Mn mg	0.132	0.004	28		1		0.082	0.071	
Selenium, Se µg	0.6	0.417	18		1		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	44.3	0.257	8		1		27.5	23.9	
Thiamin mg	0.042		0		1		0.026	0.023	
Riboflavin mg	0.052		0		1		0.032	0.028	
Niacin mg	0.410		0		1		0.254	0.221	
Pantothenic acid mg	0.508		0		1		0.315	0.274	
Vitamin B-6 mg	0.173		0		1		0.107	0.093	
Folate, total µg	44	2.277	8		1		27	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	44	2.277	8		1		27	24	
Folate, DFE µg	44		0	NC	4		27	24	
Choline, total mg	39.1		0	AS	1		24.3	21.1	
Betaine mg	0.1		1	A	1		0.1	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	7		0	BFSN	4		4	4	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	12		0	NC	4		7	6	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	29		0	BFSN	4		18	15	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.04	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	13.8		0	BFSN	4		8.6	7.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11761
Cauliflower, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.070		0		1		0.043	0.038	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.062		0		1		0.038	0.033	
17:0....g									
18:0....g	0.008		0		1		0.005	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		1		0.020	0.017	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.032		0		1		0.020	0.017	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.217		0		1		0.135	0.117	
18:2 undifferentiated....g	0.050		0		1		0.031	0.027	
18:3 undifferentiated....g	0.167		0		1		0.104	0.090	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.015	0.013	
Threonine....g	0.067		0		1		0.042	0.036	
Isoleucine....g	0.070		0		1		0.043	0.038	
Leucine....g	0.107		0		1		0.066	0.058	
Lysine....g	0.099		0		1		0.061	0.053	
Methionine....g	0.026		0		1		0.016	0.014	
Cystine....g	0.021		0		1		0.013	0.011	
Phenylalanine....g	0.066		0		1		0.041	0.036	
Tyrosine....g	0.040		0		1		0.025	0.022	
Valine....g	0.092		0		1		0.057	0.050	
Arginine....g	0.089		0		1		0.055	0.048	
Histidine....g	0.037		0		1		0.023	0.020	
Alanine....g	0.097		0		1		0.060	0.052	
Aspartic acid....g	0.216		0		1		0.134	0.117	
Glutamic acid....g	0.245		0		1		0.152	0.132	
Glycine....g	0.059		0		1		0.037	0.032	
Proline....g	0.079		0		1		0.049	0.043	
Serine....g	0.096		0		1		0.060	0.052	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11761
Cauliflower, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 62g: .5 cup (1" pieces)

Measure 2 = 54g: 3 flowerets

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11136
Cauliflower, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.00	0.336	7		1		57.66	50.22	
Energy kcal	23		0	NC	4		14	12	
Energy kJ	96		0	NC	4		59	52	
Protein (N x 6.25) g	1.84	0.087	4		1		1.14	0.99	
Total lipid (fat) g	0.45	0.111	4		1		0.28	0.24	
Ash g	0.60	0.062	4		1		0.37	0.32	
Carbohydrate, by difference g	4.11		0	NC	4		2.55	2.22	
Fiber, total dietary g	2.3		6		1		1.4	1.2	
Sugars, total g	2.08		0	BFSN	4		1.29	1.12	
Starch g									
Minerals:									
Calcium, Ca mg	16	0.457	27		1		10	9	
Iron, Fe mg	0.32	0.015	28		1		0.20	0.17	
Magnesium, Mg mg	9	0.358	28		1		6	5	
Phosphorus, P mg	32	1.163	27		1		20	17	
Potassium, K mg	142	6.438	28		1		88	76	
Sodium, Na mg	15	1.380	28		1		9	8	
Zinc, Zn mg	0.17	0.006	28		1		0.11	0.09	
Copper, Cu mg	0.018	0.002	28		1		0.011	0.010	
Manganese, Mn mg	0.132	0.004	28		1		0.082	0.071	
Selenium, Se µg	0.6	0.417	18		1		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	44.3	0.257	8		1		27.5	23.9	
Thiamin mg	0.042		0		1		0.026	0.023	
Riboflavin mg	0.052		0		1		0.032	0.028	
Niacin mg	0.410		0		1		0.254	0.221	
Pantothenic acid mg	0.508		0		1		0.315	0.274	
Vitamin B-6 mg	0.173		0		1		0.107	0.093	
Folate, total µg	44	2.277	8		1		27	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	44	2.277	8		1		27	24	
Folate, DFE µg	44		0	NC	4		27	24	
Choline, total mg	39.1		0	AS	1		24.3	21.1	
Betaine mg	0.1		1	A	1		0.1	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	7		0	BFSN	4		4	4	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	12		0	NC	4		7	6	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	29		0	BFSN	4		18	15	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.04	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	13.8		0	BFSN	4		8.6	7.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11136

Cauliflower, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.070		0		1		0.043	0.038	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.062		0		1		0.038	0.033	
17:0....g									
18:0....g	0.008		0		1		0.005	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		1		0.020	0.017	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.032		0		1		0.020	0.017	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.217		0		1		0.135	0.117	
18:2 undifferentiated....g	0.050		0		1		0.031	0.027	
18:3 undifferentiated....g	0.167		0		1		0.104	0.090	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.015	0.013	
Threonine....g	0.067		0		1		0.042	0.036	
Isoleucine....g	0.070		0		1		0.043	0.038	
Leucine....g	0.107		0		1		0.066	0.058	
Lysine....g	0.099		0		1		0.061	0.053	
Methionine....g	0.026		0		1		0.016	0.014	
Cystine....g	0.021		0		1		0.013	0.011	
Phenylalanine....g	0.066		0		1		0.041	0.036	
Tyrosine....g	0.040		0		1		0.025	0.022	
Valine....g	0.092		0		1		0.057	0.050	
Arginine....g	0.089		0		1		0.055	0.048	
Histidine....g	0.037		0		1		0.023	0.020	
Alanine....g	0.097		0		1		0.060	0.052	
Aspartic acid....g	0.216		0		1		0.134	0.117	
Glutamic acid....g	0.245		0		1		0.152	0.132	
Glycine....g	0.059		0		1		0.037	0.032	
Proline....g	0.079		0		1		0.049	0.043	
Serine....g	0.096		0		1		0.060	0.052	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11136
Cauliflower, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: .5 cup (1" pieces)

Measure 2 = 54g: 3 flowerets

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11762
Cauliflower, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.00		0		1		169.20		
Energy kcal	17		0	NC	4		31		
Energy kJ	71		0	NC	4		128		
Protein (N x 6.25) g	1.61		0		1		2.90		
Total lipid (fat) g	0.22		0		1		0.40		
Ash g	1.01		0	O	4		1.82		
Carbohydrate, by difference g	3.16		0	NC	4		5.69		
Fiber, total dietary g	2.7		0		4		4.9		
Sugars, total g	0.46		0	O	4		0.83		
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		31		
Iron, Fe mg	0.41		0		1		0.74		
Magnesium, Mg mg	9		0		1		16		
Phosphorus, P mg	24		0		1		43		
Potassium, K mg	139		0		1		250		
Sodium, Na mg	254		0		4		457		
Zinc, Zn mg	0.13		0		1		0.23		
Copper, Cu mg	0.024		0		1		0.043		
Manganese, Mn mg	0.150		0		1		0.270		
Selenium, Se µg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	31.3		0		1		56.3		
Thiamin mg	0.037		0		1		0.067		
Riboflavin mg	0.053		0		1		0.095		
Niacin mg	0.310		0		1		0.558		
Pantothenic acid mg	0.098		0		1		0.176		
Vitamin B-6 mg	0.088		0		1		0.158		
Folate, total µg	41		0		1		74		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		1		74		
Folate, DFE µg	41		0	NC	4		74		
Choline, total mg	33.5		0	BFSN	4		60.4		
Betaine mg	0.1		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6		0	BFSN	4		11		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	10		0	NC	4		18		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	24		0	BFSN	4		44		
Vitamin E (alpha-tocopherol) mg	0.06		0	BFSN	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	11.9		0	BFSN	4		21.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11762

Cauliflower, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.034		0	NC	4		0.061		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.030		0		1		0.053		
17:0....g									
18:0....g	0.004		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0	NC	4		0.028		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.028		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.105		0	NC	4		0.189		
18:2 undifferentiated....g	0.024		0		1		0.044		
18:3 undifferentiated....g	0.081		0		1		0.145		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.038		
Threonine....g	0.059		0		1		0.106		
Isoleucine....g	0.061		0		1		0.110		
Leucine....g	0.094		0		1		0.169		
Lysine....g	0.086		0		1		0.155		
Methionine....g	0.023		0		1		0.041		
Cystine....g	0.019		0		1		0.034		
Phenylalanine....g	0.058		0		1		0.104		
Tyrosine....g	0.035		0		1		0.063		
Valine....g	0.081		0		1		0.146		
Arginine....g	0.078		0		1		0.140		
Histidine....g	0.033		0		1		0.059		
Alanine....g	0.085		0		1		0.153		
Aspartic acid....g	0.189		0		1		0.340		
Glutamic acid....g	0.215		0		1		0.387		
Glycine....g	0.052		0		1		0.094		
Proline....g	0.070		0		1		0.126		
Serine....g	0.084		0		1		0.151		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11762
Cauliflower, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11138
Cauliflower, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.00		0		1		169.20		
Energy kcal	19		0	NC	4		34		
Energy kJ	80		0	NC	4		144		
Protein (N x 6.25) g	1.61		0		1		2.90		
Total lipid (fat) g	0.22		0		1		0.40		
Ash g	0.42		0		1		0.76		
Carbohydrate, by difference g	3.75		0	NC	4		6.75		
Fiber, total dietary g	2.7		0		4		4.9		
Sugars, total g	1.05		0	O	4		1.89		
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		31		
Iron, Fe mg	0.41		0		1		0.74		
Magnesium, Mg mg	9		0		1		16		
Phosphorus, P mg	24		0		1		43		
Potassium, K mg	139		0		1		250		
Sodium, Na mg	18		0		1		32		
Zinc, Zn mg	0.13		0		1		0.23		
Copper, Cu mg	0.024		0		1		0.043		
Manganese, Mn mg	0.150		0		1		0.270		
Selenium, Se µg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	31.3		0		1		56.3		
Thiamin mg	0.037		0		1		0.067		
Riboflavin mg	0.053		0		1		0.095		
Niacin mg	0.310		0		1		0.558		
Pantothenic acid mg	0.098		0		1		0.176		
Vitamin B-6 mg	0.088		0		1		0.158		
Folate, total µg	41		0		1		74		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		1		74		
Folate, DFE µg	41		0	NC	4		74		
Choline, total mg	33.5		0	BFSN	4		60.4		
Betaine mg	0.1		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6		0	BFSN	4		11		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	10		0	NC	4		18		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	24		0	BFSN	4		44		
Vitamin E (alpha-tocopherol) mg	0.06		0	BFSN	4		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	11.9		0	BFSN	4		21.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11138

Cauliflower, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.034		0	NC	4		0.061		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.030		0		1		0.053		
17:0....g									
18:0....g	0.004		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0	NC	4		0.028		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.028		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.105		0	NC	4		0.189		
18:2 undifferentiated....g	0.024		0		1		0.044		
18:3 undifferentiated....g	0.081		0		1		0.145		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.038		
Threonine....g	0.059		0		1		0.106		
Isoleucine....g	0.061		0		1		0.110		
Leucine....g	0.094		0		1		0.169		
Lysine....g	0.086		0		1		0.155		
Methionine....g	0.023		0		1		0.041		
Cystine....g	0.019		0		1		0.034		
Phenylalanine....g	0.058		0		1		0.104		
Tyrosine....g	0.035		0		1		0.063		
Valine....g	0.081		0		1		0.146		
Arginine....g	0.078		0		1		0.140		
Histidine....g	0.033		0		1		0.059		
Alanine....g	0.085		0		1		0.153		
Aspartic acid....g	0.189		0		1		0.340		
Glutamic acid....g	0.215		0		1		0.387		
Glycine....g	0.052		0		1		0.094		
Proline....g	0.070		0		1		0.126		
Serine....g	0.084		0		1		0.151		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11138
Cauliflower, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11137
Cauliflower, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.51	0.119	38		1		61.06	262.73	
Energy kcal	24		0	NC	4		16	68	
Energy kJ	100		0		4		66	285	
Protein (N x 6.25) g	2.01	0.033	40		1		1.33	5.71	
Total lipid (fat) g	0.27	0.041	40		1		0.18	0.77	
Ash g	0.53	0.010	38		1		0.35	1.51	
Carbohydrate, by difference g	4.68		0	NC	4		3.09	13.29	
Fiber, total dietary g	2.3		0		1		1.5	6.5	
Sugars, total g	2.22		0	BFSN	4		1.47	6.31	
Starch g									
Minerals:									
Calcium, Ca mg	22	0.999	40		1		15	62	
Iron, Fe mg	0.54	0.035	40		1		0.36	1.53	
Magnesium, Mg mg	12	0.550	11		1		8	34	
Phosphorus, P mg	35	1.418	19		1		23	99	
Potassium, K mg	193	10.411	13		1		127	548	
Sodium, Na mg	24	3.924	23		1		16	68	
Zinc, Zn mg	0.17	0.011	7		1		0.11	0.48	
Copper, Cu mg	0.031	0.006	5		1		0.020	0.088	
Manganese, Mn mg	0.197	0.015	7		1		0.130	0.559	
Selenium, Se µg	0.8	0.265	4	A	1		0.5	2.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	48.8	1.674	34		1		32.2	138.6	
Thiamin mg	0.051	0.003	40		1		0.034	0.145	
Riboflavin mg	0.070	0.004	40		1		0.046	0.199	
Niacin mg	0.429	0.018	40		1		0.283	1.218	
Pantothenic acid mg	0.136		1		1		0.090	0.386	
Vitamin B-6 mg	0.123	0.013	8		1		0.081	0.349	
Folate, total µg	64		0		1		42	181	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	64		0		1		42	181	
Folate, DFE µg	64		0	NC	4		42	181	
Choline, total mg	41.9		0	BFSY	4		27.6	118.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		0	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	7		0	BFSN	4		5	21	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	12		0	NC	4		8	35	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	31		0	BFSN	4		20	87	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.05	0.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	14.8		0	BFSN	4		9.8	42.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11137
Cauliflower, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0		1		0.027	0.116	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.036		0		1		0.024	0.102	
17:0....g									
18:0....g	0.005		0		1		0.003	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.013	0.054	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.013	0.054	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.128		0		1		0.084	0.364	
18:2 undifferentiated....g	0.029		0		1		0.019	0.082	
18:3 undifferentiated....g	0.098		0		1		0.065	0.278	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		0		1		0.017	0.074	
Threonine....g	0.073		0		1		0.048	0.207	
Isoleucine....g	0.077		0		1		0.051	0.219	
Leucine....g	0.118		0		1		0.078	0.335	
Lysine....g	0.108		0		1		0.071	0.307	
Methionine....g	0.028		0		1		0.018	0.080	
Cystine....g	0.023		0		1		0.015	0.065	
Phenylalanine....g	0.072		0		1		0.048	0.204	
Tyrosine....g	0.044		0		1		0.029	0.125	
Valine....g	0.101		0		1		0.067	0.287	
Arginine....g	0.097		0		1		0.064	0.275	
Histidine....g	0.041		0		1		0.027	0.116	
Alanine....g	0.106		0		1		0.070	0.301	
Aspartic acid....g	0.236		0		1		0.156	0.670	
Glutamic acid....g	0.268		0		1		0.177	0.761	
Glycine....g	0.065		0		1		0.043	0.185	
Proline....g	0.087		0		1		0.057	0.247	
Serine....g	0.105		0		1		0.069	0.298	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11137
Cauliflower, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 66g: .5 cup (1" pieces)

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11967
Cauliflower, green, cooked, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.47		0		1		80.52		
Energy kcal	32		0	NC	4		29		
Energy kJ	134		0		4		120		
Protein (N x 6.25) g	3.04		0		1		2.74		
Total lipid (fat) g	0.31		0		1		0.28		
Ash g	0.90		0		1		0.81		
Carbohydrate, by difference g	6.28		0	NC	4		5.65		
Fiber, total dietary g	3.3		0		4		3.0		
Sugars, total g	3.12		0	BFSN	4		2.81		
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		29		
Iron, Fe mg	0.72		0		1		0.65		
Magnesium, Mg mg	19		0		1		17		
Phosphorus, P mg	57		0		1		51		
Potassium, K mg	278		0		1		250		
Sodium, Na mg	23		0		1		21		
Zinc, Zn mg	0.63		0		1		0.57		
Copper, Cu mg	0.040		0		1		0.036		
Manganese, Mn mg	0.242		0		1		0.218		
Selenium, Se µg	0.8		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	72.6		0		1		65.3		
Thiamin mg	0.070		0		1		0.063		
Riboflavin mg	0.100		0		1		0.090		
Niacin mg	0.681		0		1		0.613		
Pantothenic acid mg	0.681		0		1		0.613		
Vitamin B-6 mg	0.206		0		1		0.185		
Folate, total µg	41		0		1		37		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		1		37		
Folate, DFE µg	41		0	NC	4		37		
Choline, total mg	58.8		0	BFSY	4		53.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	86		0	BFSY	4		78		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	144		0	NC	4		130		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	39		0	BFSY	4		35		
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	20.8		0	BFSN	4		18.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11967

Cauliflower, green, cooked, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.043		0	NC	4		0.039		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.039		0		1		0.035		
17:0....g									
18:0....g	0.004		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0	NC	4		0.027		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.022		
20:1....g	0.001		0		1		0.001		
22:1 undifferentiated....g	0.001		0		1		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.137		0	NC	4		0.123		
18:2 undifferentiated....g	0.030		0		1		0.027		
18:3 undifferentiated....g	0.107		0		1		0.096		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.036		
Threonine....g	0.110		0		1		0.099		
Isoleucine....g	0.116		0		1		0.104		
Leucine....g	0.178		0		1		0.160		
Lysine....g	0.163		0		1		0.147		
Methionine....g	0.043		0		1		0.039		
Cystine....g	0.035		0		1		0.032		
Phenylalanine....g	0.108		0		1		0.097		
Tyrosine....g	0.066		0		1		0.059		
Valine....g	0.153		0		1		0.138		
Arginine....g	0.146		0		1		0.131		
Histidine....g	0.061		0		1		0.055		
Alanine....g	0.161		0		1		0.145		
Aspartic acid....g	0.356		0		1		0.320		
Glutamic acid....g	0.405		0		1		0.365		
Glycine....g	0.098		0		1		0.088		
Proline....g	0.131		0		1		0.118		
Serine....g	0.159		0		1		0.143		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11967
Cauliflower, green, cooked, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: .2 head

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11968
Cauliflower, green, cooked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.47		0		1		55.47		
Energy kcal	32		0	NC	4		20		
Energy kJ	136		0	NC	4		84		
Protein (N x 6.25) g	3.04		0		1		1.88		
Total lipid (fat) g	0.31		0		1		0.19		
Ash g	0.90		0		1		0.56		
Carbohydrate, by difference g	6.28		0	NC	4		3.89		
Fiber, total dietary g	3.3		0		4		2.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		20		
Iron, Fe mg	0.72		0		1		0.45		
Magnesium, Mg mg	19		0		1		12		
Phosphorus, P mg	57		0		1		35		
Potassium, K mg	278		0		1		172		
Sodium, Na mg	259		0		4		161		
Zinc, Zn mg	0.63		0		1		0.39		
Copper, Cu mg	0.040		0		1		0.025		
Manganese, Mn mg	0.242		0		1		0.150		
Selenium, Se µg	0.8		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	72.6		0		1		45.0		
Thiamin mg	0.070		0		1		0.043		
Riboflavin mg	0.100		0		1		0.062		
Niacin mg	0.681		0		1		0.422		
Pantothenic acid mg	0.681		0		1		0.422		
Vitamin B-6 mg	0.206		0		1		0.128		
Folate, total µg	41		0		1		25		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		1		25		
Folate, DFE µg	41		0	NC	4		25		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0		1		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	141		0		1		87		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11968
Cauliflower, green, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.049		0		1		0.030		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.039		0		1		0.024		
17:0....g									
18:0....g	0.004		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0		1		0.018		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.015		
20:1....g	0.001		0		1		0.001		
22:1 undifferentiated....g	0.001		0		1		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.137		0		1		0.085		
18:2 undifferentiated....g	0.030		0		1		0.019		
18:3 undifferentiated....g	0.107		0		1		0.066		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.025		
Threonine....g	0.110		0		1		0.068		
Isoleucine....g	0.116		0		1		0.072		
Leucine....g	0.178		0		1		0.110		
Lysine....g	0.163		0		1		0.101		
Methionine....g	0.043		0		1		0.027		
Cystine....g	0.035		0		1		0.022		
Phenylalanine....g	0.108		0		1		0.067		
Tyrosine....g	0.066		0		1		0.041		
Valine....g	0.153		0		1		0.095		
Arginine....g	0.146		0		1		0.091		
Histidine....g	0.061		0		1		0.038		
Alanine....g	0.161		0		1		0.100		
Aspartic acid....g	0.356		0		1		0.221		
Glutamic acid....g	0.405		0		1		0.251		
Glycine....g	0.098		0		1		0.061		
Proline....g	0.131		0		1		0.081		
Serine....g	0.159		0		1		0.099		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11968
Cauliflower, green, cooked, with salt

Common Measures:
Measure 1 = 62g: .5 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11965

Cauliflower, green, raw

Brassica oleracea (Botrytis group)

Refuse: 39% Leaf stalks, core and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.79	0.265	6		1		57.46	22.45	458.82
Energy kcal	31		0	NC	4		20	8	158
Energy kJ	130		0		4		83	32	663
Protein (N x 6.25) g	2.95	0.080	6		1		1.89	0.74	15.07
Total lipid (fat) g	0.30	0.045	6		1		0.19	0.07	1.52
Ash g	0.88	0.030	6		1		0.56	0.22	4.48
Carbohydrate, by difference g	6.09		0	NC	4		3.90	1.52	31.12
Fiber, total dietary g	3.2		6		1		2.0	0.8	16.4
Sugars, total g	3.03		0	BFSN	4		1.94	0.76	15.48
Starch g									
Minerals:									
Calcium, Ca mg	33	1.409	6		1		21	8	166
Iron, Fe mg	0.73	0.050	6		1		0.47	0.18	3.74
Magnesium, Mg mg	20	0.574	6		1		13	5	100
Phosphorus, P mg	62	1.620	6		1		39	15	315
Potassium, K mg	300	14.599	6		1		192	75	1534
Sodium, Na mg	23	3.486	4		1		15	6	119
Zinc, Zn mg	0.64	0.140	6		1		0.41	0.16	3.27
Copper, Cu mg	0.041	0.005	6		1		0.026	0.010	0.210
Manganese, Mn mg	0.247	0.010	6		1		0.158	0.062	1.262
Selenium, Se µg	0.6		0	BFZN	4		0.4	0.2	3.1
Vitamins:									
Vitamin C, total ascorbic acid mg	88.1	9.347	6		1		56.4	22.0	450.0
Thiamin mg	0.080	0.006	6		1		0.051	0.020	0.407
Riboflavin mg	0.102	0.005	6		1		0.065	0.026	0.521
Niacin mg	0.734	0.079	6		1		0.470	0.184	3.752
Pantothenic acid mg	0.696	0.101	6		1		0.445	0.174	3.555
Vitamin B-6 mg	0.222	0.016	6		1		0.142	0.056	1.134
Folate, total µg	57	4.205	4		1		37	14	293
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	57	4.205	4		1		37	14	293
Folate, DFE µg	57		0	NC	4		37	14	293
Choline, total mg	57.1		0	BFSN	4		36.5	14.3	291.6
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	8		0	NC	4		5	2	40
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	93	25.590	7		1		60	23	476
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	155		0	NC	4		99	39	794
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	42		0	BFSN	4		27	10	213
Vitamin E (alpha-tocopherol) mg	0.04		0	O	4		0.03	0.01	0.20
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	20.2		0	BFSN	4		12.9	5.0	103.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11965
Cauliflower, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.047		0		1		0.030	0.012	0.240
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		2		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.038		2		1		0.024	0.010	0.194
17:0....g									
18:0....g	0.004		2		1		0.003	0.001	0.020
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.018	0.007	0.143
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		2		1		0.003	0.001	0.020
17:1....g									
18:1 undifferentiated....g	0.023		2		1		0.015	0.006	0.118
20:1....g	0.001		2		1		0.001	0.000	0.005
22:1 undifferentiated....g	0.001		2		1		0.001	0.000	0.005
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.133		0		1		0.085	0.033	0.680
18:2 undifferentiated....g	0.029		2		1		0.019	0.007	0.148
18:3 undifferentiated....g	0.104		2		1		0.067	0.026	0.531
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.039		0		1		0.025	0.010	0.199
Threonine....g	0.107		0		1		0.068	0.027	0.547
Isoleucine....g	0.112		0		1		0.072	0.028	0.572
Leucine....g	0.172		0		1		0.110	0.043	0.879
Lysine....g	0.158		0		1		0.101	0.040	0.807
Methionine....g	0.042		0		1		0.027	0.011	0.215
Cystine....g	0.034		0		1		0.022	0.009	0.174
Phenylalanine....g	0.105		0		1		0.067	0.026	0.537
Tyrosine....g	0.064		0		1		0.041	0.016	0.327
Valine....g	0.148		0		1		0.095	0.037	0.756
Arginine....g	0.142		0		1		0.091	0.036	0.726
Histidine....g	0.059		0		1		0.038	0.015	0.301
Alanine....g	0.156		0		1		0.100	0.039	0.797
Aspartic acid....g	0.345		0		1		0.221	0.086	1.763
Glutamic acid....g	0.393		0		1		0.252	0.098	2.008
Glycine....g	0.095		0		1		0.061	0.024	0.485
Proline....g	0.127		0		1		0.081	0.032	0.649
Serine....g	0.154		0		1		0.099	0.039	0.787
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11965
Cauliflower, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 cup

Measure 2 = 25g: 1 floweret

Measure 3 = 511g: 1 head, large (6-7" dia)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11135
Cauliflower, raw
Brassica oleracea (Botrytis Group)

Refuse: 61% Leaf stalks, cores and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.07	0.241	36	JO	11		98.51	11.97	773.39
Energy kcal	25		0	NC	4		26	3	208
Energy kJ	104		0	NC	4		111	14	874
Protein (N x 6.25) g	1.92	0.039	4	A	1		2.06	0.25	16.14
Total lipid (fat) g	0.28	0.020	21	JO	11		0.30	0.04	2.32
Ash g	0.76	0.052	19	JA	6		0.82	0.10	6.41
Carbohydrate, by difference g	4.97		0	NC	4		5.32	0.65	41.74
Fiber, total dietary g	2.0	0.117	4	JA	6		2.2	0.3	17.1
Sugars, total g	1.91	0.094	4	A	1		2.05	0.25	16.08
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.94	0.050	4	A	1		1.01	0.12	7.94
Fructose g	0.97	0.044	4	A	1		1.04	0.13	8.15
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	22	1.002	23	JA	6		24	3	185
Iron, Fe mg	0.42	0.024	23	JA	6		0.45	0.05	3.54
Magnesium, Mg mg	15	0.426	22	JA	6		16	2	124
Phosphorus, P mg	44	1.173	22	JA	6		47	6	373
Potassium, K mg	299	10.621	24	JA	6		319	39	2507
Sodium, Na mg	30	2.626	37	JA	6		32	4	249
Zinc, Zn mg	0.27	0.009	19	JA	6		0.29	0.04	2.28
Copper, Cu mg	0.039	0.003	19	JA	6		0.041	0.005	0.324
Manganese, Mn mg	0.155	0.005	19	JA	6		0.165	0.020	1.298
Selenium, Se µg	0.6		1	A	1		0.6	0.1	5.0
Vitamins:									
Vitamin C, total ascorbic acid mg	48.2	3.773	28	JA	6		51.6	6.3	405.2
Thiamin mg	0.050	0.003	19	JA	6		0.053	0.006	0.418
Riboflavin mg	0.060	0.003	19	JA	6		0.064	0.008	0.506
Niacin mg	0.507	0.019	19	JA	6		0.543	0.066	4.262
Pantothenic acid mg	0.667	0.022	16	JA	6		0.714	0.087	5.604
Vitamin B-6 mg	0.184	0.007	17	JA	6		0.197	0.024	1.545
Folate, total µg	57	5.290	27		1		61	7	479
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	57	5.290	27		1		61	7	479
Folate, DFE µg	57		0	NC	4		61	7	479
Choline, total mg	44.3		0	BFSN	4		47.4	5.8	372.2
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0	0.000	4	A	1		0	0	0
Carotene, alpha µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin µg	1	0.102	4	A	1		1	0	8
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.08	0.01	0.66
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.20		0	A	1		0.21	0.03	1.68
Tocopherol, delta mg	0.00		0	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11135
Cauliflower, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	15.5	0.256	18	JO	11		16.6	2.0	130.1
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.130		0	NC	4		0.139	0.017	1.091
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		2	JA	6		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.018		2	A	1		0.019	0.002	0.151
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.002		2	A	1		0.002	0.000	0.017
16:0....g	0.093		2	A	1		0.099	0.012	0.780
17:0....g	0.001		2	A	1		0.001	0.000	0.008
18:0....g	0.009		2	A	1		0.010	0.001	0.075
20:0....g	0.003		2	A	1		0.003	0.000	0.025
22:0....g	0.002		2	A	1		0.002	0.000	0.017
24:0....g	0.002		2	A	1		0.002	0.000	0.017
Fatty acids, total monounsaturated....g	0.034		0	NC	4		0.037	0.004	0.288
14:1....g	0.002		2	A	1		0.002	0.000	0.017
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.003		0	AS	1		0.003	0.000	0.025
16:1 c....g	0.003		2	A	1		0.003	0.000	0.025
16:1 t....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.027		0	AS	1		0.029	0.004	0.229
18:1 c....g	0.027		2	A	1		0.029	0.004	0.229
18:1 t....g									
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		2	A	1		0.000	0.000	0.000
22:1 t....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g	0.002		2	A	1		0.002	0.000	0.017
Fatty acids, total polyunsaturated....g	0.031		0	NC	4		0.033	0.004	0.261
18:2 undifferentiated....g	0.016		0	AS	1		0.017	0.002	0.135
18:2 n-6 c,c....g	0.013		2	A	1		0.014	0.002	0.109
18:2 CLAs....g	0.003		2	A	1		0.003	0.000	0.025
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		2	A	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.015		0	AS	1		0.016	0.002	0.126
18:3 n-3 c,c,c (ALA)....g	0.015		2	A	1		0.016	0.002	0.126
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 11135
Cauliflower, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	18		0		1		19	2	151
Amino Acids:									
Tryptophan....g	0.020		0	A	1		0.022	0.003	0.169
Threonine....g	0.076		0	A	1		0.081	0.010	0.638
Isoleucine....g	0.071		0	A	1		0.076	0.009	0.594
Leucine....g	0.106		0	A	1		0.113	0.014	0.889
Lysine....g	0.217		0	A	1		0.232	0.028	1.823
Methionine....g	0.020		0	A	1		0.022	0.003	0.169
Cystine....g	0.020		0	A	1		0.022	0.003	0.169
Phenylalanine....g	0.065		0	A	1		0.070	0.009	0.549
Tyrosine....g	0.051		0	A	1		0.054	0.007	0.425
Valine....g	0.125		0	A	1		0.133	0.016	1.046
Arginine....g	0.086		0	A	1		0.092	0.011	0.719
Histidine....g	0.056		0	A	1		0.060	0.007	0.469
Alanine....g	0.116		0	A	1		0.124	0.015	0.974
Aspartic acid....g	0.177		0	A	1		0.189	0.023	1.484
Glutamic acid....g	0.257		0	A	1		0.275	0.033	2.158
Glycine....g	0.071		0	A	1		0.076	0.009	0.594
Proline....g	0.071		0	A	1		0.076	0.009	0.594
Serine....g	0.086		0	A	1		0.092	0.011	0.719
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 107g: 1 cup chopped (1/2" pieces)

Measure 2 = 13.0g: 1 floweret

Measure 3 = 840g: 1 head large (6-7" dia.)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11763
Celeriac, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.30		0		1		143.07		
Energy kcal	27		0	NC	4		42		
Energy kJ	113				4		175		
Protein (N x 6.25) g	0.96		0		1		1.49		
Total lipid (fat) g	0.19		0		1		0.29		
Ash g	0.64		0		1		0.99		
Carbohydrate, by difference g	5.90		0	NC	4		9.15		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1		40		
Iron, Fe mg	0.43		0		1		0.67		
Magnesium, Mg mg	12		0		1		19		
Phosphorus, P mg	66		0		1		102		
Potassium, K mg	173		0		1		268		
Sodium, Na mg	297		0		4		460		
Zinc, Zn mg	0.20		0		4		0.31		
Copper, Cu mg	0.043		0		4		0.067		
Manganese, Mn mg	0.096		0		4		0.149		
Selenium, Se µg	0.4		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6		0		1		5.6		
Thiamin mg	0.027		0		1		0.042		
Riboflavin mg	0.037		0		1		0.057		
Niacin mg	0.427		0		1		0.662		
Pantothenic acid mg	0.203		0		4		0.315		
Vitamin B-6 mg	0.101		0		1		0.157		
Folate, total µg	3		0		4		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3		0		4		5		
Folate, DFE µg	3		0	NC	4		5		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11763
Celeriac, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup pieces

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11142
Celeriac, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.30		0		1		143.07		
Energy kcal	27		0	NC	4		42		
Energy kJ	113				4		175		
Protein (N x 6.25) g	0.96		0		1		1.49		
Total lipid (fat) g	0.19		0		1		0.29		
Ash g	0.64		0		1		0.99		
Carbohydrate, by difference g	5.90		0	NC	4		9.15		
Fiber, total dietary g	1.2		0	BFSN	4		1.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1		40		
Iron, Fe mg	0.43		0		1		0.67		
Magnesium, Mg mg	12		0		1		19		
Phosphorus, P mg	66		0		1		102		
Potassium, K mg	173		0		1		268		
Sodium, Na mg	61		0		1		95		
Zinc, Zn mg	0.20		0		4		0.31		
Copper, Cu mg	0.043		0		4		0.067		
Manganese, Mn mg	0.096		0		4		0.149		
Selenium, Se µg	0.4		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6		0		1		5.6		
Thiamin mg	0.027		0		1		0.042		
Riboflavin mg	0.037		0		1		0.057		
Niacin mg	0.427		0		1		0.662		
Pantothenic acid mg	0.203		0		4		0.315		
Vitamin B-6 mg	0.101		0		1		0.157		
Folate, total µg	3		0		4		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3		0		4		5		
Folate, DFE µg	3		0	NC	4		5		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11142
Celeriac, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup pieces

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11141
Celeriac, raw
Apium graveolens

Refuse: 14% Parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.00		1		1		137.28		
Energy kcal	42		0	NC	4		66		
Energy kJ	176		0		4		274		
Protein (N x 6.25) g	1.50		1		1		2.34		
Total lipid (fat) g	0.30		1		1		0.47		
Ash g	1.00		0		1		1.56		
Carbohydrate, by difference g	9.20		0	NC	4		14.35		
Fiber, total dietary g	1.8		0		4		2.8		
Sugars, total g	1.60		0	T	4		2.50		
Starch g									
Minerals:									
Calcium, Ca mg	43		1		1		67		
Iron, Fe mg	0.70		1		1		1.09		
Magnesium, Mg mg	20		1		1		31		
Phosphorus, P mg	115		1		1		179		
Potassium, K mg	300		1		1		468		
Sodium, Na mg	100		1		1		156		
Zinc, Zn mg	0.33		0		4		0.51		
Copper, Cu mg	0.070		0		4		0.109		
Manganese, Mn mg	0.158		0		4		0.246		
Selenium, Se µg	0.7		0	CAZN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		1		1		12.5		
Thiamin mg	0.050		1		1		0.078		
Riboflavin mg	0.060		1		1		0.094		
Niacin mg	0.700		1		1		1.092		
Pantothenic acid mg	0.352		0		4		0.549		
Vitamin B-6 mg	0.165		0		1		0.257		
Folate, total µg	8		0		4		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		4		12		
Folate, DFE µg	8		0	NC	4		12		
Choline, total mg	9.0		0	BFSN	4		14.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	T	4		0		
Carotene, alpha µg	0		0	T	4		0		
Cryptoxanthin, beta µg	0		0	T	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	T	4		0		
Lutein + zeaxanthin µg	1		0	T	4		2		
Vitamin E (alpha-tocopherol) mg	0.36		0	NR	4		0.56		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	41.0		0	T	4		64.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11141
Celeriac, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.079		0		4		0.123		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.002		0		4		0.003		
15:0....g									
16:0....g	0.069		0		4		0.108		
17:0....g									
18:0....g	0.006		0		4		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.058		0		4		0.090		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.003		
17:1....g									
18:1 undifferentiated....g	0.056		0		4		0.087		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.148		0		4		0.231		
18:2 undifferentiated....g	0.148		0		4		0.231		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 44055
Celery flakes, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.00		0		4				
Energy kcal	319		0	NC	4				
Energy kJ	1334		0	NC	4				
Protein g	11.30		0		4				
Total lipid (fat) g	2.10		0		4				
Ash g	13.90		0	BFSN	4				
Carbohydrate, by difference g	63.70		0	NC	4				
Fiber, total dietary g	27.8		0		4				
Sugars, total g	35.90		0	O	4				
Starch g									
Minerals:									
Calcium, Ca mg	587		0		4				
Iron, Fe mg	7.83		0		4				
Magnesium, Mg mg	196		0		4				
Phosphorus, P mg	402		0		4				
Potassium, K mg	4388		0		4				
Sodium, Na mg	1435		0		4				
Zinc, Zn mg	2.77		0		4				
Copper, Cu mg	0.571		0		4				
Manganese, Mn mg									
Selenium, Se µg	15.3		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	86.5		0		4				
Thiamin mg	0.440		0		4				
Riboflavin mg	0.500		0		4				
Niacin mg	4.640		0		4				
Pantothenic acid mg									
Vitamin B-6 mg	0.460		0		4				
Folate, total µg	107		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	107		0		4				
Folate, DFE µg	107		0	NC	4				
Choline, total mg	122.3		0	BFSN	4				
Betaine mg									
Vitamin B-12 µg	0.00		0		7				
Vitamin B-12, added µg	0.00		0	Z	7				
Vitamin A, RAE µg	98		0	NC	4				
Retinol µg	0		0	BNA	4				
Carotene, beta µg	1177		0	BNA	4				
Carotene, alpha µg	0		0	BNA	4				
Cryptoxanthin, beta µg	0		0	BNA	4				
Vitamin A, IU IU	1962		0	NC	4				
Lycopene µg	0		0	BFSN	4				
Lutein + zeaxanthin µg	5076		0	BFSN	4				
Vitamin E (alpha-tocopherol) mg	5.55		0	O	4				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg	584.2		0	BFSN	4				
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 44055
Celery flakes, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.555		0		4				
4:0....g	0.000		0		4				
6:0....g	0.000		0		4				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.000		0		4				
13:0....g									
14:0....g	0.015		0		4				
15:0....g									
16:0....g	0.480		0		4				
17:0....g									
18:0....g	0.045		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.405		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		4				
17:1....g									
18:1 undifferentiated....g	0.390		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.035		0		4				
18:2 undifferentiated....g	1.035		0		4				
18:3 undifferentiated....g	0.000		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0		7				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11764
Celery, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.11		0		1		141.17	70.58	
Energy kcal	18		0	NC	4		26	13	
Energy kJ	74		0	NC	4		111	55	
Protein (N x 6.25) g	0.83		0		1		1.25	0.62	
Total lipid (fat) g	0.16		0		1		0.24	0.12	
Ash g	0.90		0		1		1.35	0.68	
Carbohydrate, by difference g	4.00		0	NC	4		6.00	3.00	
Fiber, total dietary g	1.6		1	A	1		2.4	1.2	
Sugars, total g	2.37		0	NC	4		3.55	1.77	
Sucrose g	0.14		0	BFSN	4		0.21	0.10	
Glucose (dextrose) g	0.71		0	BFSN	4		1.07	0.53	
Fructose g	0.66		0	BFSN	4		0.99	0.49	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.00		0	BFSN	4		0.00	0.00	
Galactose g	0.85		0	BFSN	4		1.28	0.64	
Starch g									
Minerals:									
Calcium, Ca mg	42		0		1		63	32	
Iron, Fe mg	0.42		0		1		0.63	0.32	
Magnesium, Mg mg	12		0		1		18	9	
Phosphorus, P mg	25		0		1		38	19	
Potassium, K mg	284		0		1		426	213	
Sodium, Na mg	327		0		1		491	245	
Zinc, Zn mg	0.14		0		1		0.21	0.11	
Copper, Cu mg	0.036		0		1		0.054	0.027	
Manganese, Mn mg	0.106		0		1		0.159	0.080	
Selenium, Se µg	1.0		0	BFSN	4		1.5	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.1		0		1		9.2	4.6	
Thiamin mg	0.043		0		1		0.065	0.032	
Riboflavin mg	0.047		0		1		0.071	0.035	
Niacin mg	0.319		0		1		0.479	0.239	
Pantothenic acid mg	0.195		0		1		0.293	0.146	
Vitamin B-6 mg	0.086		0		1		0.129	0.065	
Folate, total µg	22		0		1		33	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	22		0		1		33	17	
Folate, DFE µg	22		0	NC	4		33	17	
Choline, total mg	7.9		0	BFSY	4		11.9	5.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	26		0	NC	4		39	20	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	313		0	BFSY	4		469	235	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	521		0	NC	4		782	391	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	329		0	BFSY	4		493	246	
Vitamin E (alpha-tocopherol) mg	0.35		0	BFSN	4		0.52	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11764
Celery, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	37.8		0	BFSN	4		56.7	28.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.040		0		1		0.060	0.030	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002	0.001	
15:0....g									
16:0....g	0.035		0		1		0.053	0.026	
17:0....g									
18:0....g	0.004		0		1		0.006	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.045	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.044	0.022	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.075		0		1		0.113	0.056	
18:2 undifferentiated....g	0.075		0		1		0.113	0.056	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	7		0		1		11	5	
Amino Acids:									
Tryptophan....g	0.011		0		1		0.017	0.008	
Threonine....g	0.024		0		1		0.036	0.018	
Isoleucine....g	0.025		0		1		0.038	0.019	
Leucine....g	0.039		0		1		0.059	0.029	
Lysine....g	0.032		0		1		0.048	0.024	
Methionine....g	0.007		0		1		0.011	0.005	
Cystine....g	0.005		0		1		0.008	0.004	
Phenylalanine....g	0.024		0		1		0.036	0.018	
Tyrosine....g	0.011		0		1		0.017	0.008	
Valine....g	0.033		0		1		0.050	0.025	
Arginine....g	0.024		0		1		0.036	0.018	
Histidine....g	0.014		0		1		0.021	0.011	
Alanine....g	0.027		0		1		0.041	0.020	
Aspartic acid....g	0.141		0		1		0.212	0.106	
Glutamic acid....g	0.107		0		1		0.161	0.080	

NDB No. 11764
Celery, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.026		0		1		0.039	0.020	
Proline....g	0.022		0		1		0.033	0.017	
Serine....g	0.024		0		1		0.036	0.018	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, diced

Measure 2 = 75g: 2 stalks

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11144
Celery, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.11		0		1		141.17	70.58	
Energy kcal	18		0	NC	4		26	13	
Energy kJ	74		0	NC	4		111	56	
Protein (N x 6.25) g	0.83		0		1		1.25	0.62	
Total lipid (fat) g	0.16		0		1		0.24	0.12	
Ash g	0.90		0		1		1.35	0.68	
Carbohydrate, by difference g	4.00		0	NC	4		6.00	3.00	
Fiber, total dietary g	1.6		0		4		2.4	1.2	
Sugars, total g	2.37		0	NC	4		3.55	1.77	
Sucrose g	0.14		0	BFSN	4		0.21	0.10	
Glucose (dextrose) g	0.71		0	BFSN	4		1.07	0.53	
Fructose g	0.66		0	BFSN	4		0.99	0.49	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.00		0	BFSN	4		0.00	0.00	
Galactose g	0.85		0	BFSN	4		1.28	0.64	
Starch g									
Minerals:									
Calcium, Ca mg	42		0		1		63	32	
Iron, Fe mg	0.42		0		1		0.63	0.32	
Magnesium, Mg mg	12		0		1		18	9	
Phosphorus, P mg	25		0		1		38	19	
Potassium, K mg	284		0		1		426	213	
Sodium, Na mg	91		0		1		137	68	
Zinc, Zn mg	0.14		0		1		0.21	0.11	
Copper, Cu mg	0.036		0		1		0.054	0.027	
Manganese, Mn mg	0.106		0		1		0.159	0.080	
Selenium, Se µg	1.0		0	BFSN	4		1.5	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.1		0		1		9.2	4.6	
Thiamin mg	0.023		0	BFSY	4		0.034	0.017	
Riboflavin mg	0.070		0	BFSY	4		0.105	0.053	
Niacin mg	0.372		0	BFSY	4		0.557	0.279	
Pantothenic acid mg	0.317		0	BFSN	4		0.475	0.238	
Vitamin B-6 mg	0.086		0	BFSY	4		0.128	0.064	
Folate, total µg	33		0	BFSY	4		49	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	33		0	BFSY	4		49	24	
Folate, DFE µg	33		0	NC	4		49	24	
Choline, total mg	7.9		0	BFSY	4		11.9	5.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	26		0	NC	4		39	20	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	313		0	BFSY	4		469	235	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	521		0	NC	4		782	391	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	329		0	BFSY	4		493	246	
Vitamin E (alpha-tocopherol) mg	0.35		0	BFSN	4		0.52	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11144

Celery, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	37.8		0	BFSN	4		56.7	28.4	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.040		0		1		0.060	0.030	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.001	
15:0....g									
16:0....g	0.035		0		1		0.053	0.026	
17:0....g									
18:0....g	0.004		0		1		0.006	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.045	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.044	0.022	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.075		0		1		0.113	0.056	
18:2 undifferentiated....g	0.075		0		1		0.113	0.056	
18:3 undifferentiated....g	0.000		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	7		0		1		11	5	
Amino Acids:									
Tryptophan....g	0.011		0		1		0.017	0.008	
Threonine....g	0.024		0		1		0.036	0.018	
Isoleucine....g	0.025		0		1		0.038	0.019	
Leucine....g	0.039		0		1		0.059	0.029	
Lysine....g	0.032		0		1		0.048	0.024	
Methionine....g	0.007		0		1		0.011	0.005	
Cystine....g	0.005		0		1		0.008	0.004	
Phenylalanine....g	0.024		0		1		0.036	0.018	
Tyrosine....g	0.011		0		1		0.017	0.008	
Valine....g	0.033		0		1		0.050	0.025	
Arginine....g	0.024		0		1		0.036	0.018	
Histidine....g	0.014		0		1		0.021	0.011	
Alanine....g	0.027		0		1		0.041	0.020	
Aspartic acid....g	0.141		0		1		0.212	0.106	
Glutamic acid....g	0.107		0		1		0.161	0.080	

NDB No. 11144
Celery, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.026		0		1		0.039	0.020	
Proline....g	0.022		0		1		0.033	0.017	
Serine....g	0.024		0		1		0.036	0.018	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, diced

Measure 2 = 75g: 2 stalks

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11143
Celery, raw
Apium graveolens

Refuse: 11% Roots and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.43	0.124	18	JO	11		96.39	104.97	7.16
Energy kcal	16		0	NC	4		16	18	1
Energy kJ	67		0	NC	4		68	74	5
Protein g	0.69	0.047	8	A	1		0.69	0.75	0.05
Total lipid (fat) g	0.17	0.042	15	JO	11		0.17	0.19	0.01
Ash g	0.75	0.032	8	A	1		0.76	0.82	0.06
Carbohydrate, by difference g	2.97		0	NC	4		3.00	3.26	0.22
Fiber, total dietary g	1.6	0.145	8	A	1		1.6	1.8	0.1
Sugars, total g	1.34		0	O	4		1.36	1.48	0.10
Sucrose g	0.08	0.044	15	JA	6		0.08	0.09	0.01
Glucose (dextrose) g	0.40	0.089	15	JA	6		0.41	0.45	0.03
Fructose g	0.37	0.032	15	JA	6		0.38	0.41	0.03
Lactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose g	0.48	0.072	4	A	1		0.49	0.53	0.04
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	40	1.639	55	JA	6		41	44	3
Iron, Fe mg	0.20	0.014	56	JA	6		0.20	0.22	0.01
Magnesium, Mg mg	11	0.330	56	JA	6		11	12	1
Phosphorus, P mg	24	0.745	55	JA	6		24	27	2
Potassium, K mg	260	7.963	56	JA	6		263	286	20
Sodium, Na mg	80	3.462	56	JA	6		81	88	6
Zinc, Zn mg	0.13	0.012	55	JA	6		0.13	0.15	0.01
Copper, Cu mg	0.035	0.004	55	JA	6		0.035	0.038	0.003
Manganese, Mn mg	0.103	0.005	56	JA	6		0.104	0.114	0.008
Selenium, Se µg	0.4	0.199	36	JA	6		0.4	0.4	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1	1.189	8	A	1		3.1	3.4	0.2
Thiamin mg	0.021	0.001	8	A	1		0.021	0.023	0.002
Riboflavin mg	0.057	0.005	8	A	1		0.058	0.063	0.004
Niacin mg	0.320	0.043	6	A	1		0.324	0.352	0.024
Pantothenic acid mg	0.246	0.019	8	A	1		0.248	0.270	0.018
Vitamin B-6 mg	0.074	0.011	8	A	1		0.075	0.081	0.006
Folate, total µg	36	10.113	8	A	1		36	40	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	36	10.113	8	A	1		36	40	3
Folate, DFE µg	36		0	NC	4		36	40	3
Choline, total mg	6.1		0	AS	1		6.2	6.8	0.5
Betaine mg	0.1		2	A	1		0.1	0.1	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	22		0	AS	1		23	25	2
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	270	35.501	6	A	1		272	297	20
Carotene, alpha µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU IU	449		0	AS	1		454	494	34
Lycopene µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin µg	283	37.081	6	A	1		286	311	21
Vitamin E (alpha-tocopherol) mg	0.27	0.072	13	JO	11		0.27	0.30	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Tocopherol, gamma mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Tocopherol, delta mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01	0.003	7	JO	11		0.01	0.01	0.00
Tocotrienol, beta mg	0.00	0.000	7	JO	11		0.00	0.00	0.00

NDB No. 11143
Celery, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	7	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	7	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	29.3	3.247	9	JO	11		29.6	32.3	2.2
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.042		0	NC	4		0.043	0.046	0.003
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.001	0.000
15:0....g									
16:0....g	0.037		0	BFFN	4		0.037	0.041	0.003
17:0....g									
18:0....g	0.004		0	BFFN	4		0.004	0.005	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0	NC	4		0.032	0.035	0.002
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFFN	4		0.001	0.001	0.000
17:1....g									
18:1 undifferentiated....g	0.031		0	BFFN	4		0.031	0.034	0.002
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.079		0	NC	4		0.080	0.087	0.006
18:2 undifferentiated....g	0.079		0	BFFN	4		0.080	0.087	0.006
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	6		1		1		6	7	0
Amino Acids:									
Tryptophan....g	0.009		0	DA	1		0.009	0.010	0.001
Threonine....g	0.020		0	DA	1		0.020	0.022	0.002
Isoleucine....g	0.021		0	DA	1		0.021	0.023	0.002
Leucine....g	0.032		0	DA	1		0.032	0.035	0.002
Lysine....g	0.027		0	DA	1		0.027	0.029	0.002
Methionine....g	0.005		0	DA	1		0.006	0.006	0.000
Cystine....g	0.004		0	DA	1		0.004	0.004	0.000
Phenylalanine....g	0.020		0	DA	1		0.020	0.022	0.002
Tyrosine....g	0.009		0	DA	1		0.009	0.010	0.001
Valine....g	0.027		0	DA	1		0.028	0.030	0.002
Arginine....g	0.020		0	DA	1		0.020	0.022	0.002
Histidine....g	0.012		0	DA	1		0.012	0.013	0.001
Alanine....g	0.023		0	DA	1		0.023	0.025	0.002

NDB No. 11143
Celery, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.117		0	DA	1		0.118	0.129	0.009
Glutamic acid....g	0.090		0	DA	1		0.090	0.099	0.007
Glycine....g	0.021		0	DA	1		0.021	0.023	0.002
Proline....g	0.018		0	DA	1		0.018	0.020	0.001
Serine....g	0.020		0	DA	1		0.020	0.022	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 cup chopped

Measure 2 = 110g: 1 NLEA serving

Measure 3 = 7.5g: 1 tbsp

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11145
Celtuce, raw
Lactuca sativa

Refuse: 25% Tough leaves and stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.50		2		1		7.56		
Energy kcal	18		0	NC	4		1		
Energy kJ	75				4		6		
Protein (N x 6.25) g	0.85		2		1		0.07		
Total lipid (fat) g	0.30		2		1		0.02		
Ash g	0.70		0		1		0.06		
Carbohydrate, by difference g	3.65		0	NC	4		0.29		
Fiber, total dietary g	1.7		0	BFSN	4		0.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		2		1		3		
Iron, Fe mg	0.55		2		1		0.04		
Magnesium, Mg mg	28		2		1		2		
Phosphorus, P mg	39		2		1		3		
Potassium, K mg	330		2		1		26		
Sodium, Na mg	11		2		1		1		
Zinc, Zn mg	0.27		0		4		0.02		
Copper, Cu mg	0.040		0		4		0.003		
Manganese, Mn mg	0.688		0		4		0.055		
Selenium, Se µg	0.9		0	CAZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	19.5		2		1		1.6		
Thiamin mg	0.055		2		1		0.004		
Riboflavin mg	0.070		2		1		0.006		
Niacin mg	0.550		2		1		0.044		
Pantothenic acid mg	0.183		0		4		0.015		
Vitamin B-6 mg	0.050		0		4		0.004		
Folate, total µg	46		0		4		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	46		0		4		4		
Folate, DFE µg	46		0	NC	4		4		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	175		1		1		14		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3500		1		1		280		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11145
Celtuce, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	11		0		1		1		
Amino Acids:									
Tryptophan....g	0.006		0		1		0.000		
Threonine....g	0.039		0		1		0.003		
Isoleucine....g	0.055		0		1		0.004		
Leucine....g	0.052		0		1		0.004		
Lysine....g	0.055		0		1		0.004		
Methionine....g	0.010		0		1		0.001		
Cystine....g	0.010		0		1		0.001		
Phenylalanine....g	0.036		0		1		0.003		
Tyrosine....g	0.021		0		1		0.002		
Valine....g	0.046		0		1		0.004		
Arginine....g	0.046		0		1		0.004		
Histidine....g	0.015		0		1		0.001		
Alanine....g	0.037		0		1		0.003		
Aspartic acid....g	0.093		0		1		0.007		
Glutamic acid....g	0.119		0		1		0.010		
Glycine....g	0.037		0		1		0.003		
Proline....g	0.032		0		1		0.003		
Serine....g	0.026		0		1		0.002		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 8.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11765
Chard, swiss, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.65		0		1		162.14		
Energy kcal	20		0	NC	4		35		
Energy kJ	84		0	NC	4		146		
Protein (N x 6.25) g	1.88		1		1		3.29		
Total lipid (fat) g	0.08		1		1		0.14		
Ash g	1.26		1		1		2.21		
Carbohydrate, by difference g	4.13		0	NC	4		7.23		
Fiber, total dietary g	2.1		1	A	1		3.7		
Sugars, total g	1.10		0	BFSN	4		1.93		
Starch g									
Minerals:									
Calcium, Ca mg	58		1		1		102		
Iron, Fe mg	2.26		1		1		3.96		
Magnesium, Mg mg	86		1		1		151		
Phosphorus, P mg	33		1		1		58		
Potassium, K mg	549		1		1		961		
Sodium, Na mg	415		0		4		726		
Zinc, Zn mg	0.33		0		4		0.58		
Copper, Cu mg	0.163		0		4		0.285		
Manganese, Mn mg	0.334		0		4		0.585		
Selenium, Se µg	0.9		0	CAZN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.0		0		1		31.5		
Thiamin mg	0.034		0		1		0.060		
Riboflavin mg	0.086		0		1		0.151		
Niacin mg	0.360		0		1		0.630		
Pantothenic acid mg	0.163		0		1		0.285		
Vitamin B-6 mg	0.085		0		4		0.149		
Folate, total µg	9		0		4		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		15		
Folate, DFE µg	9		0	NC	4		15		
Choline, total mg	28.7		0	BFSN	4		50.3		
Betaine mg	0.1		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	306		0	NC	4		536		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3652		0	BFSN	4		6391		
Carotene, alpha µg	45		0	BFSN	4		79		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	6124		0	NC	4		10717		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	11015		0	BFSN	4		19276		
Vitamin E (alpha-tocopherol) mg	1.89		0	BFSN	4		3.31		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	327.3		0	BFSN	4		572.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11765

Chard, swiss, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.032		
Threonine....g	0.086		0		1		0.151		
Isoleucine....g	0.154		0		1		0.270		
Leucine....g	0.135		0		1		0.236		
Lysine....g	0.103		0		1		0.180		
Methionine....g	0.020		0		1		0.035		
Cystine....g									
Phenylalanine....g	0.114		0		1		0.200		
Tyrosine....g									
Valine....g	0.114		0		1		0.200		
Arginine....g	0.122		0		1		0.214		
Histidine....g	0.038		0		1		0.067		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11148
Chard, swiss, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.65		0		1		162.14		
Energy kcal	20		0	NC	4		35		
Energy kJ	84		0	NC	4		146		
Protein (N x 6.25) g	1.88		1		1		3.29		
Total lipid (fat) g	0.08		1		1		0.14		
Ash g	1.26		1		1		2.21		
Carbohydrate, by difference g	4.13		0	NC	4		7.23		
Fiber, total dietary g	2.1		0		4		3.7		
Sugars, total g	1.10		0	BFSN	4		1.93		
Starch g									
Minerals:									
Calcium, Ca mg	58		1		1		102		
Iron, Fe mg	2.26		1		1		3.96		
Magnesium, Mg mg	86		1		1		151		
Phosphorus, P mg	33		1		1		58		
Potassium, K mg	549		1		1		961		
Sodium, Na mg	179		1		1		313		
Zinc, Zn mg	0.33		0		4		0.58		
Copper, Cu mg	0.163		0		4		0.285		
Manganese, Mn mg	0.334		0		4		0.585		
Selenium, Se µg	0.9		0	CAZN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.0		0		1		31.5		
Thiamin mg	0.034		0		1		0.060		
Riboflavin mg	0.086		0		1		0.151		
Niacin mg	0.360		0		1		0.630		
Pantothenic acid mg	0.163		0		1		0.285		
Vitamin B-6 mg	0.085		0		4		0.149		
Folate, total µg	9		0		4		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		15		
Folate, DFE µg	9		0	NC	4		15		
Choline, total mg	28.7		0	BFSN	4		50.3		
Betaine mg	0.1		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	306		0	NC	4		536		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3652		0	BFSN	4		6391		
Carotene, alpha µg	45		0	BFSN	4		79		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	6124		0	NC	4		10717		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	11015		0	BFSN	4		19276		
Vitamin E (alpha-tocopherol) mg	1.89		0	BFSN	4		3.31		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	327.3		0	BFSN	4		572.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11148

Chard, swiss, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.012		0		4		0.021		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.012		0		4		0.021		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		4		0.028		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.016		0		4		0.028		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.028		0		4		0.049		
18:2 undifferentiated....g	0.025		0		4		0.044		
18:3 undifferentiated....g	0.003		0		4		0.005		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0		1		0.032		
Threonine....g	0.086		0		1		0.151		
Isoleucine....g	0.154		0		1		0.270		
Leucine....g	0.135		0		1		0.236		
Lysine....g	0.103		0		1		0.180		
Methionine....g	0.020		0		1		0.035		
Cystine....g									
Phenylalanine....g	0.114		0		1		0.200		
Tyrosine....g									
Valine....g	0.114		0		1		0.200		
Arginine....g	0.122		0		1		0.214		
Histidine....g	0.038		0		1		0.067		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11148
Chard, swiss, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11147

Chard, swiss, raw

Beta vulgaris subsp. vulagaris

Refuse: 8% Tough stems and damaged leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.66		2		1		33.36	44.48	
Energy kcal	19		0	NC	4		7	9	
Energy kJ	79		0		4		29	38	
Protein (N x 6.25) g	1.80		1		1		0.65	0.86	
Total lipid (fat) g	0.20		1		1		0.07	0.10	
Ash g	1.60		0		1		0.58	0.77	
Carbohydrate, by difference g	3.74		0	NC	4		1.35	1.80	
Fiber, total dietary g	1.6		0		1		0.6	0.8	
Sugars, total g	1.10		0	T	4		0.40	0.53	
Starch g									
Minerals:									
Calcium, Ca mg	51		1		1		18	24	
Iron, Fe mg	1.80		1		1		0.65	0.86	
Magnesium, Mg mg	81		2		1		29	39	
Phosphorus, P mg	46		1		1		17	22	
Potassium, K mg	379		2		1		136	182	
Sodium, Na mg	213		2		1		77	102	
Zinc, Zn mg	0.36		0		4		0.13	0.17	
Copper, Cu mg	0.179		0		4		0.064	0.086	
Manganese, Mn mg	0.366		0		4		0.132	0.176	
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	30.0		1		1		10.8	14.4	
Thiamin mg	0.040		1		1		0.014	0.019	
Riboflavin mg	0.090		1		1		0.032	0.043	
Niacin mg	0.400		1		1		0.144	0.192	
Pantothenic acid mg	0.172		0		1		0.062	0.083	
Vitamin B-6 mg	0.099		0		4		0.036	0.048	
Folate, total µg	14		0		4		5	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		4		5	7	
Folate, DFE µg	14		0	NC	4		5	7	
Choline, total mg	18.0		0	BFSN	4		6.5	8.6	
Betaine mg	0.3		0	BFSN	4		0.1	0.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	306		0	AS	1		110	147	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	3647	921.530	69	A	1		1313	1751	
Carotene, alpha µg	45	12.735	69	A	1		16	22	
Cryptoxanthin, beta µg	0		17	A	1		0	0	
Vitamin A, IU IU	6116		0	AS	1		2202	2936	
Lycopene µg	0		0	T	4		0	0	
Lutein + zeaxanthin µg	11000		0	T	4		3960	5280	
Vitamin E (alpha-tocopherol) mg	1.89		0	O	4		0.68	0.91	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	830.0		0	T	4		298.8	398.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11147
Chard, swiss, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.030		0		4		0.011	0.014	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.030		0		4		0.011	0.014	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0		4		0.014	0.019	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.040		0		4		0.014	0.019	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0		4		0.025	0.034	
18:2 undifferentiated....g	0.063		0		4		0.023	0.030	
18:3 undifferentiated....g	0.007		0		4		0.003	0.003	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		4		1		0.006	0.008	
Threonine....g	0.083		4		1		0.030	0.040	
Isoleucine....g	0.147		4		1		0.053	0.071	
Leucine....g	0.130		4		1		0.047	0.062	
Lysine....g	0.099		7		1		0.036	0.048	
Methionine....g	0.019		6		1		0.007	0.009	
Cystine....g									
Phenylalanine....g	0.110		4		1		0.040	0.053	
Tyrosine....g									
Valine....g	0.110		4		1		0.040	0.053	
Arginine....g	0.117		4		1		0.042	0.056	
Histidine....g	0.036		4		1		0.013	0.017	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11147
Chard, swiss, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 cup

Measure 2 = 48g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11766
Chayote, fruit, cooked, boiled, drained, with salt

christophine
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.43		0		1		149.49		
Energy kcal	22		0	NC	4		35		
Energy kJ	90		0	NC	4		144		
Protein (N x 6.25) g	0.62		1		1		0.99		
Total lipid (fat) g	0.48		1		1		0.77		
Ash g	0.97		0	O	4		1.55		
Carbohydrate, by difference g	4.50		0	NC	4		7.20		
Fiber, total dietary g	2.8		0	BFSN	4		4.5		
Sugars, total g	1.89		0	BFSN	4		3.03		
Starch g									
Minerals:									
Calcium, Ca mg	13		1		1		21		
Iron, Fe mg	0.22		1		1		0.35		
Magnesium, Mg mg	12		1		1		19		
Phosphorus, P mg	29		1		1		46		
Potassium, K mg	173		1		1		277		
Sodium, Na mg	237		0		4		379		
Zinc, Zn mg	0.31		0		4		0.50		
Copper, Cu mg	0.110		0		4		0.176		
Manganese, Mn mg	0.169		0		4		0.270		
Selenium, Se µg	0.3		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		0		1		12.8		
Thiamin mg	0.026		0		1		0.042		
Riboflavin mg	0.040		0		1		0.064		
Niacin mg	0.420		0		1		0.672		
Pantothenic acid mg	0.408		0		1		0.653		
Vitamin B-6 mg	0.118		0		4		0.189		
Folate, total µg	18		0		4		29		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		4		29		
Folate, DFE µg	18		0	NC	4		29		
Choline, total mg	10.5		0	BFSY	4		16.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSY	4		0		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.22		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.7		0	BFSN	4		7.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11766

Chayote, fruit, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.031		0	NC	4		0.049		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.027		0	BFSN	4		0.044		
17:0....g									
18:0....g	0.003		0	BFSN	4		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0	NC	4		0.016		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.010		0	BFSN	4		0.016		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.065		0	NC	4		0.104		
18:2 undifferentiated....g	0.024		0	BFSN	4		0.038		
18:3 undifferentiated....g	0.041		0	BFSN	4		0.066		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.013		
Threonine....g	0.031		0		1		0.050		
Isoleucine....g	0.033		0		1		0.053		
Leucine....g	0.058		0		1		0.093		
Lysine....g	0.030		0		1		0.048		
Methionine....g	0.001		0		1		0.002		
Cystine....g									
Phenylalanine....g	0.036		0		1		0.058		
Tyrosine....g	0.024		0		1		0.038		
Valine....g	0.047		0		1		0.075		
Arginine....g	0.026		0		1		0.042		
Histidine....g	0.011		0		1		0.018		
Alanine....g	0.038		0		1		0.061		
Aspartic acid....g	0.069		0		1		0.110		
Glutamic acid....g	0.094		0		1		0.150		
Glycine....g	0.031		0		1		0.050		
Proline....g	0.033		0		1		0.053		
Serine....g	0.035		0		1		0.056		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11766

Chayote, fruit, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11150
Chayote, fruit, cooked, boiled, drained, without salt

christophine
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.43		0		1		149.49		
Energy kcal	24		0	NC	4		38		
Energy kJ	100		0		4		161		
Protein (N x 6.25) g	0.62		1		1		0.99		
Total lipid (fat) g	0.48		1		1		0.77		
Ash g	0.38		1		1		0.61		
Carbohydrate, by difference g	5.09		0	NC	4		8.14		
Fiber, total dietary g	2.8		0	BFSN	4		4.5		
Sugars, total g	1.89		0	BFSN	4		3.03		
Starch g									
Minerals:									
Calcium, Ca mg	13		1		1		21		
Iron, Fe mg	0.22		1		1		0.35		
Magnesium, Mg mg	12		1		1		19		
Phosphorus, P mg	29		1		1		46		
Potassium, K mg	173		1		1		277		
Sodium, Na mg	1		1		1		2		
Zinc, Zn mg	0.31		0		4		0.50		
Copper, Cu mg	0.110		0		4		0.176		
Manganese, Mn mg	0.169		0		4		0.270		
Selenium, Se µg	0.3		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		0		1		12.8		
Thiamin mg	0.026		0		1		0.042		
Riboflavin mg	0.040		0		1		0.064		
Niacin mg	0.420		0		1		0.672		
Pantothenic acid mg	0.408		0		1		0.653		
Vitamin B-6 mg	0.118		0		4		0.189		
Folate, total µg	18		0		4		29		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		4		29		
Folate, DFE µg	18		0	NC	4		29		
Choline, total mg	10.5		0	BFSY	4		16.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSY	4		0		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.22		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.7		0	BFSN	4		7.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11150

Chayote, fruit, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.000		0	BFSN	4		0.000		
17:0....g									
18:0....g	0.000		0	BFSN	4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0	NC	4		0.000		
18:2 undifferentiated....g	0.000		0	BFSN	4		0.000		
18:3 undifferentiated....g	0.000		0	BFSN	4		0.000		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.013		
Threonine....g	0.031		0		1		0.050		
Isoleucine....g	0.033		0		1		0.053		
Leucine....g	0.058		0		1		0.093		
Lysine....g	0.030		0		1		0.048		
Methionine....g	0.001		0		1		0.002		
Cystine....g									
Phenylalanine....g	0.036		0		1		0.058		
Tyrosine....g	0.024		0		1		0.038		
Valine....g	0.047		0		1		0.075		
Arginine....g	0.026		0		1		0.042		
Histidine....g	0.011		0		1		0.018		
Alanine....g	0.038		0		1		0.061		
Aspartic acid....g	0.069		0		1		0.110		
Glutamic acid....g	0.094		0		1		0.150		
Glycine....g	0.031		0		1		0.050		
Proline....g	0.033		0		1		0.053		
Serine....g	0.035		0		1		0.056		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11150
Chayote, fruit, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11149
Chayote, fruit, raw
Sechium edule
christophine
Refuse: 1% End and stem

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.24	0.539	3	A	1		124.40	191.31	
Energy kcal	19		0	NC	4		25	39	
Energy kJ	80		0	NC	4		106	163	
Protein (N x 6.25) g	0.82	0.125	3	A	1		1.08	1.66	
Total lipid (fat) g	0.13	0.069	3	A	1		0.17	0.26	
Ash g	0.30	0.045	3	A	1		0.40	0.61	
Carbohydrate, by difference g	4.51		0	NC	4		5.95	9.16	
Fiber, total dietary g	1.7	0.534	3	A	1		2.2	3.5	
Sugars, total g	1.66		0	BFSN	4		2.19	3.37	
Starch g									
Minerals:									
Calcium, Ca mg	17	0.748	3	A	1		22	35	
Iron, Fe mg	0.34		2	A	1		0.45	0.69	
Magnesium, Mg mg	12	1.194	3	A	1		16	24	
Phosphorus, P mg	18	3.209	3	A	1		24	37	
Potassium, K mg	125	10.285	3	A	1		165	254	
Sodium, Na mg	2		2	A	1		3	4	
Zinc, Zn mg	0.74	0.434	3	A	1		0.98	1.50	
Copper, Cu mg	0.123		0		4		0.162	0.250	
Manganese, Mn mg	0.189		0		4		0.249	0.384	
Selenium, Se µg	0.2		0	BFSN	4		0.3	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.7	1.360	3	A	1		10.2	15.6	
Thiamin mg	0.025	0.003	3	A	1		0.033	0.051	
Riboflavin mg	0.029	0.006	3	A	1		0.038	0.059	
Niacin mg	0.470	0.028	3	A	1		0.620	0.954	
Pantothenic acid mg	0.249	0.097	3	A	1		0.329	0.505	
Vitamin B-6 mg	0.076	0.023	3	A	1		0.100	0.154	
Folate, total µg	93	28.609	3	A	1		123	189	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	93	28.609	3	A	1		123	189	
Folate, DFE µg	93		0	NC	4		123	189	
Choline, total mg	9.2		0	BFSN	4		12.1	18.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		2	A	1		0	0	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.16	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	4.1		0	BFSN	4		5.4	8.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11149
Chayote, fruit, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.028		0	BFFN	4		0.037	0.057	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	
15:0....g									
16:0....g	0.024		0	BFFN	4		0.032	0.049	
17:0....g									
18:0....g	0.003		0	BFFN	4		0.004	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0	BFFN	4		0.013	0.020	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0	BFFN	4		0.012	0.018	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.057		0	BFFN	4		0.075	0.116	
18:2 undifferentiated....g	0.021		0	BFFN	4		0.028	0.043	
18:3 undifferentiated....g	0.036		0	BFFN	4		0.048	0.073	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		1		1		0.015	0.022	
Threonine....g	0.040		1		1		0.053	0.081	
Isoleucine....g	0.044		1		1		0.058	0.089	
Leucine....g	0.077		1		1		0.102	0.156	
Lysine....g	0.039		1		1		0.051	0.079	
Methionine....g	0.001		1		1		0.001	0.002	
Cystine....g									
Phenylalanine....g	0.047		1		1		0.062	0.095	
Tyrosine....g	0.032		1		1		0.042	0.065	
Valine....g	0.063		1		1		0.083	0.128	
Arginine....g	0.035		1		1		0.046	0.071	
Histidine....g	0.015		1		1		0.020	0.030	
Alanine....g	0.051		1		1		0.067	0.104	
Aspartic acid....g	0.092		1		1		0.121	0.187	
Glutamic acid....g	0.125		1		1		0.165	0.254	
Glycine....g	0.041		1		1		0.054	0.083	
Proline....g	0.044		1		1		0.058	0.089	
Serine....g	0.047		1		1		0.062	0.095	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11149
Chayote, fruit, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup (1" pieces)

Measure 2 = 203g: 1 chayote (5-3/4")

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11152
Chicory greens, raw
Cichorium intybus

Refuse: 18% Tough stems and damaged leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.00		1		1		26.68		
Energy kcal	23		0	NC	4		7		
Energy kJ	96		0		4		28		
Protein (N x 6.25) g	1.70		1		1		0.49		
Total lipid (fat) g	0.30		1		1		0.09		
Ash g	1.30		0		1		0.38		
Carbohydrate, by difference g	4.70		0	NC	4		1.36		
Fiber, total dietary g	4.0		0		4		1.2		
Sugars, total g	0.70		0	O	4		0.20		
Starch g									
Minerals:									
Calcium, Ca mg	100		1		1		29		
Iron, Fe mg	0.90		1		1		0.26		
Magnesium, Mg mg	30		1		1		9		
Phosphorus, P mg	47		1		1		14		
Potassium, K mg	420		1		1		122		
Sodium, Na mg	45		1		1		13		
Zinc, Zn mg	0.42		0		4		0.12		
Copper, Cu mg	0.295		0		4		0.086		
Manganese, Mn mg	0.429		0		4		0.124		
Selenium, Se µg	0.3		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	24.0		1		1		7.0		
Thiamin mg	0.060		1		1		0.017		
Riboflavin mg	0.100		1		1		0.029		
Niacin mg	0.500		1		1		0.145		
Pantothenic acid mg	1.159		0		4		0.336		
Vitamin B-6 mg	0.105		0		4		0.030		
Folate, total µg	110		0		4		32		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	110		0		4		32		
Folate, DFE µg	110		0	NC	4		32		
Choline, total mg	12.8		0	CAZN	4		3.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	286		0	NC	4		83		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3430		0	T	4		995		
Carotene, alpha µg	0		0	T	4		0		
Cryptoxanthin, beta µg	0		0	T	4		0		
Vitamin A, IU IU	5717		0	NC	4		1658		
Lycopene µg	0		0	T	4		0		
Lutein + zeaxanthin µg	10300		0	T	4		2987		
Vitamin E (alpha-tocopherol) mg	2.26		0	O	4		0.66		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	297.6		0	BFSN	4		86.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11152
Chicory greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		1		0.021		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.004		0		1		0.001		
15:0....g									
16:0....g	0.062		0		1		0.018		
17:0....g									
18:0....g	0.003		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.002		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.002		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.131		0		1		0.038		
18:2 undifferentiated....g	0.112		0		1		0.032		
18:3 undifferentiated....g	0.019		0		1		0.006		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		2		1		0.009		
Threonine....g	0.047		2		1		0.014		
Isoleucine....g	0.101		2		1		0.029		
Leucine....g	0.074		2		1		0.021		
Lysine....g	0.067		2		1		0.019		
Methionine....g	0.010		1		1		0.003		
Cystine....g									
Phenylalanine....g	0.041		1		1		0.012		
Tyrosine....g									
Valine....g	0.077		2		1		0.022		
Arginine....g	0.124		1		1		0.036		
Histidine....g	0.029		1		1		0.008		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11152
Chicory greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11154
Chicory roots, raw
Cichorium intybus

Refuse: 18% Peels and tops

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.00		1		1		48.00	36.00	
Energy kcal	72		0	NC	4		43	33	
Energy kJ	303		0	NC	4		182	136	
Protein (N x 6.25) g	1.40		1		1		0.84	0.63	
Total lipid (fat) g	0.20		1		1		0.12	0.09	
Ash g	0.89		0		1		0.53	0.40	
Carbohydrate, by difference g	17.51		0	NC	4		10.51	7.88	
Fiber, total dietary g	1.5		0	BFSN	4		0.9	0.7	
Sugars, total g	8.73		0	BFSN	4		5.24	3.93	
Starch g									
Minerals:									
Calcium, Ca mg	41		1		1		25	18	
Iron, Fe mg	0.80		1		1		0.48	0.36	
Magnesium, Mg mg	22		1		1		13	10	
Phosphorus, P mg	61		1		1		37	27	
Potassium, K mg	290		1		1		174	131	
Sodium, Na mg	50		1		1		30	23	
Zinc, Zn mg	0.33		0		4		0.20	0.15	
Copper, Cu mg	0.077		0		4		0.046	0.035	
Manganese, Mn mg	0.233		0		4		0.140	0.105	
Selenium, Se µg	0.7		0	CAZN	4		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		1		1		3.0	2.3	
Thiamin mg	0.040		1		1		0.024	0.018	
Riboflavin mg	0.030		1		1		0.018	0.014	
Niacin mg	0.400		1		1		0.240	0.180	
Pantothenic acid mg	0.323		0		4		0.194	0.145	
Vitamin B-6 mg	0.241		0		4		0.145	0.108	
Folate, total µg	23		0		4		14	10	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23		0		4		14	10	
Folate, DFE µg	23		0	NC	4		14	10	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	Z	7		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	6		1		1		4	3	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11154
Chicory roots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.048		0		1		0.029	0.022	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.003		0		1		0.002	0.001	
15:0....g									
16:0....g	0.041		0		1		0.025	0.018	
17:0....g									
18:0....g	0.002		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.002	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.002	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0		1		0.052	0.039	
18:2 undifferentiated....g	0.075		0		1		0.045	0.034	
18:3 undifferentiated....g	0.013		0		1		0.008	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 root

Measure 2 = 45g: .5 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11151
Chicory, witloof, raw
Cichorium intybus

Refuse: 11% Root base and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.52	0.172	4		1		50.10	42.53	
Energy kcal	17		0	NC	4		9	8	
Energy kJ	71				4		38	32	
Protein (N x 6.25) g	0.90	0.091	4		1		0.48	0.41	
Total lipid (fat) g	0.10		2		1		0.05	0.05	
Ash g	0.47	0.025	4		1		0.25	0.21	
Carbohydrate, by difference g	4.00		0	NC	4		2.12	1.80	
Fiber, total dietary g	3.1		0		4		1.6	1.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19	1.667	4		1		10	9	
Iron, Fe mg	0.24	0.016	4		1		0.13	0.11	
Magnesium, Mg mg	10	0.905	4		1		5	5	
Phosphorus, P mg	26	1.998	4		1		14	12	
Potassium, K mg	211	9.261	6		1		112	95	
Sodium, Na mg	2	0.351	4		1		1	1	
Zinc, Zn mg	0.16	0.007	4		1		0.08	0.07	
Copper, Cu mg	0.051	0.009	4		1		0.027	0.023	
Manganese, Mn mg	0.100	0.012	4		1		0.053	0.045	
Selenium, Se µg	0.2		0	BFSN	4		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8	0.275	4		1		1.5	1.3	
Thiamin mg	0.062	0.008	4		1		0.033	0.028	
Riboflavin mg	0.027	0.003	3		1		0.014	0.012	
Niacin mg	0.160	0.006	4		1		0.085	0.072	
Pantothenic acid mg	0.145	0.023	4		1		0.077	0.065	
Vitamin B-6 mg	0.042	0.002	4		1		0.022	0.019	
Folate, total µg	37	1.361	4		1		20	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	37	1.361	4		1		20	17	
Folate, DFE µg	37		0	NC	4		20	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1	0.399	4		1		1	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	29	7.979	4		1		15	13	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11151
Chicory, witloof, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.024		0		1		0.013	0.011	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.021		0		1		0.011	0.009	
17:0....g									
18:0....g	0.001		0		1		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.001	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.044		0		1		0.023	0.020	
18:2 undifferentiated....g	0.037		0		1		0.020	0.017	
18:3 undifferentiated....g	0.006		0		1		0.003	0.003	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.008	0.007	
Threonine....g	0.025		0		1		0.013	0.011	
Isoleucine....g	0.054		0		1		0.029	0.024	
Leucine....g	0.039		0		1		0.021	0.018	
Lysine....g	0.035		0		1		0.019	0.016	
Methionine....g	0.005		0		1		0.003	0.002	
Cystine....g									
Phenylalanine....g	0.022		0		1		0.012	0.010	
Tyrosine....g									
Valine....g	0.041		0		1		0.022	0.018	
Arginine....g	0.066		0		1		0.035	0.030	
Histidine....g	0.015		0		1		0.008	0.007	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11151
Chicory, witloof, raw

Common Measures:

Measure 1 = 53g: 1 head

Measure 2 = 45g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11615
Chives, freeze-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.00		1		1		0.00	0.02	
Energy kcal	311		0	NC	4		1	2	
Energy kJ	1301				4		3	10	
Protein (N x 6.25) g	21.20		1		1		0.04	0.17	
Total lipid (fat) g	3.50		1		1		0.01	0.03	
Ash g	9.01		0		1		0.02	0.07	
Carbohydrate, by difference g	64.29		0	NC	4		0.13	0.51	
Fiber, total dietary g	26.2		0		4		0.1	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	813		1		1		2	7	
Iron, Fe mg	20.00		1		1		0.04	0.16	
Magnesium, Mg mg	640		0		4		1	5	
Phosphorus, P mg	518		1		1		1	4	
Potassium, K mg	2960		1		1		6	24	
Sodium, Na mg	70		0		4		0	1	
Zinc, Zn mg	5.12		0		4		0.01	0.04	
Copper, Cu mg	0.686		0		4		0.001	0.005	
Manganese, Mn mg	1.350		0		4		0.003	0.011	
Selenium, Se µg	9.4		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	660.0		1		1		1.3	5.3	
Thiamin mg	0.900		1		1		0.002	0.007	
Riboflavin mg	1.500		1		1		0.003	0.012	
Niacin mg	5.900		1		1		0.012	0.047	
Pantothenic acid mg	2.106		0		4		0.004	0.017	
Vitamin B-6 mg	1.996		0		4		0.004	0.016	
Folate, total µg	108		0		4		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	108		0		4		0	1	
Folate, DFE µg	108		0	NC	4		0	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3415		1		1		7	27	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	68300		1		1		137	546	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11615
Chives, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.591		0		1		0.001	0.005	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.017		0		1		0.000	0.000	
15:0....g									
16:0....g	0.528		0		1		0.001	0.004	
17:0....g									
18:0....g	0.046		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.490		0		1		0.001	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.490		0		1		0.001	0.004	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.369		0		1		0.003	0.011	
18:2 undifferentiated....g	1.296		0		1		0.003	0.010	
18:3 undifferentiated....g	0.073		0		1		0.000	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0		1		0.000	0.002	
Threonine....g	0.831		0		1		0.002	0.007	
Isoleucine....g	0.899		0		1		0.002	0.007	
Leucine....g	1.265		0		1		0.003	0.010	
Lysine....g	1.058		0		1		0.002	0.008	
Methionine....g	0.231		0		1		0.000	0.002	
Cystine....g									
Phenylalanine....g	0.682		0		1		0.001	0.005	
Tyrosine....g	0.614		0		1		0.001	0.005	
Valine....g	0.936		0		1		0.002	0.007	
Arginine....g	1.533		0		1		0.003	0.012	
Histidine....g	0.366		0		1		0.001	0.003	
Alanine....g	0.957		0		1		0.002	0.008	
Aspartic acid....g	1.961		0		1		0.004	0.016	
Glutamic acid....g	4.386		0		1		0.009	0.035	
Glycine....g	1.052		0		1		0.002	0.008	
Proline....g	1.401		0		1		0.003	0.011	
Serine....g	0.957		0		1		0.002	0.008	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11615
Chives, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.2g: 1 tbsp

Measure 2 = 0.8g: .25 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11156

Chives, raw

Allium schoenoprasum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.65	1.042	3		1		2.72	0.91	
Energy kcal	30		0	NC	4		1	0	
Energy kJ	126		0		4		4	1	
Protein (N x 6.25) g	3.27	0.488	3		1		0.10	0.03	
Total lipid (fat) g	0.73	0.107	3		1		0.02	0.01	
Ash g	1.00		2		1		0.03	0.01	
Carbohydrate, by difference g	4.35		0	NC	4		0.13	0.04	
Fiber, total dietary g	2.5		0		1		0.1	0.0	
Sugars, total g	1.85		0	O	4		0.06	0.02	
Starch g									
Minerals:									
Calcium, Ca mg	92	22.146	3		1		3	1	
Iron, Fe mg	1.60		1		1		0.05	0.02	
Magnesium, Mg mg	42	6.592	3		1		1	0	
Phosphorus, P mg	58	4.359	3		1		2	1	
Potassium, K mg	296	32.682	3		1		9	3	
Sodium, Na mg	3	1.453	3		1		0	0	
Zinc, Zn mg	0.56		2		1		0.02	0.01	
Copper, Cu mg	0.157		2		1		0.005	0.002	
Manganese, Mn mg	0.373		2		1		0.011	0.004	
Selenium, Se µg	0.9		0	CAZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	58.1	14.155	3		1		1.7	0.6	
Thiamin mg	0.078	0.029	3		1		0.002	0.001	
Riboflavin mg	0.115	0.033	3		1		0.003	0.001	
Niacin mg	0.647	0.091	3		1		0.019	0.006	
Pantothenic acid mg	0.324		2		1		0.010	0.003	
Vitamin B-6 mg	0.138		2		1		0.004	0.001	
Folate, total µg	105		2		1		3	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	105		2		1		3	1	
Folate, DFE µg	105		0	NC	4		3	1	
Choline, total mg	5.2		0	BFSN	4		0.2	0.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	218		0	NC	4		7	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2612		0	O	4		78	26	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4353		0	NC	4		131	44	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	323		0	T	4		10	3	
Vitamin E (alpha-tocopherol) mg	0.21		0	O	4		0.01	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	212.7		0	T	4		6.4	2.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11156
Chives, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.146		0		1		0.004	0.001	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.034		1		1		0.001	0.000	
15:0....g									
16:0....g	0.103		1		1		0.003	0.001	
17:0....g									
18:0....g	0.009		1		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.095		0		1		0.003	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.095		1		1		0.003	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.267		0		1		0.008	0.003	
18:2 undifferentiated....g	0.252		1		1		0.008	0.003	
18:3 undifferentiated....g	0.015		1		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	9		1		1		0	0	
Amino Acids:									
Tryptophan....g	0.037		0		1		0.001	0.000	
Threonine....g	0.128		0		1		0.004	0.001	
Isoleucine....g	0.139		0		1		0.004	0.001	
Leucine....g	0.195		0		1		0.006	0.002	
Lysine....g	0.163		0		1		0.005	0.002	
Methionine....g	0.036		0		1		0.001	0.000	
Cystine....g									
Phenylalanine....g	0.105		0		1		0.003	0.001	
Tyrosine....g	0.095		0		1		0.003	0.001	
Valine....g	0.145		0		1		0.004	0.001	
Arginine....g	0.237		0		1		0.007	0.002	
Histidine....g	0.057		0		1		0.002	0.001	
Alanine....g	0.148		0		1		0.004	0.001	
Aspartic acid....g	0.303		0		1		0.009	0.003	
Glutamic acid....g	0.677		0		1		0.020	0.007	
Glycine....g	0.162		0		1		0.005	0.002	
Proline....g	0.216		0		1		0.006	0.002	
Serine....g	0.148		0		1		0.004	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11156
Chives, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 tbsp chopped

Measure 2 = 1.0g: 1 tsp chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11698

Chrysanthemum leaves, raw

Chrysanthemum coronarium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.40		2	A	1		46.61	16.45	
Energy kcal	24		0	NC	4		12	4	
Energy kJ	100				4		51	18	
Protein (N x 6.25) g	3.36		2	A	1		1.71	0.60	
Total lipid (fat) g	0.56		2	A	1		0.29	0.10	
Ash g	1.67		2	A	1		0.85	0.30	
Carbohydrate, by difference g	3.01		0	NC	4		1.54	0.54	
Fiber, total dietary g	3.0		2	A	1		1.5	0.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	117		2	A	1		60	21	
Iron, Fe mg	2.30		2	A	1		1.17	0.41	
Magnesium, Mg mg	32		2	A	1		16	6	
Phosphorus, P mg	54		2	A	1		28	10	
Potassium, K mg	567		2	A	1		289	102	
Sodium, Na mg	118		2	A	1		60	21	
Zinc, Zn mg	0.71		2	A	1		0.36	0.13	
Copper, Cu mg	0.137		1	A	1		0.070	0.025	
Manganese, Mn mg	0.943		2	A	1		0.481	0.170	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.4		1	A	1		0.7	0.3	
Thiamin mg	0.130		2	A	1		0.066	0.023	
Riboflavin mg	0.144		2	A	1		0.073	0.026	
Niacin mg	0.531		2	A	1		0.271	0.096	
Pantothenic acid mg	0.221		2	A	1		0.113	0.040	
Vitamin B-6 mg	0.176		2	A	1		0.090	0.032	
Folate, total µg	177		2	A	1		90	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	177		2	A	1		90	32	
Folate, DFE µg	177		0	NC	4		90	32	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	94		2	A	1		48	17	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1870		2	A	1		954	337	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11698
Chrysanthemum leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 cup, chopped

Measure 2 = 18g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11767
Chrysanthemum, garland, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.49		1		1		92.49		
Energy kcal	20		0	NC	4		20		
Energy kJ	84		0		4		84		
Protein (N x 6.25) g	1.64		1		1		1.64		
Total lipid (fat) g	0.09		1		1		0.09		
Ash g	1.47		1		1		1.47		
Carbohydrate, by difference g	4.31		0	NC	4		4.31		
Fiber, total dietary g	2.3		0	BFZN	4		2.3		
Sugars, total g	2.01		0	O	4		2.01		
Starch g									
Minerals:									
Calcium, Ca mg	69		1		1		69		
Iron, Fe mg	3.74		1		1		3.74		
Magnesium, Mg mg	18		1		1		18		
Phosphorus, P mg	43		1		1		43		
Potassium, K mg	569		1		1		569		
Sodium, Na mg	289		0		4		289		
Zinc, Zn mg	0.20		0		4		0.20		
Copper, Cu mg	0.133		0		4		0.133		
Manganese, Mn mg	0.355		0		4		0.355		
Selenium, Se µg	0.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	23.9		0		1		23.9		
Thiamin mg	0.021		1		1		0.021		
Riboflavin mg	0.160		1		1		0.160		
Niacin mg	0.720		1		1		0.720		
Pantothenic acid mg	0.042		0		4		0.042		
Vitamin B-6 mg	0.118		0		4		0.118		
Folate, total µg	50		0		4		50		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	50		0		4		50		
Folate, DFE µg	50		0	NC	4		50		
Choline, total mg	12.8		0	BFZN	4		12.8		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	129		0	AS	1		129		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1543	98.059	4	A	1		1543		
Carotene, alpha µg	0		1	A	1		0		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	2572		0	AS	1		2572		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	3467	238.729	3	A	1		3467		
Vitamin E (alpha-tocopherol) mg	2.50		0	BFZN	4		2.50		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	142.7		0	BFSN	4		142.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11767

Chrysanthemum, garland, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11158

Chrysanthemum, garland, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.49		1		1		92.49		
Energy kcal	20		0	NC	4		20		
Energy kJ	84		0		4		84		
Protein (N x 6.25) g	1.64		1		1		1.64		
Total lipid (fat) g	0.09		1		1		0.09		
Ash g	1.47		1		1		1.47		
Carbohydrate, by difference g	4.31		0	NC	4		4.31		
Fiber, total dietary g	2.3		0		4		2.3		
Sugars, total g	2.01		0	O	4		2.01		
Starch g									
Minerals:									
Calcium, Ca mg	69		1		1		69		
Iron, Fe mg	3.74		1		1		3.74		
Magnesium, Mg mg	18		1		1		18		
Phosphorus, P mg	43		1		1		43		
Potassium, K mg	569		1		1		569		
Sodium, Na mg	53		1		1		53		
Zinc, Zn mg	0.20		0		4		0.20		
Copper, Cu mg	0.133		0		4		0.133		
Manganese, Mn mg	0.355		0		4		0.355		
Selenium, Se µg	0.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	23.9		0		1		23.9		
Thiamin mg	0.021		1		1		0.021		
Riboflavin mg	0.160		1		1		0.160		
Niacin mg	0.720		1		1		0.720		
Pantothenic acid mg	0.042		0		4		0.042		
Vitamin B-6 mg	0.118		0		4		0.118		
Folate, total µg	50		0		4		50		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	50		0		4		50		
Folate, DFE µg	50		0	NC	4		50		
Choline, total mg	12.8		0	CAZN	4		12.8		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	129		0	AS	1		129		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1543	98.059	4	A	1		1543		
Carotene, alpha µg	0		1	A	1		0		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	2572		0	AS	1		2572		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	3467	238.729	3	A	1		3467		
Vitamin E (alpha-tocopherol) mg	2.50		0	O	4		2.50		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	142.7		0	BFSN	4		142.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11158

Chrysanthemum, garland, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.022		0		4		0.022		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.001		0		4		0.001		
15:0....g									
16:0....g	0.019		0		4		0.019		
17:0....g									
18:0....g	0.001		0		4		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		4		0.002		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.002		0		4		0.002		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0		4		0.039		
18:2 undifferentiated....g	0.034		0		4		0.034		
18:3 undifferentiated....g	0.006		0		4		0.006		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup (1" pieces)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11157

Chrysanthemum, garland, raw

Chrysanthemum coronarium

Refuse: 4% Stem ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.40		4	JA	6		22.85	12.80	
Energy kcal	24		0	NC	4		6	3	
Energy kJ	99		0	NC	4		25	14	
Protein (N x 6.25) g	3.36		2	A	1		0.84	0.47	
Total lipid (fat) g	0.56		2	A	1		0.14	0.08	
Ash g	1.67		2	A	1		0.42	0.23	
Carbohydrate, by difference g	3.02		0	NC	4		0.75	0.42	
Fiber, total dietary g	3.0		4	JA	6		0.8	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	117		2	A	1		29	16	
Iron, Fe mg	2.29		2	A	1		0.57	0.32	
Magnesium, Mg mg	32		2	A	1		8	4	
Phosphorus, P mg	54		2	A	1		13	8	
Potassium, K mg	567		2	A	1		142	79	
Sodium, Na mg	118		2	A	1		29	16	
Zinc, Zn mg	0.71		2	A	1		0.18	0.10	
Copper, Cu mg	0.137		1	A	1		0.034	0.019	
Manganese, Mn mg	0.943		2	A	1		0.236	0.132	
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	1.4		1	A	1		0.3	0.2	
Thiamin mg	0.130		2	A	1		0.032	0.018	
Riboflavin mg	0.144		2	A	1		0.036	0.020	
Niacin mg	0.531		2	A	1		0.133	0.074	
Pantothenic acid mg	0.221		2	A	1		0.055	0.031	
Vitamin B-6 mg	0.176		2	A	1		0.044	0.025	
Folate, total µg	177		2	A	1		44	25	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	177		2	A	1		44	25	
Folate, DFE µg	177		0	NC	4		44	25	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	116		0	AS	1		29	16	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1380	191.455	4	A	1		345	193	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	24		2	A	1		6	3	
Vitamin A, IU IU	2320		0	AS	1		580	325	
Lycopene µg									
Lutein + zeaxanthin µg	3834		1	A	1		958	537	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	350.0		0	T	4		87.5	49.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11157
Chrysanthemum, garland, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 cup (1" pieces)

Measure 2 = 14.0g: 1 stem (8-3/4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11768
Collards, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.18		1	A	1		171.35		
Energy kcal	33		0	NC	4		62		
Energy kJ	137		0	NC	4		260		
Protein (N x 6.25) g	2.71	0.206	4	A	1		5.16		
Total lipid (fat) g	0.72	0.030	4	A	1		1.37		
Ash g	0.73	0.047	4	A	1		1.39		
Carbohydrate, by difference g	5.65		0	NC	4		10.74		
Fiber, total dietary g	4.0		1	A	1		7.5		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	141	7.471	29	JA	6		268		
Iron, Fe mg	1.13	0.061	30	JA	6		2.15		
Magnesium, Mg mg	21	0.941	30	JA	6		40		
Phosphorus, P mg	32	1.678	29	JA	6		60		
Potassium, K mg	117	8.130	30	JA	6		222		
Sodium, Na mg	252		0	BFSY	4		479		
Zinc, Zn mg	0.23	0.014	30	JA	6		0.45		
Copper, Cu mg	0.051	0.004	30	JA	6		0.097		
Manganese, Mn mg	0.510	0.032	30	JA	6		0.970		
Selenium, Se µg	0.5	0.165	19		1		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.2		0	BFSY	4		34.6		
Thiamin mg	0.040		0	BFSY	4		0.076		
Riboflavin mg	0.106		0	BFSY	4		0.201		
Niacin mg	0.575		0	BFSY	4		1.093		
Pantothenic acid mg	0.218		0	BFSY	4		0.414		
Vitamin B-6 mg	0.128		0	BFSY	4		0.243		
Folate, total µg	16		1	A	1		30		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		1	A	1		30		
Folate, DFE µg	16		0	NC	4		30		
Choline, total mg	38.4		0	BFSN	4		72.9		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	380		0	AS	1		722		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4513		11	A	1		8575		
Carotene, alpha µg	68	56.417	6	A	1		129		
Cryptoxanthin, beta µg	26	13.210	6	A	1		50		
Vitamin A, IU IU	7600		0	AS	1		14441		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	6197	1647.483	5	A	1		11774		
Vitamin E (alpha-tocopherol) mg	0.88		0	O	4		1.67		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	406.6		2	JO	11		772.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11768

Collards, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.047		0	BFSN	4		0.089		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.002		0	BFSN	4		0.004		
13:0....g									
14:0....g	0.002		0	BFSN	4		0.004		
15:0....g									
16:0....g	0.039		0	BFSN	4		0.074		
17:0....g									
18:0....g	0.002		0	BFSN	4		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0	BFSN	4		0.049		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.025		0	BFSN	4		0.048		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.173		0	BFSN	4		0.329		
18:2 undifferentiated....g	0.070		0	BFSN	4		0.133		
18:3 undifferentiated....g	0.093		0	BFSN	4		0.177		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	BFSN	4		0.004		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0	BFSN	4		0.051		
Threonine....g	0.074		0	BFSN	4		0.141		
Isoleucine....g	0.086		0	BFSN	4		0.163		
Leucine....g	0.130		0	BFSN	4		0.247		
Lysine....g	0.101		0	BFSN	4		0.192		
Methionine....g	0.028		0	BFSN	4		0.053		
Cystine....g	0.022		0	BFSN	4		0.042		
Phenylalanine....g	0.075		0	BFSN	4		0.143		
Tyrosine....g	0.056		0	BFSN	4		0.106		
Valine....g	0.104		0	BFSN	4		0.198		
Arginine....g	0.108		0	BFSN	4		0.205		
Histidine....g	0.040		0	BFSN	4		0.076		
Alanine....g	0.090		0	BFSN	4		0.171		
Aspartic acid....g	0.161		0	BFSN	4		0.306		
Glutamic acid....g	0.176		0	BFSN	4		0.334		
Glycine....g	0.081		0	BFSN	4		0.154		
Proline....g	0.090		0	BFSN	4		0.171		
Serine....g	0.067		0	BFSN	4		0.127		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11768
Collards, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11162
Collards, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.18		1	A	1		171.35		
Energy kcal	33		0	NC	4		62		
Energy kJ	137		0	NC	4		260		
Protein (N x 6.25) g	2.71	0.206	4	A	1		5.16		
Total lipid (fat) g	0.72	0.030	4	A	1		1.37		
Ash g	0.73	0.047	4	A	1		1.39		
Carbohydrate, by difference g	5.65		0	NC	4		10.74		
Fiber, total dietary g	4.0		1	A	1		7.5		
Sugars, total g	0.40		0	O	4		0.76		
Starch g									
Minerals:									
Calcium, Ca mg	141	7.471	29	JA	6		268		
Iron, Fe mg	1.13	0.061	30	JA	6		2.15		
Magnesium, Mg mg	21	0.941	30	JA	6		40		
Phosphorus, P mg	32	1.678	29	JA	6		60		
Potassium, K mg	117	8.130	30	JA	6		222		
Sodium, Na mg	15	1.638	30	JA	6		28		
Zinc, Zn mg	0.23	0.014	30	JA	6		0.45		
Copper, Cu mg	0.051	0.004	30	JA	6		0.097		
Manganese, Mn mg	0.510	0.032	30	JA	6		0.970		
Selenium, Se µg	0.5	0.165	19		1		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.2		0	BFSY	4		34.6		
Thiamin mg	0.040		0	BFSY	4		0.076		
Riboflavin mg	0.106		0	BFSY	4		0.201		
Niacin mg	0.575		0	BFSY	4		1.093		
Pantothenic acid mg	0.218		0	BFSY	4		0.414		
Vitamin B-6 mg	0.128		0	BFSY	4		0.243		
Folate, total µg	16		1	A	1		30		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		1	A	1		30		
Folate, DFE µg	16		0	NC	4		30		
Choline, total mg	38.4		0	BFSN	4		72.9		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	380		0	AS	1		722		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4513		11	A	1		8575		
Carotene, alpha µg	68	56.417	6	A	1		129		
Cryptoxanthin, beta µg	26	13.210	6	A	1		50		
Vitamin A, IU IU	7600		0	AS	1		14441		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	6197	1647.483	5	A	1		11774		
Vitamin E (alpha-tocopherol) mg	0.88		0	O	4		1.67		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	406.6		2	JO	11		772.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11162

Collards, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.047		0	BFSN	4		0.089		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.002		0	BFSN	4		0.004		
13:0....g									
14:0....g	0.002		0	BFSN	4		0.004		
15:0....g									
16:0....g	0.039		0	BFSN	4		0.074		
17:0....g									
18:0....g	0.002		0	BFSN	4		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0	BFSN	4		0.049		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.025		0	BFSN	4		0.048		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.173		0	BFSN	4		0.329		
18:2 undifferentiated....g	0.070		0	BFSN	4		0.133		
18:3 undifferentiated....g	0.093		0	BFSN	4		0.177		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	BFSN	4		0.004		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0	BFSN	4		0.051		
Threonine....g	0.074		0	BFSN	4		0.141		
Isoleucine....g	0.086		0	BFSN	4		0.163		
Leucine....g	0.130		0	BFSN	4		0.247		
Lysine....g	0.101		0	BFSN	4		0.192		
Methionine....g	0.028		0	BFSN	4		0.053		
Cystine....g	0.022		0	BFSN	4		0.042		
Phenylalanine....g	0.075		0	BFSN	4		0.143		
Tyrosine....g	0.056		0	BFSN	4		0.106		
Valine....g	0.104		0	BFSN	4		0.198		
Arginine....g	0.108		0	BFSN	4		0.205		
Histidine....g	0.040		0	BFSN	4		0.076		
Alanine....g	0.090		0	BFSN	4		0.171		
Aspartic acid....g	0.161		0	BFSN	4		0.306		
Glutamic acid....g	0.176		0	BFSN	4		0.334		
Glycine....g	0.081		0	BFSN	4		0.154		
Proline....g	0.090		0	BFSN	4		0.171		
Serine....g	0.067		0	BFSN	4		0.127		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11162
Collards, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 190g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11769

Collards, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.47		0		1		150.40		
Energy kcal	36		0	NC	4		61		
Energy kJ	151		0	NC	4		256		
Protein (N x 6.25) g	2.97		0		1		5.05		
Total lipid (fat) g	0.41		0		1		0.70		
Ash g	1.05		0		1		1.79		
Carbohydrate, by difference g	7.10		0	NC	4		12.07		
Fiber, total dietary g	2.8		0		4		4.8		
Sugars, total g	0.57		0	BFSN	4		0.96		
Starch g									
Minerals:									
Calcium, Ca mg	210		0		1		357		
Iron, Fe mg	1.12		0		1		1.90		
Magnesium, Mg mg	30		0		1		51		
Phosphorus, P mg	27		0		1		46		
Potassium, K mg	251		0		1		427		
Sodium, Na mg	286		0		4		486		
Zinc, Zn mg	0.27		0		1		0.46		
Copper, Cu mg	0.055		0		1		0.094		
Manganese, Mn mg	0.663		0		1		1.127		
Selenium, Se µg	1.5		0	BFZN	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	26.4		0		1		44.9		
Thiamin mg	0.047		0		1		0.080		
Riboflavin mg	0.115		0		1		0.196		
Niacin mg	0.635		0		1		1.080		
Pantothenic acid mg	0.115		0		1		0.196		
Vitamin B-6 mg	0.114		0		1		0.194		
Folate, total µg	76	12.887	6		1		129		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	76	12.887	6		1		129		
Folate, DFE µg	76		0	NC	4		129		
Choline, total mg	45.1		0	BFSN	4		76.7		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	575		0	NC	4		977		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6818		0	BFSN	4		11591		
Carotene, alpha µg	127		0	BFSN	4		216		
Cryptoxanthin, beta µg	28		0	BFSN	4		47		
Vitamin A, IU IU	11493		0	NC	4		19538		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	10898		0	BFSN	4		18526		
Vitamin E (alpha-tocopherol) mg	1.25		0	BFSN	4		2.12		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	623.2		0	BFSN	4		1059.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11769

Collards, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.040		0		4		0.068		
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.065		
Threonine....g	0.105		0		1		0.179		
Isoleucine....g	0.121		0		1		0.206		
Leucine....g	0.184		0		1		0.313		
Lysine....g	0.141		0		1		0.240		
Methionine....g	0.040		0		1		0.068		
Cystine....g	0.030		0		1		0.051		
Phenylalanine....g	0.105		0		1		0.179		
Tyrosine....g	0.080		0		1		0.136		
Valine....g	0.145		0		1		0.247		
Arginine....g	0.152		0		1		0.258		
Histidine....g	0.057		0		1		0.097		
Alanine....g	0.127		0		1		0.216		
Aspartic acid....g	0.228		0		1		0.388		
Glutamic acid....g	0.248		0		1		0.422		
Glycine....g	0.114		0		1		0.194		
Proline....g	0.126		0		1		0.214		
Serine....g	0.095		0		1		0.162		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11164

Collards, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.47		0		1		150.40		
Energy kcal	36		0	NC	4		61		
Energy kJ	151		0	NC	4		256		
Protein (N x 6.25) g	2.97		0		1		5.05		
Total lipid (fat) g	0.41		0		1		0.70		
Ash g	1.05		0		1		1.79		
Carbohydrate, by difference g	7.10		0	NC	4		12.07		
Fiber, total dietary g	2.8		0		4		4.8		
Sugars, total g	0.57		0	BFSN	4		0.96		
Starch g									
Minerals:									
Calcium, Ca mg	210		0		1		357		
Iron, Fe mg	1.12		0		1		1.90		
Magnesium, Mg mg	30		0		1		51		
Phosphorus, P mg	27		0		1		46		
Potassium, K mg	251		0		1		427		
Sodium, Na mg	50		0		1		85		
Zinc, Zn mg	0.27		0		1		0.46		
Copper, Cu mg	0.055		0		1		0.094		
Manganese, Mn mg	0.663		0		1		1.127		
Selenium, Se µg	1.5		0	BFZN	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	26.4		0		1		44.9		
Thiamin mg	0.047		0		1		0.080		
Riboflavin mg	0.115		0		1		0.196		
Niacin mg	0.635		0		1		1.080		
Pantothenic acid mg	0.115		0		1		0.196		
Vitamin B-6 mg	0.114		0		1		0.194		
Folate, total µg	76	12.887	6		1		129		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	76	12.887	6		1		129		
Folate, DFE µg	76		0	NC	4		129		
Choline, total mg	45.1		0	BFSN	4		76.7		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	575		0	NC	4		977		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6818		0	BFSN	4		11591		
Carotene, alpha µg	127		0	BFSN	4		216		
Cryptoxanthin, beta µg	28		0	BFSN	4		47		
Vitamin A, IU IU	11493		0	NC	4		19538		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	10898		0	BFSN	4		18526		
Vitamin E (alpha-tocopherol) mg	1.25		0	BFSN	4		2.12		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	623.2		0	BFSN	4		1059.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11164

Collards, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.060		0		4		0.102		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.048		0		4		0.082		
17:0....g									
18:0....g	0.006		0		4		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		4		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		4		0.012		
17:1....g									
18:1 undifferentiated....g	0.008		0		4		0.014		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0		4		0.357		
18:2 undifferentiated....g	0.060		0		4		0.102		
18:3 undifferentiated....g	0.127		0		4		0.216		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.065		
Threonine....g	0.105		0		1		0.179		
Isoleucine....g	0.121		0		1		0.206		
Leucine....g	0.184		0		1		0.313		
Lysine....g	0.141		0		1		0.240		
Methionine....g	0.040		0		1		0.068		
Cystine....g	0.030		0		1		0.051		
Phenylalanine....g	0.105		0		1		0.179		
Tyrosine....g	0.080		0		1		0.136		
Valine....g	0.145		0		1		0.247		
Arginine....g	0.152		0		1		0.258		
Histidine....g	0.057		0		1		0.097		
Alanine....g	0.127		0		1		0.216		
Aspartic acid....g	0.228		0		1		0.388		
Glutamic acid....g	0.248		0		1		0.422		
Glycine....g	0.114		0		1		0.194		
Proline....g	0.126		0		1		0.214		
Serine....g	0.095		0		1		0.162		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11164

Collards, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11163
Collards, frozen, chopped, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.53	0.995	16		1		85.05	254.27	1218.50
Energy kcal	33		0	NC	4		31	93	445
Energy kJ	137		0	NC	4		130	389	1863
Protein (N x 6.25) g	2.69	0.178	13		1		2.56	7.64	36.61
Total lipid (fat) g	0.37	0.048	13		1		0.35	1.05	5.04
Ash g	0.95	0.039	13		1		0.90	2.70	12.93
Carbohydrate, by difference g	6.46		0	NC	4		6.14	18.35	87.92
Fiber, total dietary g	3.6		0		4		3.4	10.2	49.0
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	201	10.227	13		1		191	571	2736
Iron, Fe mg	1.07	0.112	13		1		1.02	3.04	14.56
Magnesium, Mg mg	29	0.561	3		1		28	82	395
Phosphorus, P mg	27	2.484	3		1		26	77	367
Potassium, K mg	253	46.218	3		1		240	719	3443
Sodium, Na mg	48	25.852	3		1		46	136	653
Zinc, Zn mg	0.26	0.059	3		1		0.25	0.74	3.54
Copper, Cu mg	0.053	0.008	3		1		0.050	0.151	0.721
Manganese, Mn mg	0.633	0.228	3		1		0.601	1.798	8.615
Selenium, Se µg	1.4		2	A	1		1.3	4.0	19.1
Vitamins:									
Vitamin C, total ascorbic acid mg	40.0	3.800	12		1		38.0	113.6	544.4
Thiamin mg	0.050	0.003	13		1		0.048	0.142	0.681
Riboflavin mg	0.110	0.013	13		1		0.105	0.312	1.497
Niacin mg	0.641	0.063	13		1		0.609	1.820	8.724
Pantothenic acid mg	0.110		1		1		0.105	0.312	1.497
Vitamin B-6 mg	0.115		1		1		0.109	0.327	1.565
Folate, total µg	73	9.291	3		1		69	208	995
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	73	9.291	3		1		69	208	995
Folate, DFE µg	73		0	NC	4		69	208	995
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	459		0	AS	1		436	1304	6249
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5510		6	A	1		5235	15648	74991
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	9183		0	AS	1		8724	26081	124985
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11163

Collards, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.048		0	BFFN	4		0.046	0.136	0.653
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.002		0	BFFN	4		0.002	0.006	0.027
13:0....g									
14:0....g	0.002		0	BFFN	4		0.002	0.006	0.027
15:0....g									
16:0....g	0.040		0	BFFN	4		0.038	0.114	0.544
17:0....g									
18:0....g	0.002		0	BFFN	4		0.002	0.006	0.027
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0	BFFN	4		0.026	0.077	0.367
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.026		0	BFFN	4		0.025	0.074	0.354
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.178		0	BFFN	4		0.169	0.506	2.423
18:2 undifferentiated....g	0.072		0	BFFN	4		0.068	0.204	0.980
18:3 undifferentiated....g	0.096		0	BFFN	4		0.091	0.273	1.307
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	BFFN	4		0.002	0.006	0.027
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.033	0.099	0.476
Threonine....g	0.095		0		1		0.090	0.270	1.293
Isoleucine....g	0.109		0		1		0.104	0.310	1.483
Leucine....g	0.167		0		1		0.159	0.474	2.273
Lysine....g	0.128		0		1		0.122	0.364	1.742
Methionine....g	0.037		0		1		0.035	0.105	0.504
Cystine....g	0.027		0		1		0.026	0.077	0.367
Phenylalanine....g	0.096		0		1		0.091	0.273	1.307
Tyrosine....g	0.073		0		1		0.069	0.207	0.994
Valine....g	0.131		0		1		0.124	0.372	1.783
Arginine....g	0.138		0		1		0.131	0.392	1.878
Histidine....g	0.051		0		1		0.048	0.145	0.694
Alanine....g	0.116		0		1		0.110	0.329	1.579
Aspartic acid....g	0.206		0		1		0.196	0.585	2.804
Glutamic acid....g	0.225		0		1		0.214	0.639	3.062
Glycine....g	0.103		0		1		0.098	0.293	1.402
Proline....g	0.115		0		1		0.109	0.327	1.565
Serine....g	0.087		0		1		0.083	0.247	1.184
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 11163
Collards, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Measure 3 = 1361g: 1 package (3 lb)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11161
Collards, raw
Brassica oleracea var. viridis

Refuse: 43% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.62	0.835	14	JA	6		32.26		
Energy kcal	32		0	NC	4		11		
Energy kJ	133		0	NC	4		48		
Protein (N x 6.25) g	3.02	0.256	7	A	1		1.09		
Total lipid (fat) g	0.61	0.062	7	A	1		0.22		
Ash g	1.32	0.083	7	A	1		0.48		
Carbohydrate, by difference g	5.42		0	NC	4		1.95		
Fiber, total dietary g	4.0	0.084	9	JA	6		1.5		
Sugars, total g	0.46		0	BFSN	4		0.17		
Starch g									
Minerals:									
Calcium, Ca mg	232	10.092	6	A	1		84		
Iron, Fe mg	0.47	0.062	14	JA	6		0.17		
Magnesium, Mg mg	27	2.703	14	JA	6		10		
Phosphorus, P mg	25	1.203	14	JA	6		9		
Potassium, K mg	213	31.476	20	JA	6		77		
Sodium, Na mg	17	5.376	20	JA	6		6		
Zinc, Zn mg	0.21	0.062	15	JA	6		0.07		
Copper, Cu mg	0.046	0.016	15	JA	6		0.017		
Manganese, Mn mg	0.658	0.066	14	JA	6		0.237		
Selenium, Se µg	1.3		0	BFZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	35.3	5.022	3	A	1		12.7		
Thiamin mg	0.054	0.020	3	A	1		0.019		
Riboflavin mg	0.130	0.062	3	A	1		0.047		
Niacin mg	0.742	0.151	3	A	1		0.267		
Pantothenic acid mg	0.267	0.092	3	A	1		0.096		
Vitamin B-6 mg	0.165	0.040	3	A	1		0.059		
Folate, total µg	129	6.089	4	A	1		47		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	129	6.089	4	A	1		47		
Folate, DFE µg	129		0	NC	4		47		
Choline, total mg	23.2		0	BFSN	4		8.3		
Betaine mg	0.4		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	251		0	AS	1		90		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2991	207.992	6	A	1		1077		
Carotene, alpha µg	14	8.086	4	A	1		5		
Cryptoxanthin, beta µg	28	6.089	4	A	1		10		
Vitamin A, IU IU	5019		0	AS	1		1807		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	4323	614.940	4	A	1		1556		
Vitamin E (alpha-tocopherol) mg	2.26		0	O	4		0.81		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	437.1		2	A	1		157.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11161
Collards, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.055		0	BFFN	4		0.020		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.002		0	BFFN	4		0.001		
13:0....g									
14:0....g	0.002		0	BFFN	4		0.001		
15:0....g									
16:0....g	0.046		0	BFFN	4		0.017		
17:0....g									
18:0....g	0.002		0	BFFN	4		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0	BFFN	4		0.011		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.029		0	BFFN	4		0.010		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0	BFFN	4		0.072		
18:2 undifferentiated....g	0.082		0	BFFN	4		0.030		
18:3 undifferentiated....g	0.108		0	BFFN	4		0.039		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0	BFFN	4		0.001		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0	BFPN	4		0.011		
Threonine....g	0.086		0	BFPN	4		0.031		
Isoleucine....g	0.100		0	BFPN	4		0.036		
Leucine....g	0.151		0	BFPN	4		0.054		
Lysine....g	0.117		0	BFPN	4		0.042		
Methionine....g	0.033		0	BFPN	4		0.012		
Cystine....g	0.025		0	BFPN	4		0.009		
Phenylalanine....g	0.087		0	BFPN	4		0.031		
Tyrosine....g	0.066		0	BFPN	4		0.024		
Valine....g	0.120		0	BFPN	4		0.043		
Arginine....g	0.125		0	BFPN	4		0.045		
Histidine....g	0.047		0	BFPN	4		0.017		
Alanine....g	0.105		0	BFPN	4		0.038		
Aspartic acid....g	0.187		0	BFPN	4		0.067		
Glutamic acid....g	0.204		0	BFPN	4		0.073		
Glycine....g	0.094		0	BFPN	4		0.034		
Proline....g	0.105		0	BFPN	4		0.038		
Serine....g	0.078		0	BFPN	4		0.028		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11161
Collards, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11165

Coriander (cilantro) leaves, raw

Coriandrum sativum

Chinese parsley, raw, Cilantro, raw

Refuse: 15% Roots, old and bruised leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.21	0.270	7		1		3.69	18.44	
Energy kcal	23		0	NC	4		1	5	
Energy kJ	95		0	NC	4		4	19	
Protein (N x 6.25) g	2.13	0.224	3		1		0.09	0.43	
Total lipid (fat) g	0.52	0.047	3		1		0.02	0.10	
Ash g	1.47	0.186	3		1		0.06	0.29	
Carbohydrate, by difference g	3.67		0	NC	4		0.15	0.73	
Fiber, total dietary g	2.8		2		1		0.1	0.6	
Sugars, total g	0.87		0	O	4		0.03	0.17	
Starch g									
Minerals:									
Calcium, Ca mg	67		2		1		3	13	
Iron, Fe mg	1.77	0.641	3		1		0.07	0.35	
Magnesium, Mg mg	26	4.735	3		1		1	5	
Phosphorus, P mg	48	7.143	3		1		2	10	
Potassium, K mg	521	43.979	3		1		21	104	
Sodium, Na mg	46	10.403	3		1		2	9	
Zinc, Zn mg	0.50		2		1		0.02	0.10	
Copper, Cu mg	0.225		2		1		0.009	0.045	
Manganese, Mn mg	0.426		2		1		0.017	0.085	
Selenium, Se µg	0.9		0	CAZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	27.0	12.941	3		1		1.1	5.4	
Thiamin mg	0.067	0.023	3		1		0.003	0.013	
Riboflavin mg	0.162	0.033	3		1		0.006	0.032	
Niacin mg	1.114	0.195	3		1		0.045	0.223	
Pantothenic acid mg	0.570		2		1		0.023	0.114	
Vitamin B-6 mg	0.149	0.019	3		1		0.006	0.030	
Folate, total µg	62		2		1		2	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	62		2		1		2	12	
Folate, DFE µg	62		0	NC	4		2	12	
Choline, total mg	12.8		0	CAZN	4		0.5	2.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	337		0	NC	4		13	67	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	3930	365.713	15	JA	6		157	786	
Carotene, alpha µg	36	27.270	3	JA	6		1	7	
Cryptoxanthin, beta µg	202	44.373	3	JA	6		8	40	
Vitamin A, IU IU	6748		0	NC	4		270	1350	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	865		6	A	1		35	173	
Vitamin E (alpha-tocopherol) mg	2.50		0	NR	4		0.10	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	310.0		0	O	4		12.4	62.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11165
Coriander (cilantro) leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.014		0		4		0.001	0.003	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.012		0		4		0.000	0.002	
17:0....g									
18:0....g	0.001		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.275		0		4		0.011	0.055	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.273		0		4		0.011	0.055	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.040		0		4		0.002	0.008	
18:2 undifferentiated....g	0.040		0		4		0.002	0.008	
18:3 undifferentiated....g	0.000		0		4		0.000	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	5		1		1		0	1	
Stigmasterol....mg	3		1		1		0	1	
Campesterol....mg	0		1		1		0	0	
Beta-sitosterol....mg	2		1		1		0	0	
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.0g: .25 cup

Measure 2 = 20g: 9 sprigs

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11656
Corn pudding, home prepared (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.33		0	RC	4		180.83	120.79	
Energy kcal	131		0	RC	4		327	219	
Energy kJ	548		0	RC	4		1370	915	
Protein g	4.42		0	RC	4		11.05	7.38	
Total lipid (fat) g	5.04		0	RC	4		12.61	8.42	
Ash g	1.23		0	RC	4		3.08	2.06	
Carbohydrate, by difference g	16.97		0	RC	4		42.43	28.34	
Fiber, total dietary g	1.2		0	RC	4		3.1	2.0	
Sugars, total g	6.59		0	RC	4		16.48	11.01	
Starch g	8.68		0	RC	4		21.70	14.50	
Minerals:									
Calcium, Ca mg	39		0	RC	4		97	65	
Iron, Fe mg	0.53		0	RC	4		1.33	0.89	
Magnesium, Mg mg	15		0	RC	4		37	25	
Phosphorus, P mg	90		0	RC	4		225	151	
Potassium, K mg	176		0	RC	4		439	293	
Sodium, Na mg	282		0	RC	4		706	472	
Zinc, Zn mg	0.48		0	RC	4		1.20	0.80	
Copper, Cu mg	0.043		0	RC	4		0.107	0.071	
Manganese, Mn mg	0.079		0	RC	4		0.199	0.133	
Selenium, Se µg	6.1		0	RC	4		15.3	10.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7		0	RC	4		9.2	6.2	
Thiamin mg	0.069		0	RC	4		0.174	0.116	
Riboflavin mg	0.154		0	RC	4		0.385	0.257	
Niacin mg	1.033		0	RC	4		2.583	1.725	
Pantothenic acid mg									
Vitamin B-6 mg	0.127		0	RC	4		0.318	0.212	
Folate, total µg	29		0	RC	4		72	48	
Folic acid µg	0		0	RC	4		0	0	
Folate, food µg	29		0	RC	4		72	48	
Folate, DFE µg	29		0	NC	4		72	48	
Choline, total mg	55.5		0	RC	4		138.8	92.7	
Betaine mg									
Vitamin B-12 µg	0.31		0	RC	4		0.77	0.51	
Vitamin B-12, added µg	0.00		0	RC	4		0.00	0.00	
Vitamin A, RAE µg	57		0	RC	4		143	96	
Retinol µg	51		0	RC	4		127	85	
Carotene, beta µg	36		0	RC	4		89	60	
Carotene, alpha µg	10		0	RC	4		24	16	
Cryptoxanthin, beta µg	70		0	RC	4		175	117	
Vitamin A, IU IU	296		0	RC	4		740	494	
Lycopene µg	0		0	RC	4		0	0	
Lutein + zeaxanthin µg	436		0	RC	4		1090	728	
Vitamin E (alpha-tocopherol) mg	0.27		0	RC	4		0.68	0.46	
Vitamin E, added mg	0.00		0	RC	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	RC	4		0.01	0.00	
Tocopherol, gamma mg	0.17		0	RC	4		0.41	0.28	
Tocopherol, delta mg	0.00		0	RC	4		0.01	0.01	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.5		0	RC	4		1.2	0.8	
Vitamin D IU	22		0	RC	4		54	36	
Vitamin K (phylloquinone) µg	0.5		0	RC	4		1.3	0.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11656
Corn pudding, home prepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.451		0	RC	4		6.127	4.093	
4:0....g	0.110		0	RC	4		0.275	0.184	
6:0....g	0.075		0	RC	4		0.188	0.126	
8:0....g	0.052		0	RC	4		0.131	0.088	
10:0....g	0.091		0	RC	4		0.226	0.151	
12:0....g	0.093		0	RC	4		0.232	0.155	
13:0....g									
14:0....g	0.289		0	RC	4		0.723	0.483	
15:0....g									
16:0....g	1.219		0	RC	4		3.047	2.035	
17:0....g									
18:0....g	0.495		0	RC	4		1.238	0.827	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.499		0	RC	4		3.749	2.504	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.072		0	RC	4		0.180	0.120	
17:1....g									
18:1 undifferentiated....g	1.419		0	RC	4		3.547	2.369	
20:1....g	0.007		0	RC	4		0.018	0.012	
22:1 undifferentiated....g	0.000		0	RC	4		0.001	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.550		0	RC	4		1.374	0.918	
18:2 undifferentiated....g	0.484		0	RC	4		1.209	0.808	
18:3 undifferentiated....g	0.038		0	RC	4		0.096	0.064	
18:4....g	0.000		0	RC	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0	RC	4		0.053	0.036	
20:5 n-3 (EPA)....g	0.001		0	RC	4		0.002	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.006		0	RC	4		0.014	0.009	
Fatty acids, total trans....g	0.093		0	RC	4		0.233	0.156	
Fatty acids, total trans-monoenoic....g	0.085		0	RC	4		0.212	0.142	
Fatty acids, total trans-polyenoic....g	0.008		0	RC	4		0.021	0.014	
Cholesterol....mg	72		0	RC	4		181	121	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.059		0	RC	4		0.147	0.098	
Threonine....g	0.169		0	RC	4		0.423	0.283	
Isoleucine....g	0.195		0	RC	4		0.487	0.325	
Leucine....g	0.438		0	RC	4		1.095	0.731	
Lysine....g	0.330		0	RC	4		0.825	0.551	
Methionine....g	0.114		0	RC	4		0.286	0.191	
Cystine....g	0.071		0	RC	4		0.177	0.118	
Phenylalanine....g	0.216		0	RC	4		0.541	0.361	
Tyrosine....g	0.177		0	RC	4		0.443	0.296	
Valine....g	0.255		0	RC	4		0.639	0.427	
Arginine....g	0.212		0	RC	4		0.530	0.354	
Histidine....g	0.110		0	RC	4		0.276	0.184	
Alanine....g	0.271		0	RC	4		0.679	0.453	
Aspartic acid....g	0.376		0	RC	4		0.940	0.628	
Glutamic acid....g	0.743		0	RC	4		1.858	1.241	
Glycine....g	0.144		0	RC	4		0.360	0.241	
Proline....g	0.371		0	RC	4		0.929	0.620	
Serine....g	0.266		0	RC	4		0.665	0.444	
Hydroxyproline....g									
Others:									

NDB No. 11656
Corn pudding, home prepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Alcohol, ethyl....g	0.0		0	RC	4		0.0	0.0	
Caffeine....mg	0		0	RC	4		0	0	
Theobromine....mg	0		0	RC	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 167g: .667 cup (#6 scoop)

Footnotes:

1 Recipe: Yellow corn, 55%; whole milk, 23%; egg, 14%; sugar, 4%; butter, 3%; salt, 1%; and pepper.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11184
Corn with red and green peppers, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.50	0.307	10		1		175.93		
Energy kcal	75		0	NC	4		170		
Energy kJ	314				4		712		
Protein (N x 6.25) g	2.33	0.051	11		1		5.29		
Total lipid (fat) g	0.55	0.037	10		1		1.25		
Ash g	1.45	0.045	10		1		3.29		
Carbohydrate, by difference g	18.17		0	NC	4		41.25		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5	0.278	9		1		11		
Iron, Fe mg	0.79	0.122	9		1		1.79		
Magnesium, Mg mg	25	0.740	4		1		57		
Phosphorus, P mg	62	1.861	8		1		141		
Potassium, K mg	153	13.806	8		1		347		
Sodium, Na mg	347	40.558	8		1		788		
Zinc, Zn mg	0.37	0.040	4		1		0.84		
Copper, Cu mg	0.060	0.010	4		1		0.136		
Manganese, Mn mg	0.043		0		4		0.098		
Selenium, Se µg	0.6		0	RA	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.8	0.611	10		1		20.0		
Thiamin mg	0.022	0.003	10		1		0.050		
Riboflavin mg	0.080	0.007	10		1		0.182		
Niacin mg	0.950	0.079	10		1		2.157		
Pantothenic acid mg	0.447		0		4		1.015		
Vitamin B-6 mg	0.097		0		4		0.220		
Folate, total µg	34		0		4		77		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	34		0		4		77		
Folate, DFE µg	34		0	NC	4		77		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	12	0.882	6		1		26		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	232	17.644	6		1		527		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11184

Corn with red and green peppers, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.085		0		1		0.193		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.079		0		1		0.179		
17:0....g									
18:0....g	0.006		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.157		0		1		0.356		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.157		0		1		0.356		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.261		0		1		0.592		
18:2 undifferentiated....g	0.253		0		1		0.574		
18:3 undifferentiated....g	0.008		0		1		0.018		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.039		
Threonine....g	0.093		0		1		0.211		
Isoleucine....g	0.093		0		1		0.211		
Leucine....g	0.246		0		1		0.558		
Lysine....g	0.099		0		1		0.225		
Methionine....g	0.048		0		1		0.109		
Cystine....g	0.020		0		1		0.045		
Phenylalanine....g	0.107		0		1		0.243		
Tyrosine....g	0.087		0		1		0.197		
Valine....g	0.132		0		1		0.300		
Arginine....g	0.095		0		1		0.216		
Histidine....g	0.063		0		1		0.143		
Alanine....g	0.208		0		1		0.472		
Aspartic acid....g	0.183		0		1		0.415		
Glutamic acid....g	0.453		0		1		1.028		
Glycine....g	0.091		0		1		0.207		
Proline....g	0.206		0		1		0.468		
Serine....g	0.110		0		1		0.250		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11184

Corn with red and green peppers, canned, solids and liquids

Common Measures:

Measure 1 = 227g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11907
Corn, sweet, white, canned, cream style, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.73	0.198	267		1		201.55	379.48	
Energy kcal	72		0	NC	4		184	347	
Energy kJ	301		0		4		771	1452	
Protein (N x 6.25) g	1.74	0.024	305		1		4.45	8.39	
Total lipid (fat) g	0.42	0.011	281		1		1.08	2.02	
Ash g	0.98	0.017	291		1		2.51	4.72	
Carbohydrate, by difference g	18.13		0	NC	4		46.41	87.39	
Fiber, total dietary g	1.2		0		4		3.1	5.8	
Sugars, total g	2.21		0	BFZN	4		5.67	10.67	
Starch g									
Minerals:									
Calcium, Ca mg	3	0.110	287		1		8	14	
Iron, Fe mg	0.38	0.012	286		1		0.97	1.83	
Magnesium, Mg mg	17	0.246	226		1		44	82	
Phosphorus, P mg	51	1.092	251		1		131	246	
Potassium, K mg	134	2.209	250		1		343	646	
Sodium, Na mg	3		0		1		8	14	
Zinc, Zn mg	0.53	0.010	80		1		1.36	2.55	
Copper, Cu mg	0.052	0.006	81		1		0.133	0.251	
Manganese, Mn mg	0.039		0		1		0.100	0.188	
Selenium, Se µg	0.6		0	BFZN	4		1.5	2.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6	0.124	324		1		11.8	22.2	
Thiamin mg	0.025	0.001	274		1		0.064	0.121	
Riboflavin mg	0.053	0.002	297		1		0.136	0.255	
Niacin mg	0.960	0.028	304		1		2.458	4.627	
Pantothenic acid mg	0.180	0.004	7		1		0.461	0.868	
Vitamin B-6 mg	0.063	0.002	14		1		0.161	0.304	
Folate, total µg	45		0		1		115	216	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	45		0		1		115	216	
Folate, DFE µg	45		0	NC	4		115	216	
Choline, total mg	20.3		0	BFSN	4		52.1	98.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFZN	4		1	2	
Carotene, alpha µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFZN	4		1	3	
Vitamin A, IU IU	1		0	NC	4		3	6	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	37		0	BFZN	4		94	177	
Vitamin E (alpha-tocopherol) mg	0.06		0	BFZN	4		0.17	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.7	1.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11907

Corn, sweet, white, canned, cream style, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.065		0		1		0.166	0.313	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.061		0		1		0.156	0.294	
17:0....g									
18:0....g	0.004		0		1		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.123		0		1		0.315	0.593	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.123		0		1		0.315	0.593	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0		1		0.507	0.954	
18:2 undifferentiated....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated....g	0.006		0		1		0.015	0.029	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.031	0.058	
Threonine....g	0.070		0		1		0.179	0.337	
Isoleucine....g	0.070		0		1		0.179	0.337	
Leucine....g	0.188		0		1		0.481	0.906	
Lysine....g	0.074		0		1		0.189	0.357	
Methionine....g	0.036		0		1		0.092	0.174	
Cystine....g	0.014		0		1		0.036	0.067	
Phenylalanine....g	0.081		0		1		0.207	0.390	
Tyrosine....g	0.066		0		1		0.169	0.318	
Valine....g	0.100		0		1		0.256	0.482	
Arginine....g	0.071		0		1		0.182	0.342	
Histidine....g	0.048		0		1		0.123	0.231	
Alanine....g	0.159		0		1		0.407	0.766	
Aspartic acid....g	0.132		0		1		0.338	0.636	
Glutamic acid....g	0.343		0		1		0.878	1.653	
Glycine....g	0.068		0		1		0.174	0.328	
Proline....g	0.158		0		1		0.404	0.762	
Serine....g	0.083		0		1		0.212	0.400	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11907

Corn, sweet, white, canned, cream style, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11906
Corn, sweet, white, canned, cream style, regular pack

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.24		1		1		200.29	377.12	
Energy kcal	74		0	NC	4		190	358	
Energy kJ	311		0	NC	4		796	1499	
Protein (N x 6.25) g	1.74	0.024	305		1		4.45	8.39	
Total lipid (fat) g	0.42	0.011	281		1		1.08	2.02	
Ash g	0.98	0.017	291		1		2.51	4.72	
Carbohydrate, by difference g	18.62		0	NC	4		47.67	89.75	
Fiber, total dietary g	1.2		0		4		3.1	5.8	
Sugars, total g	6.09		0	LC	8		15.59	29.36	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.159	47		1		10	18	
Iron, Fe mg	0.31	0.016	48		1		0.80	1.51	
Magnesium, Mg mg	15	0.298	48		1		38	72	
Phosphorus, P mg	40	1.006	47		1		102	192	
Potassium, K mg	119	3.069	48		1		305	573	
Sodium, Na mg	261	8.312	48		1		668	1258	
Zinc, Zn mg	0.56	0.027	48		1		1.44	2.71	
Copper, Cu mg	0.022	0.001	47		1		0.055	0.104	
Manganese, Mn mg	0.068	0.002	48		1		0.173	0.327	
Selenium, Se µg	0.4	0.145	42		1		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6	0.124	324		1		11.8	22.2	
Thiamin mg	0.025	0.001	274		1		0.064	0.121	
Riboflavin mg	0.053	0.002	297		1		0.136	0.255	
Niacin mg	0.960	0.028	304		1		2.458	4.627	
Pantothenic acid mg	0.180	0.004	7		1		0.461	0.868	
Vitamin B-6 mg	0.063	0.002	14		1		0.161	0.304	
Folate, total µg	45		0		1		115	216	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	45		0		1		115	216	
Folate, DFE µg	45		0	NC	4		115	216	
Choline, total mg	20.3		0	BFSN	4		52.1	98.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		2	3	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFSN	4		2	3	
Vitamin A, IU IU	2		0	NC	4		4	7	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	44		0	BFSN	4		113	213	
Vitamin E (alpha-tocopherol) mg	0.07		1		1		0.18	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	0.10		1		1		0.26	0.48	
Tocopherol, delta mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	
Tocotrienol, gamma mg	0.21		1		1		0.54	1.01	
Tocotrienol, delta mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.0		1		1		0.1	0.1	

NDB No. 11906

Corn, sweet, white, canned, cream style, regular pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.065		0	NC	4		0.166	0.313	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.061		0		1		0.156	0.294	
17:0....g									
18:0....g	0.004		0		1		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.123		0	NC	4		0.315	0.593	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.123		0		1		0.315	0.593	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.199		0	NC	4		0.509	0.959	
18:2 undifferentiated....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated....g	0.006		0		1		0.015	0.029	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.031	0.058	
Threonine....g	0.070		0		1		0.179	0.337	
Isoleucine....g	0.070		0		1		0.179	0.337	
Leucine....g	0.188		0		1		0.481	0.906	
Lysine....g	0.074		0		1		0.189	0.357	
Methionine....g	0.036		0		1		0.092	0.174	
Cystine....g	0.014		0		1		0.036	0.067	
Phenylalanine....g	0.081		0		1		0.207	0.390	
Tyrosine....g	0.066		0		1		0.169	0.318	
Valine....g	0.100		0		1		0.256	0.482	
Arginine....g	0.071		0		1		0.182	0.342	
Histidine....g	0.048		0		1		0.123	0.231	
Alanine....g	0.159		0		1		0.407	0.766	
Aspartic acid....g	0.132		0		1		0.338	0.636	
Glutamic acid....g	0.343		0		1		0.878	1.653	
Glycine....g	0.068		0		1		0.174	0.328	
Proline....g	0.158		0		1		0.404	0.762	
Serine....g	0.083		0		1		0.212	0.400	
Hydroxyproline....g									

NDB No. 11906

Corn, sweet, white, canned, cream style, regular pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11909
Corn, sweet, white, canned, vacuum pack, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.58	0.431	71		1		160.82	260.37	
Energy kcal	79		0	NC	4		167	270	
Energy kJ	332		0	NC	4		698	1130	
Protein (N x 6.25) g	2.41	0.096	71		1		5.06	8.19	
Total lipid (fat) g	0.50	0.026	71		1		1.05	1.70	
Ash g	1.07	0.049	71		1		2.25	3.64	
Carbohydrate, by difference g	19.44		0	NC	4		40.82	66.10	
Fiber, total dietary g	2.0		0		4		4.2	6.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5	0.389	69		1		11	17	
Iron, Fe mg	0.42	0.017	69		1		0.88	1.43	
Magnesium, Mg mg	23	0.620	57		1		48	78	
Phosphorus, P mg	64	1.569	63		1		134	218	
Potassium, K mg	186	5.052	66		1		391	632	
Sodium, Na mg	3		0		1		6	10	
Zinc, Zn mg	0.46	0.012	57		1		0.97	1.56	
Copper, Cu mg	0.048	0.002	57		1		0.101	0.163	
Manganese, Mn mg	0.067	0.007	15		1		0.141	0.228	
Selenium, Se µg	0.7		0	BFZN	4		1.5	2.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.1	0.205	56		1		17.0	27.5	
Thiamin mg	0.041	0.003	71		1		0.086	0.139	
Riboflavin mg	0.073	0.002	71		1		0.153	0.248	
Niacin mg	1.167	0.038	70		1		2.451	3.968	
Pantothenic acid mg	0.675		0		1		1.418	2.295	
Vitamin B-6 mg	0.055	0.005	15		1		0.116	0.187	
Folate, total µg	49		0		1		104	168	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	49		0		1		104	168	
Folate, DFE µg	49		0	NC	4		104	168	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFPN	4		1	2	
Carotene, alpha µg	0		0	BFPN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFPN	4		1	2	
Vitamin A, IU IU	1		0	NC	4		3	5	
Lycopene µg	0		0	BFPN	4		0	0	
Lutein + zeaxanthin µg	40		0	BFPN	4		84	136	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11909

Corn, sweet, white, canned, vacuum pack, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.077		0		1		0.162	0.262	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.073		0		1		0.153	0.248	
17:0....g									
18:0....g	0.005		0		1		0.011	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.147		0		1		0.309	0.500	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.147		0		1		0.309	0.500	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.237		0		1		0.498	0.806	
18:2 undifferentiated....g	0.230		0		1		0.483	0.782	
18:3 undifferentiated....g	0.007		0		1		0.015	0.024	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.036	0.058	
Threonine....g	0.097		0		1		0.204	0.330	
Isoleucine....g	0.097		0		1		0.204	0.330	
Leucine....g	0.260		0		1		0.546	0.884	
Lysine....g	0.102		0		1		0.214	0.347	
Methionine....g	0.050		0		1		0.105	0.170	
Cystine....g	0.020		0		1		0.042	0.068	
Phenylalanine....g	0.112		0		1		0.235	0.381	
Tyrosine....g	0.092		0		1		0.193	0.313	
Valine....g	0.138		0		1		0.290	0.469	
Arginine....g	0.098		0		1		0.206	0.333	
Histidine....g	0.066		0		1		0.139	0.224	
Alanine....g	0.220		0		1		0.462	0.748	
Aspartic acid....g	0.182		0		1		0.382	0.619	
Glutamic acid....g	0.475		0		1		0.998	1.615	
Glycine....g	0.095		0		1		0.200	0.323	
Proline....g	0.218		0		1		0.458	0.741	
Serine....g	0.114		0		1		0.239	0.388	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11909

Corn, sweet, white, canned, vacuum pack, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Measure 2 = 340g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11908
Corn, sweet, white, canned, vacuum pack, regular pack

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.58	0.431	71		1		160.82	260.37	
Energy kcal	79		0	NC	4		167	270	
Energy kJ	332		0	NC	4		698	1130	
Protein (N x 6.25) g	2.41	0.096	71		1		5.06	8.19	
Total lipid (fat) g	0.50	0.026	71		1		1.05	1.70	
Ash g	1.07	0.049	71		1		2.25	3.64	
Carbohydrate, by difference g	19.44		0	NC	4		40.82	66.10	
Fiber, total dietary g	2.0		0		4		4.2	6.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5	0.389	69		1		11	17	
Iron, Fe mg	0.42	0.017	69		1		0.88	1.43	
Magnesium, Mg mg	23	0.620	57		1		48	78	
Phosphorus, P mg	64	1.569	63		1		134	218	
Potassium, K mg	186	5.052	66		1		391	632	
Sodium, Na mg	272	7.706	66		1		571	925	
Zinc, Zn mg	0.46	0.012	57		1		0.97	1.56	
Copper, Cu mg	0.048	0.002	57		1		0.101	0.163	
Manganese, Mn mg	0.067	0.007	15		1		0.141	0.228	
Selenium, Se µg	0.7		0	BFZN	4		1.5	2.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.1	0.205	56		1		17.0	27.5	
Thiamin mg	0.041	0.003	71		1		0.086	0.139	
Riboflavin mg	0.073	0.002	71		1		0.153	0.248	
Niacin mg	1.167	0.038	70		1		2.451	3.968	
Pantothenic acid mg	0.675		0		1		1.418	2.295	
Vitamin B-6 mg	0.055	0.005	15		1		0.116	0.187	
Folate, total µg	49		0		1		104	168	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	49		0		1		104	168	
Folate, DFE µg	49		0	NC	4		104	168	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		1	2	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFSN	4		1	2	
Vitamin A, IU IU	1		0	NC	4		3	5	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	41		0	BFSN	4		85	138	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11908

Corn, sweet, white, canned, vacuum pack, regular pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.077		0		1		0.162	0.262	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.073		0		1		0.153	0.248	
17:0....g									
18:0....g	0.005		0		1		0.011	0.017	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.147		0		1		0.309	0.500	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.147		0		1		0.309	0.500	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.237		0		1		0.498	0.806	
18:2 undifferentiated....g	0.230		0		1		0.483	0.782	
18:3 undifferentiated....g	0.007		0		1		0.015	0.024	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.036	0.058	
Threonine....g	0.097		0		1		0.204	0.330	
Isoleucine....g	0.097		0		1		0.204	0.330	
Leucine....g	0.260		0		1		0.546	0.884	
Lysine....g	0.102		0		1		0.214	0.347	
Methionine....g	0.050		0		1		0.105	0.170	
Cystine....g	0.020		0		1		0.042	0.068	
Phenylalanine....g	0.112		0		1		0.235	0.381	
Tyrosine....g	0.092		0		1		0.193	0.313	
Valine....g	0.138		0		1		0.290	0.469	
Arginine....g	0.098		0		1		0.206	0.333	
Histidine....g	0.066		0		1		0.139	0.224	
Alanine....g	0.220		0		1		0.462	0.748	
Aspartic acid....g	0.182		0		1		0.382	0.619	
Glutamic acid....g	0.475		0		1		0.998	1.615	
Glycine....g	0.095		0		1		0.200	0.323	
Proline....g	0.218		0		1		0.458	0.741	
Serine....g	0.114		0		1		0.239	0.388	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11908

Corn, sweet, white, canned, vacuum pack, regular pack

Common Measures:

Measure 1 = 210g: 1 cup

Measure 2 = 340g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11905
Corn, sweet, white, canned, whole kernel, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.38	0.964	10	JA	6		131.83	239.54	
Energy kcal	71		0	NC	4		116	211	
Energy kJ	297		0	NC	4		487	885	
Protein (N x 6.25) g	2.32	0.171	6	A	1		3.80	6.91	
Total lipid (fat) g	1.37	0.108	4	A	1		2.25	4.09	
Ash g	0.86	0.080	6	A	1		1.41	2.57	
Carbohydrate, by difference g	15.06		0	NC	4		24.70	44.89	
Fiber, total dietary g	2.3		2	A	1		3.7	6.8	
Sugars, total g	2.42		2	A	1		3.97	7.21	
Sucrose g	0.45		2	A	1		0.74	1.34	
Glucose (dextrose) g	0.83		2	A	1		1.36	2.48	
Fructose g	0.55		2	A	1		0.91	1.65	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.22		2	A	1		0.36	0.66	
Galactose g	0.36		2	A	1		0.59	1.08	
Starch g	13.05		2	A	1		21.40	38.89	
Minerals:									
Calcium, Ca mg	3	0.351	4	A	1		4	8	
Iron, Fe mg	0.28	0.023	4	A	1		0.46	0.83	
Magnesium, Mg mg	13	0.000	4	A	1		21	38	
Phosphorus, P mg	46	0.128	4	A	1		76	138	
Potassium, K mg	142	0.638	4	A	1		233	424	
Sodium, Na mg	185		3	A	1		303	550	
Zinc, Zn mg	0.31	0.046	4	A	1		0.51	0.93	
Copper, Cu mg	0.031	0.003	4	A	1		0.051	0.092	
Manganese, Mn mg	0.066	0.005	4	A	1		0.109	0.198	
Selenium, Se µg	0.7	0.159	7	A	1		1.1	2.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.1	0.521	4	A	1		3.5	6.4	
Thiamin mg	0.015	0.000	4	A	1		0.024	0.044	
Riboflavin mg	0.016	0.000	4	A	1		0.026	0.048	
Niacin mg	0.883	0.041	4	A	1		1.449	2.633	
Pantothenic acid mg	0.355		2	A	1		0.582	1.058	
Vitamin B-6 mg	0.065		2	A	1		0.107	0.194	
Folate, total (1) µg	36		0	A	1		58	106	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (1) µg	36		0	A	1		58	106	
Folate, DFE (1) µg	36		0	NC	4		58	106	
Choline, total mg	16.3		0	AS	1		26.7	48.5	
Betaine mg	0.6		1	A	1		1.1	1.9	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		1	2	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFSN	4		1	2	
Vitamin A, IU IU	1		0	NC	4		2	4	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	40		0	BFSN	4		65	119	
Vitamin E (alpha-tocopherol) mg	0.07		2	A	1		0.12	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		2	A	1		0.01	0.02	
Tocopherol, gamma mg	0.21		2	A	1		0.34	0.63	
Tocopherol, delta mg	0.01		2	A	1		0.02	0.04	
Tocotrienol, alpha mg	0.19		2	A	1		0.31	0.57	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11905

Corn, sweet, white, canned, whole kernel, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.51		2	A	1		0.84	1.52	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.161		0	NC	4		0.265	0.481	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.001		2	A	1		0.001	0.001	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.132		2	A	1		0.216	0.393	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.021		2	A	1		0.034	0.063	
20:0....g	0.005		2	A	1		0.008	0.015	
22:0....g	0.003		2	A	1		0.005	0.009	
24:0....g									
Fatty acids, total monounsaturated....g	0.223		0	NC	4		0.366	0.666	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.010		2	A	1		0.016	0.030	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.211		2	A	1		0.345	0.627	
20:1....g	0.003		2	A	1		0.005	0.009	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.415		0	NC	4		0.681	1.238	
18:2 undifferentiated....g	0.397		2	A	1		0.650	1.182	
18:3 undifferentiated....g	0.019		0	AS	1		0.031	0.056	
18:3 n-3 c,c,c (ALA)....g	0.018		2	A	1		0.030	0.055	
18:3 n-6 c,c,c....g	0.001		2	A	1		0.001	0.001	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0	A	1		0.035	0.064	
Threonine....g	0.070		0	A	1		0.115	0.208	
Isoleucine....g	0.074		0	A	1		0.121	0.219	
Leucine....g	0.289		0	A	1		0.474	0.861	
Lysine....g	0.218		0	A	1		0.358	0.650	
Methionine....g	0.054		0	A	1		0.088	0.160	
Cystine....g	0.036		0	A	1		0.059	0.106	

NDB No. 11905

Corn, sweet, white, canned, whole kernel, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.108		0	A	1		0.176	0.321	
Tyrosine....g	0.090		0	A	1		0.147	0.267	
Valine....g	0.109		0	A	1		0.179	0.325	
Arginine....g	0.097		0	A	1		0.159	0.288	
Histidine....g	0.063		0	A	1		0.103	0.187	
Alanine....g	0.188		0	A	1		0.308	0.559	
Aspartic acid....g	0.163		0	A	1		0.267	0.486	
Glutamic acid....g	0.459		0	A	1		0.753	1.368	
Glycine....g	0.084		0	A	1		0.138	0.251	
Proline....g	0.291		0	A	1		0.478	0.868	
Serine....g	0.129		0	A	1		0.212	0.385	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 164g: 1 cup

Measure 2 = 298g: 1 can (303 x 406)

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11904

Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.34	0.163	300	A	1		208.23	392.06	
Energy kcal	64		0	NC	4		164	308	
Energy kJ	268		0	NC	4		685	1290	
Protein (N x 6.25) g	1.95	0.020	354	A	1		4.99	9.40	
Total lipid (fat) g	0.50	0.014	337	A	1		1.28	2.41	
Ash g	0.80	0.016	316	A	1		2.05	3.86	
Carbohydrate, by difference g	15.41		0	NC	4		39.45	74.28	
Fiber, total dietary g	0.7		0	BFZN	4		1.8	3.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	4	0.272	329	A	1		10	19	
Iron, Fe mg	0.41	0.018	327	A	1		1.05	1.98	
Magnesium, Mg mg	16	0.200	151		1		41	77	
Phosphorus, P mg	51	0.372	174		1		131	246	
Potassium, K mg	164	2.761	272	A	1		420	790	
Sodium, Na mg	12	2.283	33	A	1		31	58	
Zinc, Zn mg	0.36	0.009	97		1		0.92	1.74	
Copper, Cu mg	0.056	0.003	97		1		0.143	0.270	
Manganese, Mn mg	0.033	0.002	39		1		0.084	0.159	
Selenium, Se µg	0.6		0	BFZN	4		1.5	2.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.5	0.148	354	A	1		14.1	26.5	
Thiamin mg	0.026		202		1		0.067	0.125	
Riboflavin mg	0.061	0.002	219		1		0.156	0.294	
Niacin mg	0.939	0.051	218		1		2.404	4.526	
Pantothenic acid mg	0.522		0		1		1.336	2.516	
Vitamin B-6 mg	0.037	0.003	39		1		0.095	0.178	
Folate, total µg	38	6.525	3		1		98	184	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	38	6.525	3		1		98	184	
Folate, DFE µg	38		0	NC	4		98	184	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFSN	4		1	2	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		1	2	
Vitamin A, IU IU	1		0	NC	4		3	5	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	32		0	BFSN	4		83	156	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11904

Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.077		0	BFFN	4		0.197	0.371	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.071		0	BFFN	4		0.182	0.342	
17:0....g									
18:0....g	0.004		0	BFFN	4		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.144		0	BFFN	4		0.369	0.694	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.144		0	BFFN	4		0.369	0.694	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.233		0	BFFN	4		0.596	1.123	
18:2 undifferentiated....g	0.227		0	BFFN	4		0.581	1.094	
18:3 undifferentiated....g	0.007		0	BFFN	4		0.018	0.034	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0	BFPN	4		0.036	0.067	
Threonine....g	0.078		0	BFPN	4		0.200	0.376	
Isoleucine....g	0.078		0	BFPN	4		0.200	0.376	
Leucine....g	0.210		0	BFPN	4		0.538	1.012	
Lysine....g	0.082		0	BFPN	4		0.210	0.395	
Methionine....g	0.040		0	BFPN	4		0.102	0.193	
Cystine....g	0.016		0	BFPN	4		0.041	0.077	
Phenylalanine....g	0.090		0	BFPN	4		0.230	0.434	
Tyrosine....g	0.074		0	BFPN	4		0.189	0.357	
Valine....g	0.112		0	BFPN	4		0.287	0.540	
Arginine....g	0.079		0	BFPN	4		0.202	0.381	
Histidine....g	0.053		0	BFPN	4		0.136	0.255	
Alanine....g	0.178		0	BFPN	4		0.456	0.858	
Aspartic acid....g	0.148		0	BFPN	4		0.379	0.713	
Glutamic acid....g	0.385		0	BFPN	4		0.986	1.856	
Glycine....g	0.076		0	BFPN	4		0.195	0.366	
Proline....g	0.177		0	BFPN	4		0.453	0.853	
Serine....g	0.092		0	BFPN	4		0.236	0.443	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11904

Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11903

Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.34	0.163	300	A	1		208.23	392.06	
Energy kcal	64		0	NC	4		164	308	
Energy kJ	268		0	NC	4		685	1290	
Protein (N x 6.25) g	1.95	0.020	354	A	1		4.99	9.40	
Total lipid (fat) g	0.50	0.014	337	A	1		1.28	2.41	
Ash g	0.80	0.016	316	A	1		2.05	3.86	
Carbohydrate, by difference g	15.41		0	NC	4		39.45	74.28	
Fiber, total dietary g	1.7		0	A	1		4.4	8.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	4	0.272	329	A	1		10	19	
Iron, Fe mg	0.41	0.018	327	A	1		1.05	1.98	
Magnesium, Mg mg	16	0.200	151		1		41	77	
Phosphorus, P mg	51	0.372	174		1		131	246	
Potassium, K mg	164	2.761	272	A	1		420	790	
Sodium, Na mg	213	15.382	50	A	1		545	1027	
Zinc, Zn mg	0.36	0.009	97		1		0.92	1.74	
Copper, Cu mg	0.056	0.003	97		1		0.143	0.270	
Manganese, Mn mg	0.033	0.002	39		1		0.084	0.159	
Selenium, Se µg	0.6		0	BFZN	4		1.5	2.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.5	0.148	354	A	1		14.1	26.5	
Thiamin mg	0.026		202		1		0.067	0.125	
Riboflavin mg	0.061	0.002	219		1		0.156	0.294	
Niacin mg	0.939	0.051	218		1		2.404	4.526	
Pantothenic acid mg	0.522		0		1		1.336	2.516	
Vitamin B-6 mg	0.037	0.003	39		1		0.095	0.178	
Folate, total µg	38	6.525	3		1		98	184	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	38	6.525	3		1		98	184	
Folate, DFE µg	38		0	NC	4		98	184	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11903

Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.077		0	BFFN	4		0.197	0.371	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.071		0	BFFN	4		0.182	0.342	
17:0....g									
18:0....g	0.004		0	BFFN	4		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.144		0	BFFN	4		0.369	0.694	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.144		0	BFFN	4		0.369	0.694	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.233		0	BFFN	4		0.596	1.123	
18:2 undifferentiated....g	0.227		0	BFFN	4		0.581	1.094	
18:3 undifferentiated....g	0.007		0	BFFN	4		0.018	0.034	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0	BFPN	4		0.036	0.067	
Threonine....g	0.078		0	BFPN	4		0.200	0.376	
Isoleucine....g	0.078		0	BFPN	4		0.200	0.376	
Leucine....g	0.210		0	BFPN	4		0.538	1.012	
Lysine....g	0.082		0	BFPN	4		0.210	0.395	
Methionine....g	0.040		0	BFPN	4		0.102	0.193	
Cystine....g	0.016		0	BFPN	4		0.041	0.077	
Phenylalanine....g	0.090		0	BFPN	4		0.230	0.434	
Tyrosine....g	0.074		0	BFPN	4		0.189	0.357	
Valine....g	0.112		0	BFPN	4		0.287	0.540	
Arginine....g	0.079		0	BFPN	4		0.202	0.381	
Histidine....g	0.053		0	BFPN	4		0.136	0.255	
Alanine....g	0.178		0	BFPN	4		0.456	0.858	
Aspartic acid....g	0.148		0	BFPN	4		0.379	0.713	
Glutamic acid....g	0.385		0	BFPN	4		0.986	1.856	
Glycine....g	0.076		0	BFPN	4		0.195	0.366	
Proline....g	0.177		0	BFPN	4		0.453	0.853	
Serine....g	0.092		0	BFPN	4		0.236	0.443	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11903

Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11902
Corn, sweet, white, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.84	0.876	10	JA	6		64.83	75.03	85.95
Energy kcal	97		0	NC	4		87	100	115
Energy kJ	408		0	NC	4		363	420	481
Protein (N x 6.25) g	3.34	0.116	10	JA	6		2.97	3.44	3.94
Total lipid (fat) g	1.41	0.089	10	JA	6		1.26	1.46	1.67
Ash g	0.70	0.012	10	JA	6		0.62	0.72	0.82
Carbohydrate, by difference g	21.71		0	NC	4		19.32	22.36	25.62
Fiber, total dietary g	2.7		0	BFZN	4		2.4	2.8	3.2
Sugars, total g	7.73	0.738	3	A	1		6.88	7.97	9.13
Sucrose g	6.02	1.221	3	A	1		5.35	6.20	7.10
Glucose (dextrose) g	0.70	0.326	3	A	1		0.62	0.72	0.83
Fructose g	1.02	0.218	3	A	1		0.90	1.05	1.20
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	4.47	0.285	3	A	1		3.98	4.60	5.27
Minerals:									
Calcium, Ca mg	2	0.189	10	JA	6		2	2	2
Iron, Fe mg	0.55	0.042	10	JA	6		0.49	0.57	0.65
Magnesium, Mg mg	31	3.550	10	JA	6		27	32	36
Phosphorus, P mg	92	2.027	4	JA	6		82	94	108
Potassium, K mg	252	20.601	10	JA	6		225	260	298
Sodium, Na mg	253		0		4		225	261	299
Zinc, Zn mg	0.54	0.030	9	JA	6		0.48	0.55	0.63
Copper, Cu mg	0.057	0.003	9	JA	6		0.051	0.059	0.068
Manganese, Mn mg	0.214	0.012	3	JA	6		0.190	0.220	0.253
Selenium, Se µg	0.8		0	BFZN	4		0.7	0.8	0.9
Vitamins:									
Vitamin C, total ascorbic acid mg	6.2	0.345	9	JA	6		5.5	6.4	7.3
Thiamin mg	0.090	0.012	3	A	1		0.080	0.093	0.106
Riboflavin mg	0.053	0.009	3	A	1		0.047	0.055	0.063
Niacin mg	1.666	0.061	9	JA	6		1.483	1.716	1.966
Pantothenic acid mg	0.749	0.025	9	JA	6		0.666	0.771	0.883
Vitamin B-6 mg	0.127	0.007	9	JA	6		0.113	0.131	0.150
Folate, total µg	20		1	A	1		18	21	24
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	20		1	A	1		18	21	24
Folate, DFE µg	20		0	NC	4		18	21	24
Choline, total mg	29.1		0	BFSN	4		25.9	30.0	34.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		0	BFSN	4		1	1	1
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	1
Vitamin A, IU IU	2		0	NC	4		1	2	2
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	43		0	BFSN	4		38	44	51
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.08	0.10	0.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11902

Corn, sweet, white, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.4	0.4	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.197		0		1		0.175	0.203	0.232
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.185		0		1		0.165	0.191	0.218
17:0....g									
18:0....g	0.012		0		1		0.011	0.012	0.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.374		0		1		0.333	0.385	0.441
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.374		0		1		0.333	0.385	0.441
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.603		0		1		0.537	0.621	0.712
18:2 undifferentiated....g	0.586		0		1		0.522	0.604	0.691
18:3 undifferentiated....g	0.018		0		1		0.016	0.019	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.020	0.024	0.027
Threonine....g	0.133		0		1		0.118	0.137	0.157
Isoleucine....g	0.133		0		1		0.118	0.137	0.157
Leucine....g	0.358		0		1		0.319	0.369	0.422
Lysine....g	0.141		0		1		0.125	0.145	0.166
Methionine....g	0.069		0		1		0.061	0.071	0.081
Cystine....g	0.027		0		1		0.024	0.028	0.032
Phenylalanine....g	0.155		0		1		0.138	0.160	0.183
Tyrosine....g	0.126		0		1		0.112	0.130	0.149
Valine....g	0.191		0		1		0.170	0.197	0.225
Arginine....g	0.135		0		1		0.120	0.139	0.159
Histidine....g	0.091		0		1		0.081	0.094	0.107
Alanine....g	0.304		0		1		0.271	0.313	0.359
Aspartic acid....g	0.252		0		1		0.224	0.260	0.297
Glutamic acid....g	0.655		0		1		0.583	0.675	0.773
Glycine....g	0.131		0		1		0.117	0.135	0.155

NDB No. 11902

Corn, sweet, white, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.301		0		1		0.268	0.310	0.355
Serine....g	0.158		0		1		0.141	0.163	0.186
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 ear, small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear, medium (6-3/4" to 7-1/2" long)

Measure 3 = 118g: 1 ear, large (7-3/4" to 9" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11901
Corn, sweet, white, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.84	0.876	10	JA	6		64.83	75.03	84.50
Energy kcal	97		0	NC	4		87	100	113
Energy kJ	408		0	NC	4		363	420	473
Protein (N x 6.25) g	3.34	0.116	10	JA	6		2.97	3.44	3.87
Total lipid (fat) g	1.41	0.089	10	JA	6		1.26	1.46	1.64
Ash g	0.70	0.012	10	JA	6		0.62	0.72	0.81
Carbohydrate, by difference g	21.71		0	NC	4		19.32	22.36	25.19
Fiber, total dietary g	2.7		0		4		2.4	2.8	3.1
Sugars, total g	7.73	0.738	3	A	1		6.88	7.97	8.97
Sucrose g	6.02	1.221	3	A	1		5.35	6.20	6.98
Glucose (dextrose) g	0.70	0.326	3	A	1		0.62	0.72	0.81
Fructose g	1.02	0.218	3	A	1		0.90	1.05	1.18
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	4.47	0.285	3	A	1		3.98	4.60	5.18
Minerals:									
Calcium, Ca mg	2	0.189	10	JA	6		2	2	2
Iron, Fe mg	0.55	0.042	10	JA	6		0.49	0.57	0.64
Magnesium, Mg mg	31	3.550	10	JA	6		27	32	36
Phosphorus, P mg	92	2.027	4	JA	6		82	94	106
Potassium, K mg	252	20.601	10	JA	6		225	260	293
Sodium, Na mg	3	0.657	3	A	1		3	3	4
Zinc, Zn mg	0.54	0.030	9	JA	6		0.48	0.55	0.62
Copper, Cu mg	0.057	0.003	9	JA	6		0.051	0.059	0.066
Manganese, Mn mg	0.214	0.012	3	JA	6		0.190	0.220	0.248
Selenium, Se µg	0.8		0	BFZN	4		0.7	0.8	0.9
Vitamins:									
Vitamin C, total ascorbic acid mg	6.2	0.345	9	JA	6		5.5	6.4	7.2
Thiamin mg	0.090	0.012	3	A	1		0.080	0.093	0.104
Riboflavin mg	0.053	0.009	3	A	1		0.047	0.055	0.062
Niacin mg	1.666	0.061	9	JA	6		1.483	1.716	1.933
Pantothenic acid mg	0.749	0.025	9	JA	6		0.666	0.771	0.868
Vitamin B-6 mg	0.127	0.007	9	JA	6		0.113	0.131	0.147
Folate, total µg	20		1	A	1		18	21	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	20		1	A	1		18	21	23
Folate, DFE µg	20		0	NC	4		18	21	23
Choline, total mg	29.1		0	BFSN	4		25.9	30.0	33.7
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		0	BFSN	4		1	1	1
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	1
Vitamin A, IU IU	2		0	NC	4		1	2	2
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	43		0	BFSN	4		38	44	50
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.08	0.10	0.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11901

Corn, sweet, white, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.4	0.4	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.197		0		1		0.175	0.203	0.229
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.185		0		1		0.165	0.191	0.215
17:0....g									
18:0....g	0.012		0		1		0.011	0.012	0.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.374		0		1		0.333	0.385	0.434
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.374		0		1		0.333	0.385	0.434
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.603		0		1		0.537	0.621	0.699
18:2 undifferentiated....g	0.586		0		1		0.522	0.604	0.680
18:3 undifferentiated....g	0.018		0		1		0.016	0.019	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.020	0.024	0.027
Threonine....g	0.133		0		1		0.118	0.137	0.154
Isoleucine....g	0.133		0		1		0.118	0.137	0.154
Leucine....g	0.358		0		1		0.319	0.369	0.415
Lysine....g	0.141		0		1		0.125	0.145	0.164
Methionine....g	0.069		0		1		0.061	0.071	0.080
Cystine....g	0.027		0		1		0.024	0.028	0.031
Phenylalanine....g	0.155		0		1		0.138	0.160	0.180
Tyrosine....g	0.126		0		1		0.112	0.130	0.146
Valine....g	0.191		0		1		0.170	0.197	0.222
Arginine....g	0.135		0		1		0.120	0.139	0.157
Histidine....g	0.091		0		1		0.081	0.094	0.106
Alanine....g	0.304		0		1		0.271	0.313	0.353
Aspartic acid....g	0.252		0		1		0.224	0.260	0.292
Glutamic acid....g	0.655		0		1		0.583	0.675	0.760
Glycine....g	0.131		0		1		0.117	0.135	0.152

NDB No. 11901

Corn, sweet, white, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.301		0		1		0.268	0.310	0.349
Serine....g	0.158		0		1		0.141	0.163	0.183
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 ear, small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear, medium (6-3/4" to 7-1/2" long)

Measure 3 = 116g: 1 ear, large (7-3/4" to 9" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11912

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.73	0.476	10		1		126.60	217.91	
Energy kcal	80		0	NC	4		132	227	
Energy kJ	335		0		4		552	951	
Protein (N x 6.25) g	2.75	0.119	7		1		4.54	7.81	
Total lipid (fat) g	0.43	0.129	7		1		0.71	1.22	
Ash g	0.53	0.043	7		1		0.87	1.51	
Carbohydrate, by difference g	19.56		0	NC	4		32.27	55.55	
Fiber, total dietary g	2.4		0		4		4.0	6.8	
Sugars, total g	3.12		0	BFZN	4		5.14	8.85	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.738	7		1		7	11	
Iron, Fe mg	0.35	0.024	7		1		0.58	0.99	
Magnesium, Mg mg	19	0.636	7		1		31	54	
Phosphorus, P mg	57	4.041	7		1		94	162	
Potassium, K mg	147	9.043	7		1		243	417	
Sodium, Na mg	245		0		4		404	696	
Zinc, Zn mg	0.40	0.026	7		1		0.66	1.14	
Copper, Cu mg	0.037	0.004	7		1		0.061	0.105	
Manganese, Mn mg	0.127	0.021	7		1		0.210	0.361	
Selenium, Se µg	0.7	0.159	7	A	1		1.2	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1	0.453	7		1		5.1	8.8	
Thiamin mg	0.083	0.018	12		1		0.137	0.236	
Riboflavin mg	0.071	0.005	12		1		0.117	0.202	
Niacin mg	1.299	0.041	7		1		2.143	3.689	
Pantothenic acid mg	0.180	0.032	7		1		0.297	0.511	
Vitamin B-6 mg	0.129	0.035	12		1		0.213	0.366	
Folate, total µg	31	2.227	10		1		51	88	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	31	2.227	10		1		51	88	
Folate, DFE µg	31		0	NC	4		51	88	
Choline, total mg	22.0		0	BFZN	4		36.2	62.4	
Betaine mg	0.2		0	BFZN	4		0.3	0.5	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		2	4	
Carotene, alpha µg	0		0	BFSN	4		0	1	
Cryptoxanthin, beta µg	1		0	BFSN	4		1	2	
Vitamin A, IU IU	3		0	NC	4		5	9	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	50		0	BFSN	4		83	142	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFZN	4		0.12	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.5	0.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11912

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.066		0		1		0.109	0.187	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.062		1		1		0.102	0.176	
17:0....g									
18:0....g	0.004		1		1		0.007	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.126		0		1		0.208	0.358	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.126		1		1		0.208	0.358	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.203		0		1		0.335	0.577	
18:2 undifferentiated....g	0.197		1		1		0.325	0.559	
18:3 undifferentiated....g	0.006		1		1		0.010	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0		1		0.054	0.094	
Threonine....g	0.124		0		1		0.205	0.352	
Isoleucine....g	0.147		0		1		0.243	0.417	
Leucine....g	0.270		0		1		0.446	0.767	
Lysine....g	0.165		0		1		0.272	0.469	
Methionine....g	0.073		0		1		0.120	0.207	
Cystine....g	0.041		0		1		0.068	0.116	
Phenylalanine....g	0.141		0		1		0.233	0.400	
Tyrosine....g	0.114		0		1		0.188	0.324	
Valine....g	0.180		0		1		0.297	0.511	
Arginine....g	0.136		0		1		0.224	0.386	
Histidine....g	0.072		0		1		0.119	0.204	
Alanine....g	0.185		0		1		0.305	0.525	
Aspartic acid....g	0.236		0		1		0.389	0.670	
Glutamic acid....g	0.471		0		1		0.777	1.338	
Glycine....g	0.092		0		1		0.152	0.261	
Proline....g	0.195		0		1		0.322	0.554	
Serine....g	0.168		0		1		0.277	0.477	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11912

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 284g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11911

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.73	0.476	10		1		126.60	217.91	
Energy kcal	80		0	NC	4		132	227	
Energy kJ	335		0		4		552	951	
Protein (N x 6.25) g	2.75	0.119	7		1		4.54	7.81	
Total lipid (fat) g	0.43	0.129	7		1		0.71	1.22	
Ash g	0.53	0.043	7		1		0.87	1.51	
Carbohydrate, by difference g	19.56		0	NC	4		32.27	55.55	
Fiber, total dietary g	2.4		0		4		4.0	6.8	
Sugars, total g	3.12		0	BFSN	4		5.14	8.85	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.738	7		1		7	11	
Iron, Fe mg	0.35	0.024	7		1		0.58	0.99	
Magnesium, Mg mg	19	0.636	7		1		31	54	
Phosphorus, P mg	57	4.041	7		1		94	162	
Potassium, K mg	147	9.043	7		1		243	417	
Sodium, Na mg	5	0.976	11		1		8	14	
Zinc, Zn mg	0.40	0.026	7		1		0.66	1.14	
Copper, Cu mg	0.037	0.004	7		1		0.061	0.105	
Manganese, Mn mg	0.127	0.021	7		1		0.210	0.361	
Selenium, Se µg	0.7	0.159	7	A	1		1.2	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1	0.453	7		1		5.1	8.8	
Thiamin mg	0.083	0.018	12		1		0.137	0.236	
Riboflavin mg	0.071	0.005	12		1		0.117	0.202	
Niacin mg	1.299	0.041	7		1		2.143	3.689	
Pantothenic acid mg	0.180	0.032	7		1		0.297	0.511	
Vitamin B-6 mg	0.129	0.035	12		1		0.213	0.366	
Folate, total µg	31	2.227	10		1		51	88	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	31	2.227	10		1		51	88	
Folate, DFE µg	31		0	NC	4		51	88	
Choline, total mg	22.0		0	BFZN	4		36.2	62.4	
Betaine mg	0.2		0	BFZN	4		0.3	0.5	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		2	4	
Carotene, alpha µg	0		0	BFSN	4		0	1	
Cryptoxanthin, beta µg	1		0	BFSN	4		1	2	
Vitamin A, IU IU	3		0	NC	4		5	9	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	50		0	BFSN	4		83	142	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.12	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.5	0.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11911

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.066		0		1		0.109	0.187	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.062		1		1		0.102	0.176	
17:0....g									
18:0....g	0.004		1		1		0.007	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.126		0		1		0.208	0.358	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.126		1		1		0.208	0.358	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.203		0		1		0.335	0.577	
18:2 undifferentiated....g	0.197		1		1		0.325	0.559	
18:3 undifferentiated....g	0.006		1		1		0.010	0.017	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0		1		0.054	0.094	
Threonine....g	0.124		0		1		0.205	0.352	
Isoleucine....g	0.147		0		1		0.243	0.417	
Leucine....g	0.270		0		1		0.446	0.767	
Lysine....g	0.165		0		1		0.272	0.469	
Methionine....g	0.073		0		1		0.120	0.207	
Cystine....g	0.041		0		1		0.068	0.116	
Phenylalanine....g	0.141		0		1		0.233	0.400	
Tyrosine....g	0.114		0		1		0.188	0.324	
Valine....g	0.180		0		1		0.297	0.511	
Arginine....g	0.136		0		1		0.224	0.386	
Histidine....g	0.072		0		1		0.119	0.204	
Alanine....g	0.185		0		1		0.305	0.525	
Aspartic acid....g	0.236		0		1		0.389	0.670	
Glutamic acid....g	0.471		0		1		0.777	1.338	
Glycine....g	0.092		0		1		0.152	0.261	
Proline....g	0.195		0		1		0.322	0.554	
Serine....g	0.168		0		1		0.277	0.477	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11911

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 284g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11910
Corn, sweet, white, frozen, kernels cut off cob, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.00	0.876	77	JA	6		123.75	213.00	
Energy kcal	88		0	NC	4		145	249	
Energy kJ	367		0	NC	4		606	1042	
Protein (N x 6.25) g	3.02	0.033	81	JA	6		4.98	8.57	
Total lipid (fat) g	0.77	0.081	78		1		1.27	2.19	
Ash g	0.48	0.013	72	JA	6		0.80	1.37	
Carbohydrate, by difference g	20.73		0	NC	4		34.20	58.87	
Fiber, total dietary g	2.9	0.181	3	MA	12		4.7	8.2	
Sugars, total g	9.09		0	NC	4		15.00	25.82	
Sucrose g	8.50	0.183	3	MA	12		14.03	24.15	
Glucose (dextrose) g	0.35	0.039	3	MA	12		0.58	1.00	
Fructose g	0.20	0.006	3	MA	12		0.33	0.57	
Lactose g	0.03	0.033	3	MA	12		0.05	0.09	
Maltose g	0.00	0.000	3	MA	12		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.666	57	JA	6		7	11	
Iron, Fe mg	0.41	0.039	80	JA	6		0.68	1.18	
Magnesium, Mg mg	18	0.920	22		1		30	51	
Phosphorus, P mg	70	2.098	38	JA	6		116	199	
Potassium, K mg	213	7.360	24	JA	6		352	606	
Sodium, Na mg	3	0.405	38	JA	6		5	8	
Zinc, Zn mg	0.37	0.026	17		1		0.61	1.05	
Copper, Cu mg	0.036	0.004	16		1		0.059	0.102	
Manganese, Mn mg	0.126	0.020	11		1		0.208	0.358	
Selenium, Se µg	0.7	0.159	7	A	1		1.2	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.3	1.484	71	JA	6		10.3	17.8	
Thiamin mg	0.083	0.012	78		1		0.137	0.236	
Riboflavin mg	0.070	0.003	77		1		0.116	0.199	
Niacin mg	1.726	0.182	78		1		2.848	4.902	
Pantothenic acid mg	0.280	0.120	8		1		0.462	0.795	
Vitamin B-6 mg	0.178	0.010	20		1		0.294	0.506	
Folate, total µg	36	5.490	6		1		59	101	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	36	5.490	6		1		59	101	
Folate, DFE µg	36		0	NC	4		59	101	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0	0.000	3	MA	12		0	0	
Carotene, beta µg	1	0.200	3	MA	12		2	4	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		1	1	
Vitamin A, IU IU	3		0	NC	4		4	8	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	35		0	BFSN	4		58	100	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	

NDB No. 11910

Corn, sweet, white, frozen, kernels cut off cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFSN	4		0.5	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.184		0	NC	4		0.304	0.524	
4:0....g	0.000	0.000	3	MA	12		0.000	0.000	
6:0....g	0.000	0.000	3	MA	12		0.000	0.000	
8:0....g	0.000	0.000	3	MA	12		0.000	0.000	
10:0....g	0.000	0.000	3	MA	12		0.000	0.000	
12:0....g	0.000	0.000	3	MA	12		0.000	0.000	
13:0....g	0.000	0.000	3	MA	12		0.000	0.000	
14:0....g	0.000	0.000	3	MA	12		0.000	0.000	
15:0....g	0.000	0.000	3	MA	12		0.000	0.000	
16:0....g	0.159	0.021	3	MA	12		0.262	0.451	
17:0....g	0.000	0.000	3	MA	12		0.000	0.000	
18:0....g	0.022	0.004	3	MA	12		0.036	0.062	
20:0....g	0.004		2	MA	12		0.006	0.011	
22:0....g	0.000	0.000	3	MA	12		0.000	0.000	
24:0....g	0.000	0.000	3	MA	12		0.000	0.000	
Fatty acids, total monounsaturated....g	0.182		0	NC	4		0.300	0.517	
14:1....g	0.000	0.000	3	MA	12		0.000	0.000	
15:1....g	0.000	0.000	3	MA	12		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	3	MA	12		0.000	0.000	
17:1....g	0.000	0.000	3	MA	12		0.000	0.000	
18:1 undifferentiated....g	0.182	0.220	3	MA	12		0.300	0.517	
20:1....g	0.000	0.000	3	MA	12		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	MA	12		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.342		0	NC	4		0.564	0.971	
18:2 undifferentiated....g	0.329	0.013	3	MA	12		0.542	0.933	
18:3 undifferentiated....g	0.014		2	MA	12		0.022	0.038	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g	0.000	0.000	3	MA	12		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	MA	12		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g	0.000	0.000	3	MA	12		0.000	0.000	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0	0.000	3	MA	12		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.035	0.060	
Threonine....g	0.121		0		1		0.200	0.344	
Isoleucine....g	0.121		0		1		0.200	0.344	
Leucine....g	0.326		0		1		0.538	0.926	
Lysine....g	0.128		0		1		0.211	0.364	
Methionine....g	0.063		0		1		0.104	0.179	
Cystine....g	0.025		0		1		0.041	0.071	
Phenylalanine....g	0.141		0		1		0.233	0.400	
Tyrosine....g	0.115		0		1		0.190	0.327	
Valine....g	0.173		0		1		0.285	0.491	
Arginine....g	0.123		0		1		0.203	0.349	
Histidine....g	0.083		0		1		0.137	0.236	
Alanine....g	0.276		0		1		0.455	0.784	
Aspartic acid....g	0.229		0		1		0.378	0.650	
Glutamic acid....g	0.596		0		1		0.983	1.693	
Glycine....g	0.119		0		1		0.196	0.338	
Proline....g	0.274		0		1		0.452	0.778	
Serine....g	0.143		0		1		0.236	0.406	

NDB No. 11910

Corn, sweet, white, frozen, kernels cut off cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11915

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.20		0		1		120.78	46.12	
Energy kcal	94		0	NC	4		154	59	
Energy kJ	391		0	NC	4		645	246	
Protein (N x 6.25) g	3.11		0		1		5.13	1.96	
Total lipid (fat) g	0.74		0		1		1.22	0.47	
Ash g	0.62		0		1		1.02	0.39	
Carbohydrate, by difference g	22.33		0	NC	4		36.84	14.07	
Fiber, total dietary g	2.8		0		4		4.6	1.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	3		0		1		5	2	
Iron, Fe mg	0.61		0		1		1.01	0.38	
Magnesium, Mg mg	29		0		1		48	18	
Phosphorus, P mg	75		0		1		124	47	
Potassium, K mg	251		0		1		414	158	
Sodium, Na mg	240		0		4		396	151	
Zinc, Zn mg	0.63		0		1		1.04	0.40	
Copper, Cu mg	0.046		0		1		0.076	0.029	
Manganese, Mn mg	0.142		0		1		0.234	0.089	
Selenium, Se µg	0.7		0	BFZN	4		1.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.8		0		1		7.9	3.0	
Thiamin mg	0.174	0.032	3		1		0.287	0.110	
Riboflavin mg	0.069	0.001	3		1		0.114	0.043	
Niacin mg	1.517		0		1		2.503	0.956	
Pantothenic acid mg	0.250		0		1		0.413	0.158	
Vitamin B-6 mg	0.224	0.141	3		1		0.370	0.141	
Folate, total µg	31		0		1		50	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	31		0		1		50	19	
Folate, DFE µg	31		0	NC	4		50	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2		0	BFSN	4		3	1	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFSN	4		2	1	
Vitamin A, IU IU	4		0	NC	4		6	2	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	58		0	BFSN	4		95	36	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11915

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.114		0		1		0.188	0.072	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.107		0		1		0.177	0.067	
17:0....g									
18:0....g	0.007		0		1		0.012	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.216		0		1		0.356	0.136	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.216		0		1		0.356	0.136	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.348		0		1		0.574	0.219	
18:2 undifferentiated....g	0.338		0		1		0.558	0.213	
18:3 undifferentiated....g	0.010		0		1		0.017	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.036	0.014	
Threonine....g	0.125		0		1		0.206	0.079	
Isoleucine....g	0.125		0		1		0.206	0.079	
Leucine....g	0.336		0		1		0.554	0.212	
Lysine....g	0.132		0		1		0.218	0.083	
Methionine....g	0.065		0		1		0.107	0.041	
Cystine....g	0.025		0		1		0.041	0.016	
Phenylalanine....g	0.145		0		1		0.239	0.091	
Tyrosine....g	0.119		0		1		0.196	0.075	
Valine....g	0.179		0		1		0.295	0.113	
Arginine....g	0.126		0		1		0.208	0.079	
Histidine....g	0.086		0		1		0.142	0.054	
Alanine....g	0.285		0		1		0.470	0.180	
Aspartic acid....g	0.236		0		1		0.389	0.149	
Glutamic acid....g	0.615		0		1		1.015	0.387	
Glycine....g	0.123		0		1		0.203	0.077	
Proline....g	0.282		0		1		0.465	0.178	
Serine....g	0.148		0		1		0.244	0.093	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11915

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 165g: 1 cup kernels

Measure 2 = 63g: 1 ear, yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11914

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.20		0		1		120.78	46.12	
Energy kcal	94		0	NC	4		154	59	
Energy kJ	391		0	NC	4		645	246	
Protein (N x 6.25) g	3.11		0		1		5.13	1.96	
Total lipid (fat) g	0.74		0		1		1.22	0.47	
Ash g	0.62		0		1		1.02	0.39	
Carbohydrate, by difference g	22.33		0	NC	4		36.84	14.07	
Fiber, total dietary g	2.1		0		4		3.5	1.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	3		0		1		5	2	
Iron, Fe mg	0.61		0		1		1.01	0.38	
Magnesium, Mg mg	29		0		1		48	18	
Phosphorus, P mg	75		0		1		124	47	
Potassium, K mg	251		0		1		414	158	
Sodium, Na mg	4		0		1		7	3	
Zinc, Zn mg	0.63		0		1		1.04	0.40	
Copper, Cu mg	0.046		0		1		0.076	0.029	
Manganese, Mn mg	0.142		0		1		0.234	0.089	
Selenium, Se µg	0.7		0	BFZN	4		1.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.8		0		1		7.9	3.0	
Thiamin mg	0.174	0.032	3		1		0.287	0.110	
Riboflavin mg	0.069	0.001	3		1		0.114	0.043	
Niacin mg	1.517		0		1		2.503	0.956	
Pantothenic acid mg	0.250		0		1		0.413	0.158	
Vitamin B-6 mg	0.224	0.141	3		1		0.370	0.141	
Folate, total µg	31		0		1		50	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	31		0		1		50	19	
Folate, DFE µg	31		0	NC	4		50	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2		0	BFSN	4		3	1	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFSN	4		2	1	
Vitamin A, IU IU	4		0	NC	4		6	2	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	58		0	BFSN	4		95	36	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11914

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.114		0		1		0.188	0.072	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.107		0		1		0.177	0.067	
17:0....g									
18:0....g	0.007		0		1		0.012	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.216		0		1		0.356	0.136	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.216		0		1		0.356	0.136	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.348		0		1		0.574	0.219	
18:2 undifferentiated....g	0.338		0		1		0.558	0.213	
18:3 undifferentiated....g	0.010		0		1		0.017	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.036	0.014	
Threonine....g	0.125		0		1		0.206	0.079	
Isoleucine....g	0.125		0		1		0.206	0.079	
Leucine....g	0.336		0		1		0.554	0.212	
Lysine....g	0.132		0		1		0.218	0.083	
Methionine....g	0.065		0		1		0.107	0.041	
Cystine....g	0.025		0		1		0.041	0.016	
Phenylalanine....g	0.145		0		1		0.239	0.091	
Tyrosine....g	0.119		0		1		0.196	0.075	
Valine....g	0.179		0		1		0.295	0.113	
Arginine....g	0.126		0		1		0.208	0.079	
Histidine....g	0.086		0		1		0.142	0.054	
Alanine....g	0.285		0		1		0.470	0.180	
Aspartic acid....g	0.236		0		1		0.389	0.149	
Glutamic acid....g	0.615		0		1		1.015	0.387	
Glycine....g	0.123		0		1		0.203	0.077	
Proline....g	0.282		0		1		0.465	0.178	
Serine....g	0.148		0		1		0.244	0.093	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11914

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 165g: 1 cup kernels

Measure 2 = 63g: 1 ear, yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11913
Corn, sweet, white, frozen, kernels on cob, unprepared

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.79	0.270	58		1		118.45	89.74	
Energy kcal	98		0	NC	4		162	123	
Energy kJ	412		0	NC	4		679	515	
Protein (N x 6.25) g	3.28	0.044	58		1		5.41	4.10	
Total lipid (fat) g	0.78	0.038	58		1		1.29	0.98	
Ash g	0.65	0.015	57		1		1.07	0.81	
Carbohydrate, by difference g	23.50		0	NC	4		38.78	29.38	
Fiber, total dietary g	2.8		0		4		4.6	3.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	4	0.178	32		1		7	5	
Iron, Fe mg	0.68	0.033	58		1		1.12	0.85	
Magnesium, Mg mg	32	0.923	9		1		53	40	
Phosphorus, P mg	87	2.581	25		1		144	109	
Potassium, K mg	294	7.902	13		1		485	368	
Sodium, Na mg	5	1.423	29		1		8	6	
Zinc, Zn mg	0.70	0.030	5		1		1.16	0.88	
Copper, Cu mg	0.051	0.004	6		1		0.084	0.064	
Manganese, Mn mg	0.158	0.013	5		1		0.261	0.198	
Selenium, Se µg	0.8		0	BFZN	4		1.3	1.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.2	0.355	53		1		11.9	9.0	
Thiamin mg	0.103	0.004	57		1		0.170	0.129	
Riboflavin mg	0.088	0.004	58		1		0.145	0.110	
Niacin mg	1.681	0.045	57		1		2.774	2.101	
Pantothenic acid mg	0.293		1		1		0.483	0.366	
Vitamin B-6 mg	0.179	0.038	12		1		0.295	0.224	
Folate, total µg	40		0		1		66	50	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	40		0		1		66	50	
Folate, DFE µg	40		0	NC	4		66	50	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2		0	BFSN	4		3	2	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	1		0	BFSN	4		2	1	
Vitamin A, IU IU	4		0	NC	4		6	5	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	61		0	BFSN	4		100	76	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11913

Corn, sweet, white, frozen, kernels on cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.120		0		1		0.198	0.150	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.112		0		1		0.185	0.140	
17:0....g									
18:0....g	0.007		0		1		0.012	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.228		0		1		0.376	0.285	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.228		0		1		0.376	0.285	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0		1		0.606	0.459	
18:2 undifferentiated....g	0.356		0		1		0.587	0.445	
18:3 undifferentiated....g	0.011		0		1		0.018	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.038	0.029	
Threonine....g	0.132		0		1		0.218	0.165	
Isoleucine....g	0.132		0		1		0.218	0.165	
Leucine....g	0.354		0		1		0.584	0.443	
Lysine....g	0.139		0		1		0.229	0.174	
Methionine....g	0.068		0		1		0.112	0.085	
Cystine....g	0.027		0		1		0.045	0.034	
Phenylalanine....g	0.152		0		1		0.251	0.190	
Tyrosine....g	0.125		0		1		0.206	0.156	
Valine....g	0.188		0		1		0.310	0.235	
Arginine....g	0.133		0		1		0.219	0.166	
Histidine....g	0.090		0		1		0.149	0.113	
Alanine....g	0.300		0		1		0.495	0.375	
Aspartic acid....g	0.248		0		1		0.409	0.310	
Glutamic acid....g	0.647		0		1		1.068	0.809	
Glycine....g	0.129		0		1		0.213	0.161	
Proline....g	0.297		0		1		0.490	0.371	
Serine....g	0.156		0		1		0.257	0.195	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11913

Corn, sweet, white, frozen, kernels on cob, unprepared

Common Measures:

Measure 1 = 165g: 1 cup kernels

Measure 2 = 125g: 1 ear, yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11900
Corn, sweet, white, raw
Zea mays

Refuse: 64% 35% husk, silk, trimmings; 29% cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.96	0.880	101		1		55.45	68.36	108.62
Energy kcal	86		0	NC	4		63	77	122
Energy kJ	358		0	NC	4		262	322	512
Protein (N x 6.25) g	3.22	0.223	6		1		2.35	2.90	4.60
Total lipid (fat) g	1.18	0.132	6		1		0.86	1.06	1.69
Ash g	0.62	0.044	45		1		0.45	0.56	0.89
Carbohydrate, by difference g	19.02		0	NC	4		13.88	17.12	27.20
Fiber, total dietary g	2.7		0		4		2.0	2.4	3.9
Sugars, total g	3.22		0	BFSN	4		2.35	2.90	4.60
Starch g									
Minerals:									
Calcium, Ca mg	2	1.022	51		1		1	2	3
Iron, Fe mg	0.52	0.022	91		1		0.38	0.47	0.74
Magnesium, Mg mg	37	1.739	87		1		27	33	53
Phosphorus, P mg	89	3.749	77		1		65	80	127
Potassium, K mg	270	5.127	90		1		197	243	386
Sodium, Na mg	15	3.000	90		1		11	14	21
Zinc, Zn mg	0.45	0.041	56		1		0.33	0.41	0.64
Copper, Cu mg	0.054	0.005	101		1		0.039	0.049	0.077
Manganese, Mn mg	0.161	0.014	90		1		0.118	0.145	0.230
Selenium, Se µg	0.6	0.001	269	A	1		0.4	0.5	0.9
Vitamins:									
Vitamin C, total ascorbic acid mg	6.8	0.568	7		1		5.0	6.1	9.7
Thiamin mg	0.200		1		1		0.146	0.180	0.286
Riboflavin mg	0.060		1		1		0.044	0.054	0.086
Niacin mg	1.700		1		1		1.241	1.530	2.431
Pantothenic acid mg	0.760	0.060	6		1		0.555	0.684	1.087
Vitamin B-6 mg	0.055	0.009	6		1		0.040	0.050	0.079
Folate, total µg	46	3.940	6		1		33	41	65
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	46	3.940	6		1		33	41	65
Folate, DFE µg	46		0	NC	4		33	41	65
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1	0.080	5	A	1		0	1	1
Carotene, alpha µg	0	0.044	5	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.084	5	A	1		0	0	1
Vitamin A, IU IU	1		0	AS	1		1	1	2
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	34		5	A	1		25	31	49
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.05	0.07	0.10
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.2	0.3	0.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11900
Corn, sweet, white, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.182		0		1		0.133	0.164	0.260
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.171		2		1		0.125	0.154	0.245
17:0....g									
18:0....g	0.011		2		1		0.008	0.010	0.016
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.347		0		1		0.253	0.312	0.496
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.347		2		1		0.253	0.312	0.496
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.559		0		1		0.408	0.503	0.799
18:2 undifferentiated....g	0.542		2		1		0.396	0.488	0.775
18:3 undifferentiated....g	0.016		2		1		0.012	0.014	0.023
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		17		1		0.017	0.021	0.033
Threonine....g	0.129		21		1		0.094	0.116	0.184
Isoleucine....g	0.129		21		1		0.094	0.116	0.184
Leucine....g	0.348		21		1		0.254	0.313	0.498
Lysine....g	0.137		21		1		0.100	0.123	0.196
Methionine....g	0.067		21		1		0.049	0.060	0.096
Cystine....g	0.026		3		1		0.019	0.023	0.037
Phenylalanine....g	0.150		21		1		0.110	0.135	0.215
Tyrosine....g	0.123		5		1		0.090	0.111	0.176
Valine....g	0.185		21		1		0.135	0.167	0.265
Arginine....g	0.131		21		1		0.096	0.118	0.187
Histidine....g	0.089		21		1		0.065	0.080	0.127
Alanine....g	0.295		5		1		0.215	0.266	0.422
Aspartic acid....g	0.244		5		1		0.178	0.220	0.349
Glutamic acid....g	0.636		5		1		0.464	0.572	0.909
Glycine....g	0.127		5		1		0.093	0.114	0.182
Proline....g	0.292		5		1		0.213	0.263	0.418
Serine....g	0.153		5		1		0.112	0.138	0.219
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

NDB No. 11900
Corn, sweet, white, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 73g: 1 ear, small (5-1/2" to 6-1/2" long)

Measure 2 = 90g: 1 ear, medium (6-3/4" to 7-1/2" long)

Measure 3 = 143g: 1 ear, large (7-3/4" to 9" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11170

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.61	0.389	32	JO	11		211.49	398.20	
Energy kcal	61		0	NC	4		155	293	
Energy kJ	254		0	NC	4		650	1224	
Protein (N x 6.25) g	1.95	0.020	354	A	1		4.99	9.40	
Total lipid (fat) g	0.77	0.050	28	JO	11		1.98	3.72	
Ash g	0.80	0.034	27	JA	6		2.05	3.86	
Carbohydrate, by difference g	13.86		0	NC	4		35.49	66.82	
Fiber, total dietary g	1.7	0.086	23		1		4.3	8.0	
Sugars, total g	4.15		0	BFSN	4		10.63	20.02	
Sucrose g	3.65		0	BFSN	4		9.33	17.57	
Glucose (dextrose) g	0.26		0	BFSN	4		0.67	1.26	
Fructose g	0.17		0	BFSN	4		0.44	0.83	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.07		0	BFSN	4		0.19	0.36	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.187	60	JA	6		10	18	
Iron, Fe mg	0.36	0.014	61	JA	6		0.92	1.72	
Magnesium, Mg mg	15	0.362	39	JA	6		38	71	
Phosphorus, P mg	46	0.557	38	JA	6		119	224	
Potassium, K mg	136	2.242	50	JA	6		348	655	
Sodium, Na mg	195	11.535	4	A	1		500	941	
Zinc, Zn mg	0.39	0.013	39	JA	6		1.00	1.89	
Copper, Cu mg	0.028	0.002	38	JA	6		0.072	0.136	
Manganese, Mn mg	0.082	0.003	39	JA	6		0.209	0.393	
Selenium, Se µg	0.5	0.157	26		1		1.4	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6	0.185	27	JA	6		6.8	12.8	
Thiamin mg	0.015	0.000	5	A	1		0.038	0.071	
Riboflavin mg	0.015	0.000	5	A	1		0.038	0.071	
Niacin mg	0.884	0.058	5	A	1		2.263	4.261	
Pantothenic acid mg	0.522		0		1		1.336	2.516	
Vitamin B-6 mg	0.037	0.003	39		1		0.095	0.178	
Folate, total (1) µg	38	6.525	3		1		98	184	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	38	6.525	3		1		98	184	
Folate, DFE µg	38		0	NC	4		98	184	
Choline, total mg	16.6		0	BFSN	4		42.6	80.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		4	8	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	9		8	A	1		22	42	
Carotene, alpha µg	10		8	A	1		25	47	
Cryptoxanthin, beta µg	14		8	A	1		35	67	
Vitamin A, IU IU	34		0	AS	1		88	165	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	650		6	A	1		1664	3133	
Vitamin E (alpha-tocopherol) mg	0.03		1		1		0.08	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	0.00		1		1		0.00	0.00	
Tocopherol, delta mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha mg	0.12		1		1		0.31	0.58	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	

NDB No. 11170

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	1.30		1		1		3.33	6.27	
Tocotrienol, delta....mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.077		0	BFFN	4		0.197	0.371	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	
15:0....g									
16:0....g	0.071		0	BFFN	4		0.182	0.342	
17:0....g									
18:0....g	0.004		0	BFFN	4		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.144		0	BFFN	4		0.369	0.694	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.144		0	BFFN	4		0.369	0.694	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.233		0	BFFN	4		0.596	1.123	
18:2 undifferentiated....g	0.227		0	BFFN	4		0.581	1.094	
18:3 undifferentiated....g	0.007		0	BFFN	4		0.018	0.034	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0	BFPN	4		0.036	0.067	
Threonine....g	0.078		0	BFPN	4		0.200	0.376	
Isoleucine....g	0.078		0	BFPN	4		0.200	0.376	
Leucine....g	0.210		0	BFPN	4		0.538	1.012	
Lysine....g	0.082		0	BFPN	4		0.210	0.395	
Methionine....g	0.040		0	BFPN	4		0.102	0.193	
Cystine....g	0.016		0	BFPN	4		0.041	0.077	
Phenylalanine....g	0.090		0	BFPN	4		0.230	0.434	
Tyrosine....g	0.074		0	BFPN	4		0.189	0.357	
Valine....g	0.112		0	BFPN	4		0.287	0.540	
Arginine....g	0.079		0	BFPN	4		0.202	0.381	
Histidine....g	0.053		0	BFPN	4		0.136	0.255	
Alanine....g	0.178		0	BFPN	4		0.456	0.858	

NDB No. 11170

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.148		0	BFPN	4		0.379	0.713	
Glutamic acid....g	0.385		0	BFPN	4		0.986	1.856	
Glycine....g	0.076		0	BFPN	4		0.195	0.366	
Proline....g	0.177		0	BFPN	4		0.453	0.853	
Serine....g	0.092		0	BFPN	4		0.236	0.443	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Footnotes:

1 Value based on the analysis of 5-methyl tetrahydrofolate (5-MTHF), 10-formyl folic acid (10HCOFA), and 5-formyltetrahydrofolic acid (5-HCOH4)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11772

Corn, sweet, yellow, canned, cream style, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.73	0.198	267		1		201.55	379.48	
Energy kcal	72		0	NC	4		184	347	
Energy kJ	301		0		4		771	1452	
Protein (N x 6.25) g	1.74	0.024	305		1		4.45	8.39	
Total lipid (fat) g	0.42	0.011	281		1		1.08	2.02	
Ash g	0.98	0.017	291		1		2.51	4.72	
Carbohydrate, by difference g	18.13		0	NC	4		46.41	87.39	
Fiber, total dietary g	1.2		0		4		3.1	5.8	
Sugars, total g	3.23		0	NC	4		8.27	15.57	
Sucrose g	2.66		0	BFSN	4		6.81	12.82	
Glucose (dextrose) g	0.23		0	BFSN	4		0.58	1.10	
Fructose g	0.23		0	BFSN	4		0.58	1.10	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.11		0	BFSN	4		0.29	0.55	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3	0.110	287		1		8	14	
Iron, Fe mg	0.38	0.012	286		1		0.97	1.83	
Magnesium, Mg mg	17	0.246	226		1		44	82	
Phosphorus, P mg	51	1.092	251		1		131	246	
Potassium, K mg	134	2.209	250		1		343	646	
Sodium, Na mg	3		0		1		8	14	
Zinc, Zn mg	0.53	0.010	80		1		1.36	2.55	
Copper, Cu mg	0.052	0.006	81		1		0.133	0.251	
Manganese, Mn mg	0.039		0		1		0.100	0.188	
Selenium, Se µg	0.4	0.145	42		1		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6	0.124	324		1		11.8	22.2	
Thiamin mg	0.025	0.001	274		1		0.064	0.121	
Riboflavin mg	0.053	0.002	297		1		0.136	0.255	
Niacin mg	0.960	0.028	304		1		2.458	4.627	
Pantothenic acid mg	0.180	0.004	7		1		0.461	0.868	
Vitamin B-6 mg	0.063	0.002	14		1		0.161	0.304	
Folate, total µg	45		0		1		115	216	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	45		0		1		115	216	
Folate, DFE µg	45		0	NC	4		115	216	
Choline, total mg	20.3		0	BFSN	4		52.1	98.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		9	18	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	30		0	BFSN	4		76	143	
Carotene, alpha µg	23		0	BFSN	4		60	113	
Cryptoxanthin, beta µg	6		0	BFSN	4		15	27	
Vitamin A, IU IU	74		0	NC	4		189	355	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	949		0	BFSN	4		2429	4573	
Vitamin E (alpha-tocopherol) mg	0.07		1		1		0.18	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	0.10		1		1		0.26	0.48	
Tocopherol, delta mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	

NDB No. 11772

Corn, sweet, yellow, canned, cream style, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.21		1		1		0.54	1.01	
Tocotrienol, delta....mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		1		1		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.065		0		1		0.166	0.313	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.061		0		1		0.156	0.294	
17:0....g									
18:0....g	0.004		0		1		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.123		0		1		0.315	0.593	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.123		0		1		0.315	0.593	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0		1		0.507	0.954	
18:2 undifferentiated....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated....g	0.006		0		1		0.015	0.029	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.031	0.058	
Threonine....g	0.070		0		1		0.179	0.337	
Isoleucine....g	0.070		0		1		0.179	0.337	
Leucine....g	0.188		0		1		0.481	0.906	
Lysine....g	0.074		0		1		0.189	0.357	
Methionine....g	0.036		0		1		0.092	0.174	
Cystine....g	0.014		0		1		0.036	0.067	
Phenylalanine....g	0.081		0		1		0.207	0.390	
Tyrosine....g	0.066		0		1		0.169	0.318	
Valine....g	0.100		0		1		0.256	0.482	
Arginine....g	0.071		0		1		0.182	0.342	
Histidine....g	0.048		0		1		0.123	0.231	
Alanine....g	0.159		0		1		0.407	0.766	

NDB No. 11772

Corn, sweet, yellow, canned, cream style, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.132		0		1		0.338	0.636	
Glutamic acid....g	0.343		0		1		0.878	1.653	
Glycine....g	0.068		0		1		0.174	0.328	
Proline....g	0.158		0		1		0.404	0.762	
Serine....g	0.083		0		1		0.212	0.400	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11174
Corn, sweet, yellow, canned, cream style, regular pack

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.73	0.198	267		1		201.55	379.48	
Energy kcal	72		0	NC	4		184	347	
Energy kJ	301		0		4		771	1452	
Protein (N x 6.25) g	1.74	0.024	305		1		4.45	8.39	
Total lipid (fat) g	0.42	0.011	281		1		1.08	2.02	
Ash g	0.98	0.017	291		1		2.51	4.72	
Carbohydrate, by difference g	18.13		0	NC	4		46.41	87.39	
Fiber, total dietary g	1.2		0		1		3.1	5.8	
Sugars, total g	3.23		0	NC	4		8.27	15.57	
Sucrose g	2.66		0	BFSN	4		6.81	12.82	
Glucose (dextrose) g	0.23		0	BFSN	4		0.58	1.10	
Fructose g	0.23		0	BFSN	4		0.58	1.10	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.11		0	BFSN	4		0.29	0.55	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3	0.110	287		1		8	14	
Iron, Fe mg	0.38	0.012	286		1		0.97	1.83	
Magnesium, Mg mg	17	0.246	226		1		44	82	
Phosphorus, P mg	51	1.092	251		1		131	246	
Potassium, K mg	134	2.209	250		1		343	646	
Sodium, Na mg	261	8.312	48		1		668	1258	
Zinc, Zn mg	0.53	0.010	80		1		1.36	2.55	
Copper, Cu mg	0.052	0.006	81		1		0.133	0.251	
Manganese, Mn mg	0.068	0.002	48		1		0.173	0.327	
Selenium, Se µg	0.4	0.145	42		1		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6	0.124	324		1		11.8	22.2	
Thiamin mg	0.025	0.001	274		1		0.064	0.121	
Riboflavin mg	0.053	0.002	297		1		0.136	0.255	
Niacin mg	0.960	0.028	304		1		2.458	4.627	
Pantothenic acid mg	0.180	0.004	7		1		0.461	0.868	
Vitamin B-6 mg	0.063	0.002	14		1		0.161	0.304	
Folate, total µg	45		0		1		115	216	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	45		0		1		115	216	
Folate, DFE µg	45		0	NC	4		115	216	
Choline, total mg	20.3		0	BFSN	4		52.1	98.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		9	18	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	30		0	BFSN	4		76	143	
Carotene, alpha µg	23		0	BFSN	4		60	113	
Cryptoxanthin, beta µg	6		0	BFSN	4		15	27	
Vitamin A, IU IU	74		0	NC	4		189	355	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	949		0	BFSN	4		2429	4573	
Vitamin E (alpha-tocopherol) mg	0.07		1	A	1		0.18	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.10		1	A	1		0.26	0.48	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	

NDB No. 11174

Corn, sweet, yellow, canned, cream style, regular pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.21		1	A	1		0.54	1.01	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.065		0		1		0.166	0.313	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.061		0		1		0.156	0.294	
17:0....g									
18:0....g	0.004		0		1		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.123		0		1		0.315	0.593	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.123		0		1		0.315	0.593	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0		1		0.507	0.954	
18:2 undifferentiated....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated....g	0.006		0		1		0.015	0.029	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.031	0.058	
Threonine....g	0.070		0		1		0.179	0.337	
Isoleucine....g	0.070		0		1		0.179	0.337	
Leucine....g	0.188		0		1		0.481	0.906	
Lysine....g	0.074		0		1		0.189	0.357	
Methionine....g	0.036		0		1		0.092	0.174	
Cystine....g	0.014		0		1		0.036	0.067	
Phenylalanine....g	0.081		0		1		0.207	0.390	
Tyrosine....g	0.066		0		1		0.169	0.318	
Valine....g	0.100		0		1		0.256	0.482	
Arginine....g	0.071		0		1		0.182	0.342	
Histidine....g	0.048		0		1		0.123	0.231	
Alanine....g	0.159		0		1		0.407	0.766	

NDB No. 11174

Corn, sweet, yellow, canned, cream style, regular pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.132		0		1		0.338	0.636	
Glutamic acid....g	0.343		0		1		0.878	1.653	
Glycine....g	0.068		0		1		0.174	0.328	
Proline....g	0.158		0		1		0.404	0.762	
Serine....g	0.083		0		1		0.212	0.400	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11177

Corn, sweet, yellow, canned, drained solids, rinsed with tap water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.80	1.476	4	A	1		124.20	220.25	
Energy kcal	74		0	NC	4		111	196	
Energy kJ	308		0	NC	4		462	819	
Protein g	2.18	0.106	4	A	1		3.28	5.81	
Total lipid (fat) g	1.43	0.186	4	A	1		2.15	3.82	
Ash g	0.57	0.124	4	A	1		0.85	1.50	
Carbohydrate, by difference g	13.02		0	NC	4		19.52	34.62	
Fiber, total dietary g	1.7		0	A	1		2.6	4.5	
Sugars, total g	4.11		0	BFSN	4		6.16	10.93	
Sucrose g	3.61		0	BFSN	4		5.41	9.59	
Glucose (dextrose) g	0.26		0	BFSN	4		0.39	0.69	
Fructose g	0.17		0	BFSN	4		0.26	0.45	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.07		0	BFSN	4		0.11	0.20	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	2	0.306	4	A	1		4	6	
Iron, Fe mg	0.22	0.024	4	A	1		0.33	0.59	
Magnesium, Mg mg	11	0.787	4	A	1		17	30	
Phosphorus, P mg	41	1.408	4	A	1		62	110	
Potassium, K mg	116	5.764	4	A	1		174	309	
Sodium, Na mg	163	13.956	3	A	1		244	433	
Zinc, Zn mg	0.28	0.016	4	A	1		0.42	0.75	
Copper, Cu mg	0.031	0.001	4	A	1		0.046	0.082	
Manganese, Mn mg	0.056	0.005	4	A	1		0.084	0.150	
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7	0.223	4	A	1		2.6	4.6	
Thiamin mg	0.015	0.000	4	A	1		0.022	0.039	
Riboflavin mg	0.015	0.000	4	A	1		0.022	0.039	
Niacin mg	0.780	0.049	4	A	1		1.170	2.075	
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total (1) µg	29		0	A	1		43	76	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (1) µg	29		0	A	1		43	76	
Folate, DFE (1) µg	29		0	NC	4		43	76	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	

NDB No. 11177

Corn, sweet, yellow, canned, drained solids, rinsed with tap water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.219		0	NC	4		0.328	0.581	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	
15:0....g									
16:0....g	0.207		0	BFFN	4		0.310	0.550	
17:0....g									
18:0....g	0.012		0	BFFN	4		0.017	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.420		0	NC	4		0.629	1.116	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.420		0	BFFN	4		0.629	1.116	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.682		0	NC	4		1.023	1.814	
18:2 undifferentiated....g	0.662		0	BFFN	4		0.992	1.760	
18:3 undifferentiated....g	0.020		0	BFFN	4		0.031	0.054	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	A	1		0.030	0.054	
Threonine....g	0.066		0	A	1		0.099	0.175	
Isoleucine....g	0.069		0	A	1		0.104	0.184	
Leucine....g	0.272		0	A	1		0.408	0.724	
Lysine....g	0.205		0	A	1		0.308	0.546	
Methionine....g	0.050		0	A	1		0.076	0.134	
Cystine....g	0.034		0	A	1		0.050	0.089	
Phenylalanine....g	0.101		0	A	1		0.152	0.269	
Tyrosine....g	0.084		0	A	1		0.127	0.224	
Valine....g	0.103		0	A	1		0.154	0.274	
Arginine....g	0.091		0	A	1		0.137	0.242	
Histidine....g	0.059		0	A	1		0.089	0.158	
Alanine....g	0.177		0	A	1		0.265	0.470	
Aspartic acid....g	0.153		0	A	1		0.230	0.408	
Glutamic acid....g	0.432		0	A	1		0.648	1.149	
Glycine....g	0.079		0	A	1		0.119	0.211	
Proline....g	0.274		0	A	1		0.411	0.729	
Serine....g	0.122		0	A	1		0.182	0.323	

NDB No. 11177

Corn, sweet, yellow, canned, drained solids, rinsed with tap water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup drained, rinsed

Measure 2 = 266g: 1 can drained, rinsed

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11771

Corn, sweet, yellow, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.61	0.389	32	JO	11		211.49	398.20	
Energy kcal	61		0	NC	4		155	293	
Energy kJ	254		0	NC	4		650	1224	
Protein (N x 6.25) g	1.95	0.020	354	A	1		4.99	9.40	
Total lipid (fat) g	0.77	0.050	28	JO	11		1.98	3.72	
Ash g	0.80	0.034	27	JA	6		2.05	3.86	
Carbohydrate, by difference g	13.86		0	NC	4		35.49	66.82	
Fiber, total dietary g	1.7	0.086	23		1		4.3	8.0	
Sugars, total g	4.15		0	NC	4		10.63	20.02	
Sucrose g	3.65		0	BFSN	4		9.33	17.57	
Glucose (dextrose) g	0.26		0	BFSN	4		0.67	1.26	
Fructose g	0.17		0	BFSN	4		0.44	0.83	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.07		0	BFSN	4		0.19	0.36	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.187	60	JA	6		10	18	
Iron, Fe mg	0.36	0.014	61	JA	6		0.92	1.72	
Magnesium, Mg mg	15	0.362	39	JA	6		38	71	
Phosphorus, P mg	46	0.557	38	JA	6		119	224	
Potassium, K mg	136	2.242	50	JA	6		348	655	
Sodium, Na mg	12	2.283	33	A	1		31	58	
Zinc, Zn mg	0.39	0.013	39	JA	6		1.00	1.89	
Copper, Cu mg	0.028	0.002	38	JA	6		0.072	0.136	
Manganese, Mn mg	0.082	0.003	39	JA	6		0.209	0.393	
Selenium, Se µg	0.5	0.157	26		1		1.4	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6	0.185	27	JA	6		6.8	12.8	
Thiamin mg	0.015	0.000	5	A	1		0.038	0.071	
Riboflavin mg	0.015	0.000	5	A	1		0.038	0.071	
Niacin mg	0.884	0.058	5	A	1		2.263	4.261	
Pantothenic acid mg	0.522		0		1		1.336	2.516	
Vitamin B-6 mg	0.037	0.003	39		1		0.095	0.178	
Folate, total µg	38	6.525	3		1		98	184	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	38	6.525	3		1		98	184	
Folate, DFE µg	38		0	NC	4		98	184	
Choline, total mg	16.6		0	BFSN	4		42.6	80.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		4	8	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	9		8	A	1		22	42	
Carotene, alpha µg	10		8	A	1		25	47	
Cryptoxanthin, beta µg	14		8	A	1		35	67	
Vitamin A, IU IU	34		0	AS	1		88	165	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	650		6	A	1		1664	3133	
Vitamin E (alpha-tocopherol) mg	0.03		1		1		0.08	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	0.00		1		1		0.00	0.00	
Tocopherol, delta mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha mg	0.12		1		1		0.31	0.58	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	

NDB No. 11771

Corn, sweet, yellow, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	1.30		1		1		3.33	6.27	
Tocotrienol, delta....mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.077		0	BFFN	4		0.197	0.371	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.000		0	Z	7		0.000	0.000	
15:0....g									
16:0....g	0.071		0	BFFN	4		0.182	0.342	
17:0....g									
18:0....g	0.004		0	BFFN	4		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.144		0	BFFN	4		0.369	0.694	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.144		0	BFFN	4		0.369	0.694	
20:1....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.234		0	BFFN	4		0.599	1.128	
18:2 undifferentiated....g	0.227		0	BFFN	4		0.581	1.094	
18:3 undifferentiated....g	0.007		0	BFFN	4		0.018	0.034	
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0	JA	6		0.038	0.071	
Threonine....g	0.048		0	JA	6		0.123	0.231	
Isoleucine....g	0.050		0	JA	6		0.129	0.243	
Leucine....g	0.198		0	JA	6		0.508	0.956	
Lysine....g	0.150		0	JA	6		0.383	0.722	
Methionine....g	0.037		0	JA	6		0.094	0.177	
Cystine....g	0.024		0	JA	6		0.063	0.118	
Phenylalanine....g	0.074		0	JA	6		0.189	0.356	
Tyrosine....g	0.062		0	JA	6		0.158	0.297	
Valine....g	0.075		0	JA	6		0.192	0.361	
Arginine....g	0.066		0	JA	6		0.170	0.320	
Histidine....g	0.043		0	JA	6		0.111	0.208	
Alanine....g	0.129		0	JA	6		0.330	0.621	

NDB No. 11771

Corn, sweet, yellow, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.112		0	JA	6		0.286	0.539	
Glutamic acid....g	0.315		0	JA	6		0.806	1.518	
Glycine....g	0.058		0	JA	6		0.148	0.278	
Proline....g	0.200		0	JA	6		0.512	0.964	
Serine....g	0.089		0	JA	6		0.227	0.427	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11773
Corn, sweet, yellow, canned, vacuum pack, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.58	0.431	71		1		160.82	260.37	
Energy kcal	79		0	NC	4		166	269	
Energy kJ	331		0		4		694	1124	
Protein (N x 6.25) g	2.41	0.096	71		1		5.06	8.19	
Total lipid (fat) g	0.50	0.026	71		1		1.05	1.70	
Ash g	1.07	0.049	71		1		2.25	3.64	
Carbohydrate, by difference g	19.44		0	NC	4		40.82	66.10	
Fiber, total dietary g	2.0		0		4		4.2	6.8	
Sugars, total g	5.59		0	BFSN	4		11.75	19.02	
Sucrose g	4.91		0	BFSN	4		10.31	16.69	
Glucose (dextrose) g	0.35		0	BFSN	4		0.74	1.20	
Fructose g	0.23		0	BFSN	4		0.49	0.79	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.10		0	BFSN	4		0.21	0.34	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5	0.389	69		1		11	17	
Iron, Fe mg	0.42	0.017	69		1		0.88	1.43	
Magnesium, Mg mg	23	0.620	57		1		48	78	
Phosphorus, P mg	64	1.569	63		1		134	218	
Potassium, K mg	186	5.052	66		1		391	632	
Sodium, Na mg	3		0		1		6	10	
Zinc, Zn mg	0.46	0.012	57		1		0.97	1.56	
Copper, Cu mg	0.048	0.002	57		1		0.101	0.163	
Manganese, Mn mg	0.067	0.007	15		1		0.141	0.228	
Selenium, Se µg	0.7		0	BFZN	4		1.5	2.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.1	0.205	56		1		17.0	27.5	
Thiamin mg	0.041	0.003	71		1		0.086	0.139	
Riboflavin mg	0.073	0.002	71		1		0.153	0.248	
Niacin mg	1.167	0.038	70		1		2.451	3.968	
Pantothenic acid mg	0.675		0		1		1.418	2.295	
Vitamin B-6 mg	0.055	0.005	15		1		0.116	0.187	
Folate, total µg	49		0		1		104	168	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	49		0		1		104	168	
Folate, DFE µg	49		0	NC	4		104	168	
Choline, total mg	22.4		0	BFSN	4		47.0	76.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		9	14	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	33		0	BFSN	4		69	111	
Carotene, alpha µg	26		0	BFSN	4		54	88	
Cryptoxanthin, beta µg	6		0	BFSN	4		13	21	
Vitamin A, IU IU	81		0	NC	4		170	276	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1045		0	BFSN	4		2194	3552	
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.08	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11773

Corn, sweet, yellow, canned, vacuum pack, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.077		0		1		0.162	0.262	
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g	0.073		0		1		0.153	0.248	
17:0 g									
18:0 g	0.005		0		1		0.011	0.017	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.147		0		1		0.309	0.500	
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	0.147		0		1		0.309	0.500	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.237		0		1		0.498	0.806	
18:2 undifferentiated g	0.230		0		1		0.483	0.782	
18:3 undifferentiated g	0.007		0		1		0.015	0.024	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.017		0		1		0.036	0.058	
Threonine g	0.097		0		1		0.204	0.330	
Isoleucine g	0.097		0		1		0.204	0.330	
Leucine g	0.260		0		1		0.546	0.884	
Lysine g	0.102		0		1		0.214	0.347	
Methionine g	0.050		0		1		0.105	0.170	
Cystine g	0.020		0		1		0.042	0.068	
Phenylalanine g	0.112		0		1		0.235	0.381	
Tyrosine g	0.092		0		1		0.193	0.313	
Valine g	0.138		0		1		0.290	0.469	
Arginine g	0.098		0		1		0.206	0.333	
Histidine g	0.066		0		1		0.139	0.224	
Alanine g	0.220		0		1		0.462	0.748	
Aspartic acid g	0.182		0		1		0.382	0.619	
Glutamic acid g	0.475		0		1		0.998	1.615	

NDB No. 11773

Corn, sweet, yellow, canned, vacuum pack, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.095		0		1		0.200	0.323	
Proline....g	0.218		0		1		0.458	0.741	
Serine....g	0.114		0		1		0.239	0.388	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Measure 2 = 340g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11176
Corn, sweet, yellow, canned, vacuum pack, regular pack

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.58	0.431	71		1		160.82	325.47	260.37
Energy kcal	79		0	NC	4		166	336	269
Energy kJ	331		0		4		694	1405	1124
Protein (N x 6.25) g	2.41	0.096	71		1		5.06	10.24	8.19
Total lipid (fat) g	0.50	0.026	71		1		1.05	2.13	1.70
Ash g	1.07	0.049	71		1		2.25	4.55	3.64
Carbohydrate, by difference g	19.44		0	NC	4		40.82	82.62	66.10
Fiber, total dietary g	2.0		0		4		4.2	8.5	6.8
Sugars, total g	5.59		0	BFSN	4		11.75	23.77	19.02
Sucrose g	4.91		0	BFSN	4		10.31	20.87	16.69
Glucose (dextrose) g	0.35		0	BFSN	4		0.74	1.50	1.20
Fructose g	0.23		0	BFSN	4		0.49	0.99	0.79
Lactose g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose g	0.10		0	BFSN	4		0.21	0.42	0.34
Galactose g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	5	0.389	69		1		11	21	17
Iron, Fe mg	0.42	0.017	69		1		0.88	1.79	1.43
Magnesium, Mg mg	23	0.620	57		1		48	98	78
Phosphorus, P mg	64	1.569	63		1		134	272	218
Potassium, K mg	186	5.052	66		1		391	791	632
Sodium, Na mg	272	7.706	66		1		571	1156	925
Zinc, Zn mg	0.46	0.012	57		1		0.97	1.96	1.56
Copper, Cu mg	0.048	0.002	57		1		0.101	0.204	0.163
Manganese, Mn mg	0.067	0.007	15		1		0.141	0.285	0.228
Selenium, Se µg	0.7		0	BFZN	4		1.5	3.0	2.4
Vitamins:									
Vitamin C, total ascorbic acid mg	8.1	0.205	56		1		17.0	34.4	27.5
Thiamin mg	0.041	0.003	71		1		0.086	0.174	0.139
Riboflavin mg	0.073	0.002	71		1		0.153	0.310	0.248
Niacin mg	1.167	0.038	70		1		2.451	4.960	3.968
Pantothenic acid mg	0.675		0		1		1.418	2.869	2.295
Vitamin B-6 mg	0.055	0.005	15		1		0.116	0.234	0.187
Folate, total µg	49		0		1		104	210	168
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	49		0		1		104	210	168
Folate, DFE µg	49		0	NC	4		104	210	168
Choline, total mg	22.4		0	BFSN	4		47.0	95.2	76.1
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	NC	4		9	17	14
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	33		0	BFSN	4		69	139	111
Carotene, alpha µg	26		0	BFSN	4		54	110	88
Cryptoxanthin, beta µg	6		0	BFSN	4		13	27	21
Vitamin A, IU IU	81		0	NC	4		170	345	276
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	1045		0	BFSN	4		2194	4440	3552
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.08	0.16	0.13
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11176

Corn, sweet, yellow, canned, vacuum pack, regular pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.1	0.1	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.162	0.327	0.262
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.073		0		1		0.153	0.310	0.248
17:0....g									
18:0....g	0.005		0		1		0.011	0.021	0.017
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.147		0		1		0.309	0.625	0.500
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.147		0		1		0.309	0.625	0.500
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.237		0		1		0.498	1.007	0.806
18:2 undifferentiated....g	0.230		0		1		0.483	0.978	0.782
18:3 undifferentiated....g	0.007		0		1		0.015	0.030	0.024
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.036	0.072	0.058
Threonine....g	0.097		0		1		0.204	0.412	0.330
Isoleucine....g	0.097		0		1		0.204	0.412	0.330
Leucine....g	0.260		0		1		0.546	1.105	0.884
Lysine....g	0.102		0		1		0.214	0.434	0.347
Methionine....g	0.050		0		1		0.105	0.213	0.170
Cystine....g	0.020		0		1		0.042	0.085	0.068
Phenylalanine....g	0.112		0		1		0.235	0.476	0.381
Tyrosine....g	0.092		0		1		0.193	0.391	0.313
Valine....g	0.138		0		1		0.290	0.587	0.469
Arginine....g	0.098		0		1		0.206	0.417	0.333
Histidine....g	0.066		0		1		0.139	0.281	0.224
Alanine....g	0.220		0		1		0.462	0.935	0.748
Aspartic acid....g	0.182		0		1		0.382	0.774	0.619
Glutamic acid....g	0.475		0		1		0.998	2.019	1.615

NDB No. 11176

Corn, sweet, yellow, canned, vacuum pack, regular pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.095		0		1		0.200	0.404	0.323
Proline....g	0.218		0		1		0.458	0.927	0.741
Serine....g	0.114		0		1		0.239	0.485	0.388
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Measure 3 = 340g: 1 can (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

Includes USDA commodity food A119

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.41	0.857	22	A	1		133.51	171.77	242.59
Energy kcal	67		0	NC	4		110	141	200
Energy kJ	280		0	NC	4		459	591	834
Protein (N x 6.25) g	2.29	0.043	22	A	1		3.75	4.83	6.82
Total lipid (fat) g	1.22	0.068	22	A	1		2.00	2.57	3.63
Ash g	0.75	0.057	22	A	1		1.23	1.58	2.23
Carbohydrate, by difference g	14.34		0	NC	4		23.52	30.26	42.74
Fiber, total dietary g	2.0	0.113	10	A	1		3.2	4.2	5.9
Sugars, total g	4.44	0.334	10	A	1		7.28	9.37	13.23
Sucrose g	3.90	0.318	10	A	1		6.39	8.23	11.62
Glucose (dextrose) g	0.28	0.017	10	A	1		0.46	0.59	0.83
Fructose g	0.18	0.016	10	A	1		0.30	0.39	0.55
Lactose g	0.00	0.000	10	A	1		0.00	0.00	0.00
Maltose g	0.08	0.006	10	A	1		0.13	0.17	0.24
Galactose g	0.00	0.000	10	A	1		0.00	0.00	0.00
Starch g	8.06	1.398	10	A	1		13.22	17.00	24.01
Minerals:									
Calcium, Ca mg	3	0.198	22	A	1		5	6	8
Iron, Fe mg	0.27	0.011	22	A	1		0.45	0.58	0.82
Magnesium, Mg mg	13	0.212	22	A	1		21	27	38
Phosphorus, P mg	46	0.625	22	A	1		75	96	136
Potassium, K mg	132	1.657	22	A	1		217	279	395
Sodium, Na mg	205	6.486	20	A	1		336	433	611
Zinc, Zn mg	0.32	0.013	22	A	1		0.53	0.68	0.96
Copper, Cu mg	0.033	0.001	22	A	1		0.054	0.070	0.099
Manganese, Mn mg	0.067	0.002	22	A	1		0.110	0.141	0.199
Selenium, Se µg	0.6		0	BFSN	4		0.9	1.2	1.7
Vitamins:									
Vitamin C, total ascorbic acid mg	1.8	0.330	13	A	1		3.0	3.9	5.5
Thiamin mg	0.039	0.000	13	A	1		0.064	0.082	0.116
Riboflavin mg	0.089	0.008	13	A	1		0.145	0.187	0.264
Niacin mg	1.005	0.033	13	A	1		1.648	2.121	2.995
Pantothenic acid mg	0.209	0.036	6	A	1		0.343	0.441	0.623
Vitamin B-6 mg	0.037	0.000	9	A	1		0.060	0.078	0.110
Folate, total (1) µg	36		0	A	1		58	75	106
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (1) µg	36		0	A	1		58	75	106
Folate, DFE (1) µg	36		0	NC	4		58	75	106
Choline, total mg	17.8		0	BFSN	4		29.2	37.5	53.0
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	AS	1		4	5	7
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	14	1.679	6	A	1		24	31	43
Carotene, alpha µg	6	0.887	6	A	1		10	13	19
Cryptoxanthin, beta µg	20	1.704	6	A	1		32	41	58
Vitamin A, IU IU	46		0	AS	1		75	97	136
Lycopene µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin µg	695		0	BFSN	4		1140	1467	2072
Vitamin E (alpha-tocopherol) mg	0.09		2	A	1		0.15	0.19	0.26
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.31		2	A	1		0.51	0.65	0.92
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.26		2	A	1		0.42	0.55	0.77
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.90		2	A	1		1.48	1.90	2.69
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.1	0.1
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.245		0	NC	4		0.402	0.518	0.731
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		3	A	1		0.000	0.000	0.000
10:0....g	0.003		3	A	1		0.004	0.005	0.008
12:0....g	0.000		3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.002		3	A	1		0.003	0.004	0.006
15:0....g	0.002		3	A	1		0.003	0.004	0.005
16:0....g	0.190		3	A	1		0.311	0.400	0.565
17:0....g	0.001		3	A	1		0.002	0.002	0.003
18:0....g	0.039		3	A	1		0.064	0.082	0.116
20:0....g	0.007		3	A	1		0.011	0.015	0.021
22:0....g	0.003		3	A	1		0.004	0.005	0.008
24:0....g									
Fatty acids, total monounsaturated....g	0.374		0	NC	4		0.613	0.789	1.115
14:1....g	0.000		3	A	1		0.000	0.000	0.000
15:1....g	0.000		3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.002		3	AS	1		0.003	0.004	0.005
17:1....g	0.001		3	A	1		0.001	0.002	0.003
18:1 undifferentiated....g	0.367		3	AS	1		0.603	0.775	1.095
20:1....g	0.004		3	A	1		0.006	0.008	0.012
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.519		0	NC	4		0.851	1.095	1.547
18:2 undifferentiated....g	0.483		3	AS	1		0.791	1.018	1.438
18:3 undifferentiated....g	0.018		3	AS	1		0.030	0.038	0.054
18:3 n-3 c,c,c (ALA)....g	0.018		3	A	1		0.030	0.038	0.054
18:3 n-6 c,c,c....g	0.000		3	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		3	AS	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		3	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0	A	1		0.035	0.045	0.063
Threonine....g	0.069		0	A	1		0.113	0.145	0.205
Isoleucine....g	0.072		0	A	1		0.119	0.153	0.216
Leucine....g	0.285		0	A	1		0.467	0.601	0.849
Lysine....g	0.215		0	A	1		0.353	0.454	0.641
Methionine....g	0.053		0	A	1		0.087	0.111	0.157
Cystine....g	0.035		0	A	1		0.058	0.074	0.105

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.106		0	A	1		0.174	0.224	0.316
Tyrosine....g	0.088		0	A	1		0.145	0.187	0.263
Valine....g	0.108		0	A	1		0.177	0.227	0.321
Arginine....g	0.095		0	A	1		0.156	0.201	0.284
Histidine....g	0.062		0	A	1		0.102	0.131	0.185
Alanine....g	0.185		0	A	1		0.304	0.391	0.552
Aspartic acid....g	0.161		0	A	1		0.263	0.339	0.479
Glutamic acid....g	0.453		0	A	1		0.742	0.955	1.348
Glycine....g	0.083		0	A	1		0.136	0.175	0.247
Proline....g	0.287		0	A	1		0.471	0.606	0.856
Serine....g	0.127		0	A	1		0.209	0.269	0.379
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 164g: 1 cup

Measure 2 = 211g: 1 can (12 oz) yields

Measure 3 = 298g: 1 can (303 x 406)

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11770
Corn, sweet, yellow, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.41	0.677	13	JA	6		65.33	75.61	86.62
Energy kcal	96		0	NC	4		85	99	113
Energy kJ	401		0	NC	4		357	413	473
Protein (N x 6.25) g	3.41	0.119	10	JA	6		3.04	3.51	4.03
Total lipid (fat) g	1.50	0.088	10	JA	6		1.33	1.54	1.76
Ash g	0.71	0.012	10	JA	6		0.63	0.73	0.83
Carbohydrate, by difference g	20.98		0	NC	4		18.67	21.61	24.76
Fiber, total dietary g	2.4	0.058	3	JA	6		2.1	2.5	2.8
Sugars, total g	4.54		0	NC	4		4.04	4.67	5.35
Sucrose g	2.74	0.736	6	JA	6		2.44	2.82	3.24
Glucose (dextrose) g	0.84	0.121	6	JA	6		0.75	0.87	0.99
Fructose g	0.79	0.202	6	JA	6		0.70	0.81	0.93
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	0.17	0.033	6	JA	6		0.15	0.17	0.20
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	7.17	0.433	3	A	1		6.38	7.38	8.46
Minerals:									
Calcium, Ca mg	3	0.175	30	JA	6		3	3	4
Iron, Fe mg	0.45	0.016	31	JA	6		0.40	0.46	0.53
Magnesium, Mg mg	26	1.254	31	JA	6		24	27	31
Phosphorus, P mg	77	2.259	30	JA	6		69	79	91
Potassium, K mg	218	7.976	31	JA	6		194	225	258
Sodium, Na mg	253		0		4		225	261	299
Zinc, Zn mg	0.62	0.028	31	JA	6		0.55	0.64	0.73
Copper, Cu mg	0.049	0.003	30	JA	6		0.043	0.050	0.057
Manganese, Mn mg	0.167	0.008	31	JA	6		0.149	0.172	0.197
Selenium, Se µg	0.2	0.152	23		1		0.2	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	5.5	0.378	9	JA	6		4.9	5.6	6.5
Thiamin mg	0.093	0.009	3	A	1		0.083	0.096	0.110
Riboflavin mg	0.057	0.003	3	A	1		0.050	0.058	0.067
Niacin mg	1.683	0.061	9	JA	6		1.498	1.733	1.986
Pantothenic acid mg	0.792	0.025	9	JA	6		0.705	0.816	0.935
Vitamin B-6 mg	0.139	0.011	9	JA	6		0.124	0.144	0.164
Folate, total µg	23		1	A	1		20	24	27
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	23		1	A	1		20	24	27
Folate, DFE µg	23		0	NC	4		20	24	27
Choline, total mg	29.1		0	BFSN	4		25.9	30.0	34.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	13		0	NC	4		12	14	16
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	66		0	BFSN	4		59	68	78
Carotene, alpha µg	23		0	BFSN	4		20	24	27
Cryptoxanthin, beta µg	161		0	BFSN	4		143	166	190
Vitamin A, IU IU	263		0	NC	4		234	271	310
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	906		0	BFSN	4		806	933	1069
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.08	0.10	0.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.19		0	BFSN	4		0.17	0.19	0.22
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11770

Corn, sweet, yellow, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.4	0.4	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.197		0		1		0.175	0.203	0.232
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.185		0		1		0.165	0.191	0.218
17:0....g									
18:0....g	0.012		0		1		0.011	0.012	0.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.374		0		1		0.333	0.385	0.441
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.374		0		1		0.333	0.385	0.441
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.603		0		1		0.537	0.621	0.712
18:2 undifferentiated....g	0.586		0		1		0.522	0.604	0.691
18:3 undifferentiated....g	0.018		0		1		0.016	0.019	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.020	0.024	0.027
Threonine....g	0.133		0		1		0.118	0.137	0.157
Isoleucine....g	0.133		0		1		0.118	0.137	0.157
Leucine....g	0.358		0		1		0.319	0.369	0.422
Lysine....g	0.141		0		1		0.125	0.145	0.166
Methionine....g	0.069		0		1		0.061	0.071	0.081
Cystine....g	0.027		0		1		0.024	0.028	0.032
Phenylalanine....g	0.155		0		1		0.138	0.160	0.183
Tyrosine....g	0.126		0		1		0.112	0.130	0.149
Valine....g	0.191		0		1		0.170	0.197	0.225
Arginine....g	0.135		0		1		0.120	0.139	0.159
Histidine....g	0.091		0		1		0.081	0.094	0.107
Alanine....g	0.304		0		1		0.271	0.313	0.359
Aspartic acid....g	0.252		0		1		0.224	0.260	0.297
Glutamic acid....g	0.655		0		1		0.583	0.675	0.773

NDB No. 11770

Corn, sweet, yellow, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.131		0		1		0.117	0.135	0.155
Proline....g	0.301		0		1		0.268	0.310	0.355
Serine....g	0.158		0		1		0.141	0.163	0.186
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 ear small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear medium (6-3/4" to 7-1/2" long)

Measure 3 = 118g: 1 ear large (7-3/4" to 9" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11168
Corn, sweet, yellow, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.41	0.677	13	JA	6		65.33	75.61	86.62
Energy kcal	96		0	NC	4		85	99	113
Energy kJ	401		0	NC	4		357	413	473
Protein (N x 6.25) g	3.41	0.119	10	JA	6		3.04	3.51	4.03
Total lipid (fat) g	1.50	0.088	10	JA	6		1.33	1.54	1.76
Ash g	0.71	0.012	10	JA	6		0.63	0.73	0.83
Carbohydrate, by difference g	20.98		0	NC	4		18.67	21.61	24.76
Fiber, total dietary g	2.4	0.058	3	JA	6		2.1	2.5	2.8
Sugars, total g	4.54		0	NC	4		4.04	4.67	5.35
Sucrose g	2.74	0.736	6	JA	6		2.44	2.82	3.24
Glucose (dextrose) g	0.84	0.121	6	JA	6		0.75	0.87	0.99
Fructose g	0.79	0.202	6	JA	6		0.70	0.81	0.93
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	0.17	0.033	6	JA	6		0.15	0.17	0.20
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	7.17	0.433	3	A	1		6.38	7.38	8.46
Minerals:									
Calcium, Ca mg	3	0.175	30	JA	6		3	3	4
Iron, Fe mg	0.45	0.016	31	JA	6		0.40	0.46	0.53
Magnesium, Mg mg	26	1.254	31	JA	6		24	27	31
Phosphorus, P mg	77	2.259	30	JA	6		69	79	91
Potassium, K mg	218	7.976	31	JA	6		194	225	258
Sodium, Na mg	1	0.214	31	JA	6		1	1	1
Zinc, Zn mg	0.62	0.028	31	JA	6		0.55	0.64	0.73
Copper, Cu mg	0.049	0.003	30	JA	6		0.043	0.050	0.057
Manganese, Mn mg	0.167	0.008	31	JA	6		0.149	0.172	0.197
Selenium, Se µg	0.2	0.152	23		1		0.2	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	5.5	0.378	9	JA	6		4.9	5.6	6.5
Thiamin mg	0.093	0.009	3	A	1		0.083	0.096	0.110
Riboflavin mg	0.057	0.003	3	A	1		0.050	0.058	0.067
Niacin mg	1.683	0.061	9	JA	6		1.498	1.733	1.986
Pantothenic acid mg	0.792	0.025	9	JA	6		0.705	0.816	0.935
Vitamin B-6 mg	0.139	0.011	9	JA	6		0.124	0.144	0.164
Folate, total µg	23		1	A	1		20	24	27
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	23		1	A	1		20	24	27
Folate, DFE µg	23		0	NC	4		20	24	27
Choline, total mg	29.1		0	BFSN	4		25.9	30.0	34.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	13		0	NC	4		12	14	16
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	66		0	BFSN	4		59	68	78
Carotene, alpha µg	23		0	BFSN	4		20	24	27
Cryptoxanthin, beta µg	161		0	BFSN	4		143	166	190
Vitamin A, IU IU	263		0	NC	4		234	271	310
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	906		0	BFSN	4		806	933	1069
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.08	0.10	0.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.19		0	BFSN	4		0.17	0.19	0.22
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11168

Corn, sweet, yellow, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.4	0.4	0.5
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.197		0		1		0.175	0.203	0.232
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.185		0		1		0.165	0.191	0.218
17:0....g									
18:0....g	0.012		0		1		0.011	0.012	0.014
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.374		0		1		0.333	0.385	0.441
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.374		0		1		0.333	0.385	0.441
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.603		0		1		0.537	0.621	0.712
18:2 undifferentiated....g	0.586		0		1		0.522	0.604	0.691
18:3 undifferentiated....g	0.018		0		1		0.016	0.019	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.020	0.024	0.027
Threonine....g	0.133		0		1		0.118	0.137	0.157
Isoleucine....g	0.133		0		1		0.118	0.137	0.157
Leucine....g	0.358		0		1		0.319	0.369	0.422
Lysine....g	0.141		0		1		0.125	0.145	0.166
Methionine....g	0.069		0		1		0.061	0.071	0.081
Cystine....g	0.027		0		1		0.024	0.028	0.032
Phenylalanine....g	0.155		0		1		0.138	0.160	0.183
Tyrosine....g	0.126		0		1		0.112	0.130	0.149
Valine....g	0.191		0		1		0.170	0.197	0.225
Arginine....g	0.135		0		1		0.120	0.139	0.159
Histidine....g	0.091		0		1		0.081	0.094	0.107
Alanine....g	0.304		0		1		0.271	0.313	0.359
Aspartic acid....g	0.252		0		1		0.224	0.260	0.297
Glutamic acid....g	0.655		0		1		0.583	0.675	0.773

NDB No. 11168

Corn, sweet, yellow, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.131		0		1		0.117	0.135	0.155
Proline....g	0.301		0		1		0.268	0.310	0.355
Serine....g	0.158		0		1		0.141	0.163	0.186
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 ear small (5-1/2" to 6-1/2" long)

Measure 2 = 103g: 1 ear medium (6-3/4" to 7-1/2" long)

Measure 3 = 118g: 1 ear large (7-3/4" to 9" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.03	0.434	19	JO	11		127.10	218.77	
Energy kcal	81		0	NC	4		133	229	
Energy kJ	338		0	NC	4		558	960	
Protein (N x 6.25) g	2.55	0.106	4	A	1		4.21	7.25	
Total lipid (fat) g	0.67	0.042	5	JO	11		1.11	1.91	
Ash g	0.44	0.015	4		1		0.73	1.26	
Carbohydrate, by difference g	19.30		0	NC	4		31.84	54.81	
Fiber, total dietary g	2.4	0.106	7		1		4.0	6.8	
Sugars, total g	3.07		0	NC	4		5.07	8.73	
Sucrose g	1.96	0.263	14		1		3.24	5.58	
Glucose (dextrose) g	0.48	0.070	14		1		0.79	1.37	
Fructose g	0.46	0.027	14		1		0.76	1.30	
Lactose g	0.00		2		1		0.00	0.00	
Maltose g	0.17	0.041	11		1		0.28	0.49	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3	0.161	24		1		6	10	
Iron, Fe mg	0.47	0.022	24		1		0.77	1.33	
Magnesium, Mg mg	28	1.194	24		1		46	80	
Phosphorus, P mg	79	2.496	24		1		131	225	
Potassium, K mg	233	8.632	24		1		384	661	
Sodium, Na mg	1	0.120	24		1		2	3	
Zinc, Zn mg	0.63	0.028	24		1		1.04	1.79	
Copper, Cu mg	0.048	0.002	24		1		0.079	0.136	
Manganese, Mn mg	0.155	0.008	24		1		0.256	0.441	
Selenium, Se µg	0.7	0.282	20		1		1.2	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5	0.662	4		1		5.7	9.9	
Thiamin mg	0.030	0.001	4		1		0.049	0.084	
Riboflavin mg	0.062	0.007	4		1		0.103	0.177	
Niacin mg	1.311	0.016	4		1		2.163	3.723	
Pantothenic acid mg	0.151	0.010	4		1		0.250	0.430	
Vitamin B-6 mg	0.099	0.010	4		1		0.163	0.280	
Folate, total µg	35	2.878	4		1		57	98	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	35	2.878	4		1		57	98	
Folate, DFE µg	35		0	NC	4		57	98	
Choline, total mg	22.0		0	AS	1		36.2	62.4	
Betaine mg	0.2		1	A	1		0.3	0.5	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0	NC	4		16	28	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	50	1.819	4	JA	6		82	141	
Carotene, alpha µg	17	2.634	4	JA	6		28	49	
Cryptoxanthin, beta µg	122	5.884	4	JA	6		201	345	
Vitamin A, IU IU	199		0	NC	4		328	564	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	684		5	A	1		1129	1943	
Vitamin E (alpha-tocopherol) mg	0.07		1	A	1		0.12	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.14		1	A	1		0.23	0.40	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.21		1	A	1		0.35	0.60	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.66		1	A	1		1.09	1.87	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.5	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.103		0	NC	4		0.171	0.294	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.097		1		1		0.160	0.276	
17:0....g									
18:0....g	0.006		1		1		0.010	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.197		0	NC	4		0.326	0.560	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.197		1		1		0.326	0.560	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.318		0	NC	4		0.525	0.903	
18:2 undifferentiated....g	0.309		1		1		0.509	0.876	
18:3 undifferentiated....g	0.009		1		1		0.016	0.027	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0	DA	1		0.051	0.087	
Threonine....g	0.115		0	DA	1		0.190	0.327	
Isoleucine....g	0.137		0	DA	1		0.225	0.388	
Leucine....g	0.251		0	DA	1		0.414	0.712	
Lysine....g	0.153		0	DA	1		0.253	0.435	
Methionine....g	0.068		0	DA	1		0.112	0.193	
Cystine....g	0.038		0	DA	1		0.063	0.108	
Phenylalanine....g	0.131		0	DA	1		0.216	0.372	
Tyrosine....g	0.106		0	DA	1		0.175	0.301	
Valine....g	0.167		0	DA	1		0.276	0.475	
Arginine....g	0.126		0	DA	1		0.208	0.359	
Histidine....g	0.067		0	DA	1		0.110	0.190	
Alanine....g	0.172		0	DA	1		0.284	0.488	

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.219		0	DA	1		0.362	0.623	
Glutamic acid....g	0.438		0	DA	1		0.722	1.243	
Glycine....g	0.085		0	DA	1		0.141	0.243	
Proline....g	0.181		0	DA	1		0.299	0.514	
Serine....g	0.156		0	DA	1		0.257	0.443	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 284g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.00	0.823	82	JA	6		102.00	213.01	
Energy kcal	88		0	NC	4		119	250	
Energy kJ	368		0	NC	4		500	1044	
Protein (N x 6.25) g	3.02	0.033	81	JA	6		4.10	8.57	
Total lipid (fat) g	0.78	0.078	81	JA	6		1.06	2.22	
Ash g	0.48	0.013	72	JA	6		0.66	1.37	
Carbohydrate, by difference g	20.71		0	NC	4		28.17	58.83	
Fiber, total dietary g	2.1	0.063	5	JA	6		2.9	6.0	
Sugars, total g	2.50		0	NC	4		3.40	7.10	
Sucrose g	1.65	0.102	7	JA	6		2.25	4.69	
Glucose (dextrose) g	0.38	0.030	7	JA	6		0.52	1.09	
Fructose g	0.30	0.023	7	JA	6		0.41	0.85	
Lactose g	0.00	0.000	3	A	1		0.00	0.00	
Maltose g	0.17	0.017	6	JA	6		0.23	0.47	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g	15.10	0.569	3	A	1		20.54	42.88	
Minerals:									
Calcium, Ca mg	4	0.666	57	JA	6		5	11	
Iron, Fe mg	0.42	0.039	80	JA	6		0.57	1.18	
Magnesium, Mg mg	18	0.814	25	JA	6		25	52	
Phosphorus, P mg	70	2.098	38	JA	6		95	199	
Potassium, K mg	213	7.129	24	JA	6		289	604	
Sodium, Na mg	3	0.408	38	JA	6		4	9	
Zinc, Zn mg	0.38	0.023	20	JA	6		0.52	1.08	
Copper, Cu mg	0.036	0.003	19	JA	6		0.049	0.103	
Manganese, Mn mg	0.123	0.016	14	JA	6		0.167	0.348	
Selenium, Se µg	0.7	0.159	7	A	1		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.4	1.549	68		1		8.7	18.2	
Thiamin mg	0.083	0.012	81	JA	6		0.113	0.235	
Riboflavin mg	0.068	0.003	80	JA	6		0.093	0.195	
Niacin mg	1.739	0.176	81	JA	6		2.365	4.938	
Pantothenic acid mg	0.361	0.088	11	JA	6		0.491	1.025	
Vitamin B-6 mg	0.168	0.009	23	JA	6		0.229	0.478	
Folate, total µg	36	5.490	6		1		49	101	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	36	5.490	6		1		49	101	
Folate, DFE µg	36		0	NC	4		49	101	
Choline, total mg	24.0		0	BFSY	4		32.6	68.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0	NC	4		13	28	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	49		0	BFSY	4		66	139	
Carotene, alpha µg	17		0	BFSY	4		23	48	
Cryptoxanthin, beta µg	120		0	BFSY	4		163	339	
Vitamin A, IU IU	195		0	NC	4		265	554	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	672		0	BFSY	4		914	1909	
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.10	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.15		0	BFSN	4		0.21	0.43	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		0	BFSN	4		0.4	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.119		0		1		0.162	0.338	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.112		0		1		0.152	0.318	
17:0....g									
18:0....g	0.007		0		1		0.010	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.227		0		1		0.309	0.645	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.227		0		1		0.309	0.645	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.366		0		1		0.498	1.039	
18:2 undifferentiated....g	0.355		0		1		0.483	1.008	
18:3 undifferentiated....g	0.011		0		1		0.015	0.031	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0	A	1		0.037	0.077	
Threonine....g	0.088		0	A	1		0.119	0.249	
Isoleucine....g	0.092		0	A	1		0.126	0.262	
Leucine....g	0.363		0	A	1		0.494	1.032	
Lysine....g	0.274		0	A	1		0.373	0.779	
Methionine....g	0.067		0	A	1		0.092	0.191	
Cystine....g	0.045		0	A	1		0.061	0.127	
Phenylalanine....g	0.135		0	A	1		0.184	0.384	
Tyrosine....g	0.113		0	A	1		0.153	0.320	
Valine....g	0.137		0	A	1		0.187	0.390	
Arginine....g	0.122		0	A	1		0.165	0.345	
Histidine....g	0.079		0	A	1		0.108	0.225	
Alanine....g	0.236		0	A	1		0.321	0.670	
Aspartic acid....g	0.205		0	A	1		0.279	0.582	
Glutamic acid....g	0.577		0	A	1		0.785	1.639	

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.106		0	A	1		0.144	0.300	
Proline....g	0.366		0	A	1		0.498	1.040	
Serine....g	0.162		0	A	1		0.221	0.461	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup

Measure 2 = 284g: 1 package

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11775

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.20		0		1		120.78	46.12	
Energy kcal	94		0	NC	4		154	59	
Energy kJ	391		0	NC	4		645	246	
Protein (N x 6.25) g	3.11		0		1		5.13	1.96	
Total lipid (fat) g	0.74		0		1		1.22	0.47	
Ash g	0.62		0		1		1.02	0.39	
Carbohydrate, by difference g	22.33		0	NC	4		36.84	14.07	
Fiber, total dietary g	2.8		0		4		4.6	1.8	
Sugars, total g	3.59		0	NC	4		5.92	2.26	
Sucrose g	2.29		0	BFSN	4		3.78	1.44	
Glucose (dextrose) g	0.56		0	BFSN	4		0.93	0.35	
Fructose g	0.53		0	BFSN	4		0.88	0.34	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.20		0	BFSN	4		0.33	0.13	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		0		1		5	2	
Iron, Fe mg	0.61		0		1		1.01	0.38	
Magnesium, Mg mg	29		0		1		48	18	
Phosphorus, P mg	75		0		1		124	47	
Potassium, K mg	251		0		1		414	158	
Sodium, Na mg	240		0		4		396	151	
Zinc, Zn mg	0.63		0		1		1.04	0.40	
Copper, Cu mg	0.046		0		1		0.076	0.029	
Manganese, Mn mg	0.142		0		1		0.234	0.089	
Selenium, Se µg	0.7		0	BFZN	4		1.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.8		0		1		7.9	3.0	
Thiamin mg	0.174	0.032	3		1		0.287	0.110	
Riboflavin mg	0.069	0.001	3		1		0.114	0.043	
Niacin mg	1.517		0		1		2.503	0.956	
Pantothenic acid mg	0.250		0		1		0.413	0.158	
Vitamin B-6 mg	0.224	0.141	3		1		0.370	0.141	
Folate, total µg	31		0		1		50	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	31		0		1		50	19	
Folate, DFE µg	31		0	NC	4		50	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	12		0	NC	4		19	7	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	58		0	BFSN	4		96	37	
Carotene, alpha µg	20		0	BFSN	4		33	13	
Cryptoxanthin, beta µg	142		0	BFSN	4		234	89	
Vitamin A, IU IU	232		0	NC	4		382	146	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	852		0	BFSN	4		1405	537	
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.13	0.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.16		0	BFSN	4		0.27	0.10	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11775

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.6	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.114		0		1		0.188	0.072	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.107		0		1		0.177	0.067	
17:0....g									
18:0....g	0.007		0		1		0.012	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.216		0		1		0.356	0.136	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.216		0		1		0.356	0.136	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.348		0		1		0.574	0.219	
18:2 undifferentiated....g	0.338		0		1		0.558	0.213	
18:3 undifferentiated....g	0.010		0		1		0.017	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.036	0.014	
Threonine....g	0.125		0		1		0.206	0.079	
Isoleucine....g	0.125		0		1		0.206	0.079	
Leucine....g	0.336		0		1		0.554	0.212	
Lysine....g	0.132		0		1		0.218	0.083	
Methionine....g	0.065		0		1		0.107	0.041	
Cystine....g	0.025		0		1		0.041	0.016	
Phenylalanine....g	0.145		0		1		0.239	0.091	
Tyrosine....g	0.119		0		1		0.196	0.075	
Valine....g	0.179		0		1		0.295	0.113	
Arginine....g	0.126		0		1		0.208	0.079	
Histidine....g	0.086		0		1		0.142	0.054	
Alanine....g	0.285		0		1		0.470	0.180	
Aspartic acid....g	0.236		0		1		0.389	0.149	
Glutamic acid....g	0.615		0		1		1.015	0.387	

NDB No. 11775

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.123		0		1		0.203	0.077	
Proline....g	0.282		0		1		0.465	0.178	
Serine....g	0.148		0		1		0.244	0.093	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup kernels

Measure 2 = 63g: 1 ear, yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11181

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.20		0		1		120.78	46.12	
Energy kcal	94		0	NC	4		154	59	
Energy kJ	391		0	NC	4		645	246	
Protein (N x 6.25) g	3.11		0		1		5.13	1.96	
Total lipid (fat) g	0.74		0		1		1.22	0.47	
Ash g	0.62		0		1		1.02	0.39	
Carbohydrate, by difference g	22.33		0	NC	4		36.84	14.07	
Fiber, total dietary g	2.8		0		4		4.6	1.8	
Sugars, total g	3.59		0	NC	4		5.92	2.26	
Sucrose g	2.29		0	BFSN	4		3.78	1.44	
Glucose (dextrose) g	0.56		0	BFSN	4		0.93	0.35	
Fructose g	0.53		0	BFSN	4		0.88	0.34	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.20		0	BFSN	4		0.33	0.13	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		0		1		5	2	
Iron, Fe mg	0.61		0		1		1.01	0.38	
Magnesium, Mg mg	29		0		1		48	18	
Phosphorus, P mg	75		0		1		124	47	
Potassium, K mg	251		0		1		414	158	
Sodium, Na mg	4		0		1		7	3	
Zinc, Zn mg	0.63		0		1		1.04	0.40	
Copper, Cu mg	0.046		0		1		0.076	0.029	
Manganese, Mn mg	0.142		0		1		0.234	0.089	
Selenium, Se µg	0.7		0	BFZN	4		1.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.8		0		1		7.9	3.0	
Thiamin mg	0.174	0.032	3		1		0.287	0.110	
Riboflavin mg	0.069	0.001	3		1		0.114	0.043	
Niacin mg	1.517		0		1		2.503	0.956	
Pantothenic acid mg	0.250		0		1		0.413	0.158	
Vitamin B-6 mg	0.224	0.141	3		1		0.370	0.141	
Folate, total µg	31		0		1		50	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	31		0		1		50	19	
Folate, DFE µg	31		0	NC	4		50	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	12		0	NC	4		19	7	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	58		0	BFSN	4		96	37	
Carotene, alpha µg	20		0	BFSN	4		33	13	
Cryptoxanthin, beta µg	142		0	BFSN	4		234	89	
Vitamin A, IU IU	232		0	NC	4		382	146	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	852		0	BFSN	4		1405	537	
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.13	0.05	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.16		0	BFSN	4		0.27	0.10	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11181

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	0.0			Z	7			0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.6	0.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.114		0		1		0.188	0.072	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.107		0		1		0.177	0.067	
17:0....g									
18:0....g	0.007		0		1		0.012	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.216		0		1		0.356	0.136	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.216		0		1		0.356	0.136	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.348		0		1		0.574	0.219	
18:2 undifferentiated....g	0.338		0		1		0.558	0.213	
18:3 undifferentiated....g	0.010		0		1		0.017	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.036	0.014	
Threonine....g	0.125		0		1		0.206	0.079	
Isoleucine....g	0.125		0		1		0.206	0.079	
Leucine....g	0.336		0		1		0.554	0.212	
Lysine....g	0.132		0		1		0.218	0.083	
Methionine....g	0.065		0		1		0.107	0.041	
Cystine....g	0.025		0		1		0.041	0.016	
Phenylalanine....g	0.145		0		1		0.239	0.091	
Tyrosine....g	0.119		0		1		0.196	0.075	
Valine....g	0.179		0		1		0.295	0.113	
Arginine....g	0.126		0		1		0.208	0.079	
Histidine....g	0.086		0		1		0.142	0.054	
Alanine....g	0.285		0		1		0.470	0.180	
Aspartic acid....g	0.236		0		1		0.389	0.149	
Glutamic acid....g	0.615		0		1		1.015	0.387	
Glycine....g	0.123		0		1		0.203	0.077	
Proline....g	0.282		0		1		0.465	0.178	

NDB No. 11181

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.148		0		1		0.244	0.093	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup kernels

Measure 2 = 63g: 1 ear, yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11180
Corn, sweet, yellow, frozen, kernels on cob, unprepared

Refuse: 45% Cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.79	0.270	58		1		118.45	89.74	
Energy kcal	98		0	NC	4		162	123	
Energy kJ	410		0	NC	4		677	513	
Protein (N x 6.25) g	3.28	0.044	58		1		5.41	4.10	
Total lipid (fat) g	0.78	0.038	58		1		1.29	0.98	
Ash g	0.65	0.015	57		1		1.07	0.81	
Carbohydrate, by difference g	23.50		0	NC	4		38.78	29.38	
Fiber, total dietary g	2.8		0		1		4.6	3.5	
Sugars, total g	3.78		0	NC	4		6.23	4.72	
Sucrose g	2.41		0	BFSN	4		3.98	3.01	
Glucose (dextrose) g	0.59		0	BFSN	4		0.97	0.74	
Fructose g	0.56		0	BFSN	4		0.93	0.70	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.21		0	BFSN	4		0.35	0.27	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.178	32		1		7	5	
Iron, Fe mg	0.68	0.033	58		1		1.12	0.85	
Magnesium, Mg mg	32	0.923	9		1		53	40	
Phosphorus, P mg	87	2.581	25		1		144	109	
Potassium, K mg	294	7.902	13		1		485	368	
Sodium, Na mg	5	1.423	29		1		8	6	
Zinc, Zn mg	0.70	0.030	5		1		1.16	0.88	
Copper, Cu mg	0.051	0.004	6		1		0.084	0.064	
Manganese, Mn mg	0.158	0.013	5		1		0.261	0.198	
Selenium, Se µg	0.8		0	BFZN	4		1.3	1.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.2	0.355	53		1		11.9	9.0	
Thiamin mg	0.103	0.004	57		1		0.170	0.129	
Riboflavin mg	0.088	0.004	58		1		0.145	0.110	
Niacin mg	1.681	0.045	57		1		2.774	2.101	
Pantothenic acid mg	0.293		1		1		0.483	0.366	
Vitamin B-6 mg	0.179	0.038	12		1		0.295	0.224	
Folate, total µg	40		0		1		66	50	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	40		0		1		66	50	
Folate, DFE µg	40		0	NC	4		66	50	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	12		0	NC	4		20	15	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	61		0	BFSN	4		101	76	
Carotene, alpha µg	21		0	BFSN	4		35	26	
Cryptoxanthin, beta µg	149		0	BFSN	4		246	187	
Vitamin A, IU IU	244		0	NC	4		402	305	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	897		0	BFSN	4		1479	1121	
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.14	0.11	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.17		0	BFSN	4		0.28	0.21	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11180

Corn, sweet, yellow, frozen, kernels on cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	0.0			Z	7			0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.6	0.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.120		0		1		0.198	0.150	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.112		0		1		0.185	0.140	
17:0....g									
18:0....g	0.007		0		1		0.012	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.228		0		1		0.376	0.285	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.228		0		1		0.376	0.285	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.367		0		1		0.606	0.459	
18:2 undifferentiated....g	0.356		0		1		0.587	0.445	
18:3 undifferentiated....g	0.011		0		1		0.018	0.014	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.038	0.029	
Threonine....g	0.132		0		1		0.218	0.165	
Isoleucine....g	0.132		0		1		0.218	0.165	
Leucine....g	0.354		0		1		0.584	0.443	
Lysine....g	0.139		0		1		0.229	0.174	
Methionine....g	0.068		0		1		0.112	0.085	
Cystine....g	0.027		0		1		0.045	0.034	
Phenylalanine....g	0.152		0		1		0.251	0.190	
Tyrosine....g	0.125		0		1		0.206	0.156	
Valine....g	0.188		0		1		0.310	0.235	
Arginine....g	0.133		0		1		0.219	0.166	
Histidine....g	0.090		0		1		0.149	0.113	
Alanine....g	0.300		0		1		0.495	0.375	
Aspartic acid....g	0.248		0		1		0.409	0.310	
Glutamic acid....g	0.647		0		1		1.068	0.809	
Glycine....g	0.129		0		1		0.213	0.161	
Proline....g	0.297		0		1		0.490	0.371	

NDB No. 11180

Corn, sweet, yellow, frozen, kernels on cob, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.156		0		1		0.257	0.195	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup kernels

Measure 2 = 125g: 1 ear, yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11774

Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.03		1	JO	11		127.10	218.77	
Energy kcal	79		0	NC	4		130	223	
Energy kJ	329		0	NC	4		543	935	
Protein (N x 6.25) g	2.55	0.106	4		1		4.21	7.25	
Total lipid (fat) g	0.67	0.047	5	JO	11		1.11	1.91	
Ash g	1.03		0	O	4		1.70	2.93	
Carbohydrate, by difference g	18.71		0	NC	4		30.87	53.13	
Fiber, total dietary g	2.4	0.106	7		1		4.0	6.8	
Sugars, total g	3.07		0	NC	4		5.07	8.73	
Sucrose g	1.96		1		1		3.24	5.58	
Glucose (dextrose) g	0.48		1		1		0.79	1.37	
Fructose g	0.46		1		1		0.76	1.30	
Lactose g	0.00		2		1		0.00	0.00	
Maltose g	0.17		1		1		0.28	0.49	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		2		1		6	10	
Iron, Fe mg	0.47		2		1		0.77	1.33	
Magnesium, Mg mg	28		2		1		46	80	
Phosphorus, P mg	79		2		1		131	225	
Potassium, K mg	233		2		1		384	661	
Sodium, Na mg	245		0		4		404	696	
Zinc, Zn mg	0.63		2		1		1.04	1.79	
Copper, Cu mg	0.048		2		1		0.079	0.136	
Manganese, Mn mg	0.155		2		1		0.256	0.441	
Selenium, Se µg	0.7	0.159	7	A	1		1.2	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5	0.662	4		1		5.7	9.9	
Thiamin mg	0.030	0.001	4		1		0.049	0.084	
Riboflavin mg	0.062	0.007	4		1		0.103	0.177	
Niacin mg	1.311	0.016	4		1		2.163	3.723	
Pantothenic acid mg	0.151	0.010	4		1		0.250	0.430	
Vitamin B-6 mg	0.099	0.010	4		1		0.163	0.280	
Folate, total µg	35	2.878	4		1		57	98	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	35	2.878	4		1		57	98	
Folate, DFE µg	35		0	NC	4		57	98	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0	NC	4		16	28	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	50	1.736	4	JA	6		82	141	
Carotene, alpha µg	17	2.515	4	JA	6		28	49	
Cryptoxanthin, beta µg	122	5.627	4	JA	6		201	345	
Vitamin A, IU IU	199		0	NC	4		328	564	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	730	230.000	5	A	1		1205	2073	
Vitamin E (alpha-tocopherol) mg	0.07		1	A	1		0.12	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.14		1	A	1		0.23	0.40	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.21		1	A	1		0.35	0.60	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	

NDB No. 11774

Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.66		1	A	1		1.09	1.87	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	0.3		1	A	1		0.5	0.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.066		0		1		0.109	0.187	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.062		1		1		0.102	0.176	
17:0....g									
18:0....g	0.004		1		1		0.007	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.126		0		1		0.208	0.358	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.126		1		1		0.208	0.358	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.203		0		1		0.335	0.577	
18:2 undifferentiated....g	0.197		1		1		0.325	0.559	
18:3 undifferentiated....g	0.006		1		1		0.010	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0	DA	1		0.051	0.087	
Threonine....g	0.115		0	DA	1		0.190	0.327	
Isoleucine....g	0.137		0	DA	1		0.225	0.388	
Leucine....g	0.251		0	DA	1		0.414	0.712	
Lysine....g	0.153		0	DA	1		0.253	0.435	
Methionine....g	0.068		0	DA	1		0.112	0.193	
Cystine....g	0.038		0	DA	1		0.063	0.108	
Phenylalanine....g	0.131		0	DA	1		0.216	0.372	
Tyrosine....g	0.106		0	DA	1		0.175	0.301	
Valine....g	0.167		0	DA	1		0.276	0.475	
Arginine....g	0.126		0	DA	1		0.208	0.359	
Histidine....g	0.067		0	DA	1		0.110	0.190	
Alanine....g	0.172		0	DA	1		0.284	0.488	

NDB No. 11774

Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.219		0	DA	1		0.362	0.623	
Glutamic acid....g	0.438		0	DA	1		0.722	1.243	
Glycine....g	0.085		0	DA	1		0.141	0.243	
Proline....g	0.181		0	DA	1		0.299	0.514	
Serine....g	0.156		0	DA	1		0.257	0.443	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 284g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11167
Corn, sweet, yellow, raw
Zea mays

Refuse: 64% 35% husk, silk, trimmings; 29% cob

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.05	0.863	103	JA	6		110.27	108.75	77.57
Energy kcal	86		0	NC	4		125	123	88
Energy kJ	360		0	NC	4		522	515	367
Protein g	3.27	0.185	8	JA	6		4.75	4.68	3.34
Total lipid (fat) g	1.35	0.118	8	JA	6		1.96	1.93	1.38
Ash g	0.62	0.042	47	JA	6		0.90	0.89	0.63
Carbohydrate, by difference g	18.70		0	NC	4		27.12	26.75	19.08
Fiber, total dietary g	2.0		2	JA	6		2.9	2.9	2.0
Sugars, total g	6.26		2	A	1		9.07	8.95	6.38
Sucrose g	0.89		2	A	1		1.29	1.27	0.90
Glucose (dextrose) g	3.43		2	A	1		4.97	4.90	3.50
Fructose g	1.94		2	A	1		2.81	2.77	1.98
Lactose g	0.00		2	A	1		0.00	0.00	0.00
Maltose g	0.00		2	A	1		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	5.70		2	A	1		8.27	8.15	5.81
Minerals:									
Calcium, Ca mg	2	0.983	53	JA	6		3	3	2
Iron, Fe mg	0.52	0.022	93	JA	6		0.75	0.74	0.53
Magnesium, Mg mg	37	1.700	89	JA	6		53	53	38
Phosphorus, P mg	89	3.654	79	JA	6		129	128	91
Potassium, K mg	270	5.026	92	JA	6		391	386	275
Sodium, Na mg	15	2.935	92	JA	6		21	21	15
Zinc, Zn mg	0.46	0.040	58	JA	6		0.67	0.66	0.47
Copper, Cu mg	0.054	0.005	103	JA	6		0.079	0.078	0.055
Manganese, Mn mg	0.163	0.014	92	JA	6		0.236	0.232	0.166
Selenium, Se µg	0.6	0.001	269	A	1		0.9	0.9	0.6
Vitamins:									
Vitamin C, total ascorbic acid mg	6.8	0.568	7		1		9.9	9.7	6.9
Thiamin mg	0.155		2	JA	6		0.225	0.222	0.158
Riboflavin mg	0.055		2	JA	6		0.080	0.079	0.056
Niacin mg	1.770		2	JA	6		2.567	2.531	1.805
Pantothenic acid mg	0.717	0.051	7	JA	6		1.040	1.026	0.731
Vitamin B-6 mg	0.093	0.008	7	JA	6		0.135	0.134	0.095
Folate, total µg	42	3.377	7	JA	6		62	61	43
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	42	3.377	7	JA	6		62	61	43
Folate, DFE µg	42		0	NC	4		62	61	43
Choline, total mg	23.0		0	BFSN	4		33.3	32.9	23.4
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	9		0	NC	4		14	13	10
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	47		0	BFSN	4		68	67	48
Carotene, alpha µg	16		0	BFSN	4		24	23	17
Cryptoxanthin, beta µg	115		0	BFSN	4		166	164	117
Vitamin A, IU IU	187		0	NC	4		271	267	191
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	644		0	BFSN	4		934	921	657
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.11	0.10	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.15		0	BFSN	4		0.21	0.21	0.15
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11167
Corn, sweet, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.3		0	BFSN	4		0.5	0.4	0.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.325		0	NC	4		0.472	0.465	0.332
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.003		1	A	1		0.004	0.004	0.003
12:0....g	0.001		1	A	1		0.002	0.002	0.001
13:0....g									
14:0....g	0.001		1	A	1		0.002	0.002	0.001
15:0....g	0.001		1	A	1		0.001	0.001	0.001
16:0....g	0.262		1	A	1		0.380	0.375	0.267
17:0....g	0.001		1	A	1		0.002	0.002	0.001
18:0....g	0.045		1	A	1		0.065	0.065	0.046
20:0....g	0.007		1	A	1		0.011	0.010	0.007
22:0....g									
24:0....g	0.003		1	A	1		0.004	0.004	0.003
Fatty acids, total monounsaturated....g	0.432		0	NC	4		0.626	0.617	0.440
14:1....g	0.002		1	A	1		0.003	0.003	0.002
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.004		0	AS	1		0.006	0.006	0.004
16:1 c....g	0.004		1	A	1		0.006	0.006	0.004
16:1 t....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.419		0	AS	1		0.608	0.600	0.428
18:1 c....g	0.416		1	A	1		0.604	0.596	0.425
18:1 t....g	0.000		0	Z	7		0.000	0.000	0.000
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		1	A	1		0.008	0.008	0.006
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.487		0	NC	4		0.706	0.697	0.497
18:2 undifferentiated....g	0.472		0	AS	1		0.684	0.675	0.481
18:2 n-6 c,c....g	0.468		1	A	1		0.679	0.669	0.478
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		0	Z	7		0.000	0.000	0.000
18:3 undifferentiated....g	0.014		0	AS	1		0.020	0.020	0.014
18:3 n-3 c,c,c (ALA)....g	0.014		1	A	1		0.020	0.020	0.014
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.001		1	A	1		0.002	0.002	0.001
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	JA	6		0.000	0.000	0.000
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000

NDB No. 11167
Corn, sweet, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		17		1		0.033	0.033	0.023
Threonine....g	0.129		21		1		0.187	0.184	0.132
Isoleucine....g	0.129		21		1		0.187	0.184	0.132
Leucine....g	0.348		21		1		0.505	0.498	0.355
Lysine....g	0.137		21		1		0.199	0.196	0.140
Methionine....g	0.067		21		1		0.097	0.096	0.068
Cystine....g	0.026		3		1		0.038	0.037	0.027
Phenylalanine....g	0.150		21		1		0.218	0.215	0.153
Tyrosine....g	0.123		5		1		0.178	0.176	0.125
Valine....g	0.185		21		1		0.268	0.265	0.189
Arginine....g	0.131		21		1		0.190	0.187	0.134
Histidine....g	0.089		21		1		0.129	0.127	0.091
Alanine....g	0.295		5		1		0.428	0.422	0.301
Aspartic acid....g	0.244		5		1		0.354	0.349	0.249
Glutamic acid....g	0.636		5		1		0.922	0.909	0.649
Glycine....g	0.127		5		1		0.184	0.182	0.130
Proline....g	0.292		5		1		0.423	0.418	0.298
Serine....g	0.153		5		1		0.222	0.219	0.156
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 143g: 1 ear, large (7-3/4" to 9" long) yields

Measure 3 = 102g: 1 ear, medium (6-3/4" to 7-1/2" long) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11182
Corn, yellow, whole kernel, frozen, microwaved

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.40	1.197	3	A	1	D	96.44		
Energy kcal	131		0	NC	4		184		
Energy kJ	547		0	NC	4		771		
Protein g	3.62	0.165	3	A	1	D	5.11		
Total lipid (fat) g	1.42	0.116	3	A	1	D	2.01		
Ash g	0.69	0.022	3	A	1	D	0.97		
Carbohydrate, by difference g	25.87		0	NC	4		36.47		
Fiber, total dietary g	2.6		2	A	1	D	3.7		
Sugars, total g	3.36	0.028	3	A	1	D	4.73		
Sucrose g	2.67	0.023	3	A	1	D	3.76		
Glucose (dextrose) g	0.43	0.026	3	A	1	D	0.61		
Fructose g	0.26	0.025	3	A	1	D	0.37		
Lactose g	0.00	0.000	3	A	1	D	0.00		
Maltose g	0.00	0.000	3	A	1	D	0.00		
Galactose g	0.00	0.000	3	A	1	D	0.00		
Starch g	18.20	0.569	3	A	1	D	25.66		
Minerals:									
Calcium, Ca mg	5	0.601	3	A	1	D	8		
Iron, Fe mg	0.39	0.017	3	A	1	D	0.54		
Magnesium, Mg mg	25	1.436	3	A	1	D	36		
Phosphorus, P mg	95	4.922	3	A	1	D	134		
Potassium, K mg	276	11.780	3	A	1	D	389		
Sodium, Na mg	4	0.440	3	A	1	D	5		
Zinc, Zn mg	0.53	0.045	3	A	1	D	0.75		
Copper, Cu mg	0.054	0.007	3	A	1	D	0.076		
Manganese, Mn mg	0.129	0.013	3	A	1	D	0.182		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.083	0.013	3	A	1	D	0.117		
Riboflavin mg	0.050	0.006	3	A	1	D	0.070		
Niacin mg	2.070	0.071	3	A	1	D	2.919		
Pantothenic acid mg	0.637	0.062	3	A	1	D	0.898		
Vitamin B-6 mg	0.120	0.015	3	A	1	D	0.169		
Folate, total µg	38		0	BFSY	4		54		
Folic acid µg									
Folate, food µg	38		0	BFSY	4		54		
Folate, DFE µg									
Choline, total mg	30.3		0	BFSY	4		42.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	12		0	NC	4		17		
Retinol µg									
Carotene, beta µg	59		0	BFSY	4		83		
Carotene, alpha µg	20		0	BFSY	4		29		
Cryptoxanthin, beta µg	144		0	BFSY	4		202		
Vitamin A, IU IU	234		0	NC	4		330		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	807		0	BFSY	4		1138		
Vitamin E (alpha-tocopherol) mg	0.10		0	BFSN	4		0.14		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									

NDB No. 11182
Corn, yellow, whole kernel, frozen, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.4		0	BFSN	4		0.6		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.150		0	BFSN	4		0.212		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.142		0	BFSN	4		0.200		
17:0....g									
18:0....g	0.009		0	BFSN	4		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.287		0	BFSN	4		0.405		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.287		0	BFSN	4		0.405		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.463		0	BFSN	4		0.652		
18:2 undifferentiated....g	0.449		0	BFSN	4		0.633		
18:3 undifferentiated....g	0.014		0	BFSN	4		0.020		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0	A	1		0.047		
Threonine....g	0.109		0	A	1		0.154		
Isoleucine....g	0.115		0	A	1		0.162		
Leucine....g	0.452		0	A	1		0.637		
Lysine....g	0.341		0	A	1		0.481		
Methionine....g	0.084		0	A	1		0.118		
Cystine....g	0.056		0	A	1		0.079		
Phenylalanine....g	0.168		0	A	1		0.237		
Tyrosine....g	0.140		0	A	1		0.198		
Valine....g	0.171		0	A	1		0.241		
Arginine....g	0.151		0	A	1		0.213		
Histidine....g	0.098		0	A	1		0.139		
Alanine....g	0.293		0	A	1		0.414		
Aspartic acid....g	0.255		0	A	1		0.359		
Glutamic acid....g	0.717		0	A	1		1.011		
Glycine....g	0.131		0	A	1		0.185		
Proline....g	0.455		0	A	1		0.642		
Serine....g	0.202		0	A	1		0.284		

NDB No. 11182
Corn, yellow, whole kernel, frozen, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 141g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11190
Cornsalad, raw
Valerianella locusta

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.80		0		1		51.97		
Energy kcal	21		0	NC	4		12		
Energy kJ	88				4		49		
Protein (N x 6.25) g	2.00		0		1		1.12		
Total lipid (fat) g	0.40		0		1		0.22		
Ash g	1.20		0		1		0.67		
Carbohydrate, by difference g	3.60		0	NC	4		2.02		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	38		0		4		21		
Iron, Fe mg	2.18		0		4		1.22		
Magnesium, Mg mg	13		0		4		7		
Phosphorus, P mg	53		0		4		30		
Potassium, K mg	459		0		4		257		
Sodium, Na mg	4		0		4		2		
Zinc, Zn mg	0.59		0		4		0.33		
Copper, Cu mg	0.134		0		4		0.075		
Manganese, Mn mg	0.359		0		4		0.201		
Selenium, Se µg	0.9		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	38.2		0		4		21.4		
Thiamin mg	0.071		0		4		0.040		
Riboflavin mg	0.087		0		4		0.049		
Niacin mg	0.415		0		4		0.232		
Pantothenic acid mg	0.042		0		4		0.024		
Vitamin B-6 mg	0.273		0		4		0.153		
Folate, total µg	14		0		4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	14		0		4		8		
Folate, DFE µg	14		0	NC	4		8		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	355		0		4		199		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	7092		0		4		3972		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11190
Cornsalad, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		2		1		0.015		
Threonine....g	0.075		6		1		0.042		
Isoleucine....g	0.099		6		1		0.055		
Leucine....g	0.133		6		1		0.074		
Lysine....g	0.101		6		1		0.057		
Methionine....g	0.025		6		1		0.014		
Cystine....g	0.020		4		1		0.011		
Phenylalanine....g	0.091		6		1		0.051		
Tyrosine....g	0.036		4		1		0.020		
Valine....g	0.099		6		1		0.055		
Arginine....g	0.091		6		1		0.051		
Histidine....g	0.036		6		1		0.020		
Alanine....g	0.088		4		1		0.049		
Aspartic acid....g	0.176		4		1		0.099		
Glutamic acid....g	0.203		4		1		0.114		
Glycine....g	0.079		4		1		0.044		
Proline....g	0.078		4		1		0.044		
Serine....g	0.063		4		1		0.035		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11777

Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.48		0		1		124.54		
Energy kcal	94		0	NC	4		156		
Energy kJ	395		0	NC	4		652		
Protein (N x 6.25) g	3.17		0		1		5.23		
Total lipid (fat) g	0.38		0		1		0.63		
Ash g	1.24		0	O	4		2.05		
Carbohydrate, by difference g	19.73		0	NC	4		32.55		
Fiber, total dietary g	5.0		0	BFZN	4		8.3		
Sugars, total g	3.23		0	BFSN	4		5.32		
Starch g									
Minerals:									
Calcium, Ca mg	128		0		1		211		
Iron, Fe mg	1.12		0		1		1.85		
Magnesium, Mg mg	52		0		1		86		
Phosphorus, P mg	51		0		1		84		
Potassium, K mg	418		0		1		690		
Sodium, Na mg	240		0		1		396		
Zinc, Zn mg	1.03		0		1		1.70		
Copper, Cu mg	0.133		0		1		0.219		
Manganese, Mn mg	0.572		0		1		0.944		
Selenium, Se µg	2.5		0	BFSN	4		4.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2		0		1		3.6		
Thiamin mg	0.101		0		1		0.167		
Riboflavin mg	0.148		0		1		0.244		
Niacin mg	1.403		0		1		2.315		
Pantothenic acid mg	0.154		0		1		0.254		
Vitamin B-6 mg	0.065		0		1		0.107		
Folate, total µg	127		0		1		210		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	127		0		1		210		
Folate, DFE µg	127		0	NC	4		210		
Choline, total mg	32.9		0	BFSN	4		54.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	40		0	NC	4		65		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	475		0	O	4		783		
Carotene, alpha µg	0		0	T	4		0		
Cryptoxanthin, beta µg	0		0	T	4		0		
Vitamin A, IU IU	791		0	NC	4		1305		
Lycopene µg	0		0	T	4		0		
Lutein + zeaxanthin µg	0		0	T	4		0		
Vitamin E (alpha-tocopherol) mg	0.22		0	O	4		0.36		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11777

Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.096		0		1		0.158		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.082		0		1		0.135		
17:0....g									
18:0....g	0.013		0		1		0.021		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		1		0.056		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.035		
20:1....g									
22:1 undifferentiated....g	0.012		0		1		0.020		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0		1		0.266		
18:2 undifferentiated....g	0.093		0		1		0.153		
18:3 undifferentiated....g	0.068		0		1		0.112		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.061		
Threonine....g	0.118		0		1		0.195		
Isoleucine....g	0.170		0		1		0.281		
Leucine....g	0.226		0		1		0.373		
Lysine....g	0.209		0		1		0.345		
Methionine....g	0.045		0		1		0.074		
Cystine....g	0.047		0		1		0.078		
Phenylalanine....g	0.174		0		1		0.287		
Tyrosine....g	0.130		0		1		0.215		
Valine....g	0.184		0		1		0.304		
Arginine....g	0.222		0		1		0.366		
Histidine....g	0.103		0		1		0.170		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11777

Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11192

Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.48		0		1		124.54		
Energy kcal	97		0	NC	4		160		
Energy kJ	405		0	NC	4		669		
Protein (N x 6.25) g	3.17		0		1		5.23		
Total lipid (fat) g	0.38		0		1		0.63		
Ash g	0.65		0		1		1.07		
Carbohydrate, by difference g	20.32		0	NC	4		33.53		
Fiber, total dietary g	5.0		0		4		8.3		
Sugars, total g	3.23		0	BFSN	4		5.32		
Starch g									
Minerals:									
Calcium, Ca mg	128		0		1		211		
Iron, Fe mg	1.12		0		1		1.85		
Magnesium, Mg mg	52		0		1		86		
Phosphorus, P mg	51		0		1		84		
Potassium, K mg	418		0		1		690		
Sodium, Na mg	4		0		1		7		
Zinc, Zn mg	1.03		0		1		1.70		
Copper, Cu mg	0.133		0		1		0.219		
Manganese, Mn mg	0.572		0		1		0.944		
Selenium, Se µg	2.5		0	BFSN	4		4.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2		0		1		3.6		
Thiamin mg	0.101		0		1		0.167		
Riboflavin mg	0.148		0		1		0.244		
Niacin mg	1.403		0		1		2.315		
Pantothenic acid mg	0.154		0		1		0.254		
Vitamin B-6 mg	0.065		0		1		0.107		
Folate, total µg	127		0		1		210		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	127		0		1		210		
Folate, DFE µg	127		0	NC	4		210		
Choline, total mg	32.9		0	BFSN	4		54.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	40		0	NC	4		65		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	475		0	O	4		783		
Carotene, alpha µg	0		0	T	4		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	791		0	NC	4		1305		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	T	4		0		
Vitamin E (alpha-tocopherol) mg	0.22		0	O	4		0.36		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	26.6		0	O	4		43.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11192

Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.096		0		1		0.158		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.082		0		1		0.135		
17:0....g									
18:0....g	0.013		0		1		0.021		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		1		0.056		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.035		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.012		0		1		0.020		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0		1		0.266		
18:2 undifferentiated....g	0.093		0		1		0.153		
18:3 undifferentiated....g	0.068		0		1		0.112		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.061		
Threonine....g	0.118		0		1		0.195		
Isoleucine....g	0.170		0		1		0.281		
Leucine....g	0.226		0		1		0.373		
Lysine....g	0.209		0		1		0.345		
Methionine....g	0.045		0		1		0.074		
Cystine....g	0.047		0		1		0.078		
Phenylalanine....g	0.174		0		1		0.287		
Tyrosine....g	0.130		0		1		0.215		
Valine....g	0.184		0		1		0.304		
Arginine....g	0.222		0		1		0.366		
Histidine....g	0.103		0		1		0.170		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11192

Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11778

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.10		0		1		112.37		
Energy kcal	131		0	NC	4		222		
Energy kJ	547		0	NC	4		929		
Protein (N x 6.25) g	8.49		0		1		14.43		
Total lipid (fat) g	0.66		0		1		1.12		
Ash g	1.25		0	O	4		2.13		
Carbohydrate, by difference g	23.50		0	NC	4		39.95		
Fiber, total dietary g	6.4		0	BFZN	4		10.9		
Sugars, total g	4.46		0	BFSN	4		7.58		
Starch g									
Minerals:									
Calcium, Ca mg	23		0		1		39		
Iron, Fe mg	2.12		0		1		3.60		
Magnesium, Mg mg	50		0		1		85		
Phosphorus, P mg	122		0		1		207		
Potassium, K mg	375		0		1		638		
Sodium, Na mg	241		0		4		410		
Zinc, Zn mg	1.42		0		1		2.41		
Copper, Cu mg	0.184		0		1		0.313		
Manganese, Mn mg	0.791		0		1		1.345		
Selenium, Se µg	3.4		0	BFSN	4		5.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		1		4.4		
Thiamin mg	0.260		0		1		0.442		
Riboflavin mg	0.064		0		1		0.109		
Niacin mg	0.728		0		1		1.238		
Pantothenic acid mg	0.213		0		1		0.362		
Vitamin B-6 mg	0.095		0		1		0.162		
Folate, total µg	141		0		1		240		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	141		0		1		240		
Folate, DFE µg	141		0	NC	4		240		
Choline, total mg	45.6		0	BFSN	4		77.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	NC	4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	45		0	O	4		77		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	75		0	NC	4		128		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.52		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	36.8		0	BFSN	4		62.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11778

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.175		0		1		0.298		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.140		0		1		0.238		
17:0....g									
18:0....g	0.022		0		1		0.037		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1		0.102		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.060		
20:1....g									
22:1 undifferentiated....g	0.021		0		1		0.036		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0		1		0.476		
18:2 undifferentiated....g	0.159		0		1		0.270		
18:3 undifferentiated....g	0.116		0		1		0.197		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.167		
Threonine....g	0.316		0		1		0.537		
Isoleucine....g	0.455		0		1		0.774		
Leucine....g	0.606		0		1		1.030		
Lysine....g	0.558		0		1		0.949		
Methionine....g	0.121		0		1		0.206		
Cystine....g	0.126		0		1		0.214		
Phenylalanine....g	0.466		0		1		0.792		
Tyrosine....g	0.348		0		1		0.592		
Valine....g	0.492		0		1		0.836		
Arginine....g	0.595		0		1		1.012		
Histidine....g	0.274		0		1		0.466		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11778

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11196

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.10		0		1		112.37		
Energy kcal	132		0	NC	4		224		
Energy kJ	552		0		4		939		
Protein (N x 6.25) g	8.49		0		1		14.43		
Total lipid (fat) g	0.66		0		1		1.12		
Ash g	0.99		0		1		1.68		
Carbohydrate, by difference g	23.76		0	NC	4		40.39		
Fiber, total dietary g	6.4		0		4		10.9		
Sugars, total g	4.46		0	BFSN	4		7.58		
Starch g									
Minerals:									
Calcium, Ca mg	23		0		1		39		
Iron, Fe mg	2.12		0		1		3.60		
Magnesium, Mg mg	50		0		1		85		
Phosphorus, P mg	122		0		1		207		
Potassium, K mg	375		0		1		638		
Sodium, Na mg	5		0		1		9		
Zinc, Zn mg	1.42		0		1		2.41		
Copper, Cu mg	0.184		0		1		0.313		
Manganese, Mn mg	0.791		0		1		1.345		
Selenium, Se µg	3.4	1.016	3	A	1		5.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		1		4.4		
Thiamin mg	0.260		0		1		0.442		
Riboflavin mg	0.064		0		1		0.109		
Niacin mg	0.728		0		1		1.238		
Pantothenic acid mg	0.213		0		1		0.362		
Vitamin B-6 mg	0.095		0		1		0.162		
Folate, total µg	141		0		1		240		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	141		0		1		240		
Folate, DFE µg	141		0	NC	4		240		
Choline, total mg	45.6		0	BFSN	4		77.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	NC	4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	45		0	O	4		77		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	75		0	NC	4		128		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.30		0	BFSN	4		0.52		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	36.8		0	BFSN	4		62.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11196

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.175		0		1		0.298		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.140		0		1		0.238		
17:0....g									
18:0....g	0.022		0		1		0.037		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1		0.102		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.060		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.021		0		1		0.036		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.280		0		1		0.476		
18:2 undifferentiated....g	0.159		0		1		0.270		
18:3 undifferentiated....g	0.116		0		1		0.197		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.167		
Threonine....g	0.316		0		1		0.537		
Isoleucine....g	0.455		0		1		0.774		
Leucine....g	0.606		0		1		1.030		
Lysine....g	0.558		0		1		0.949		
Methionine....g	0.121		0		1		0.206		
Cystine....g	0.126		0		1		0.214		
Phenylalanine....g	0.466		0		1		0.792		
Tyrosine....g	0.348		0		1		0.592		
Valine....g	0.492		0		1		0.836		
Arginine....g	0.595		0		1		1.012		
Histidine....g	0.274		0		1		0.466		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11196

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11195
Cowpeas (blackeyes), immature seeds, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.15	0.613	25		1		102.64	182.19	
Energy kcal	139		0	NC	4		222	395	
Energy kJ	582		0		4		931	1652	
Protein (N x 6.25) g	8.98	0.129	22		1		14.37	25.50	
Total lipid (fat) g	0.70	0.071	22		1		1.12	1.99	
Ash g	1.05	0.044	22		1		1.68	2.98	
Carbohydrate, by difference g	25.13		0	NC	4		40.21	71.37	
Fiber, total dietary g	5.0		0		4		8.0	14.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26	2.998	22		1		42	74	
Iron, Fe mg	2.35	0.129	22		1		3.76	6.67	
Magnesium, Mg mg	55	3.601	5		1		88	156	
Phosphorus, P mg	122		0		1		195	346	
Potassium, K mg	441	11.171	5		1		706	1252	
Sodium, Na mg	6	1.388	6		1		10	17	
Zinc, Zn mg	1.58	0.071	5		1		2.53	4.49	
Copper, Cu mg	0.205	0.017	5		1		0.328	0.582	
Manganese, Mn mg	0.881	0.026	5		1		1.410	2.502	
Selenium, Se µg	3.6		0	BFSN	4		5.8	10.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0	0.544	21		1		6.4	11.4	
Thiamin mg	0.245		0		1		0.392	0.696	
Riboflavin mg	0.071	0.004	22		1		0.114	0.202	
Niacin mg	0.811	0.035	22		1		1.298	2.303	
Pantothenic acid mg	0.237		1		1		0.379	0.673	
Vitamin B-6 mg	0.106		1		1		0.170	0.301	
Folate, total µg	187	20.859	3		1		299	531	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	187	20.859	3		1		299	531	
Folate, DFE µg	187		0	NC	4		299	531	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4	0.439	20		1		7	12	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	84	8.773	20		1		134	239	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11195

Cowpeas (blackeyes), immature seeds, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.185		0		1		0.296	0.525	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.003	0.006	
15:0....g									
16:0....g	0.148		0		1		0.237	0.420	
17:0....g									
18:0....g	0.023		0		1		0.037	0.065	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.063		0		1		0.101	0.179	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003	0.006	
17:1....g									
18:1 undifferentiated....g	0.038		0		1		0.061	0.108	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.023		0		1		0.037	0.065	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.297		0		1		0.475	0.843	
18:2 undifferentiated....g	0.168		0		1		0.269	0.477	
18:3 undifferentiated....g	0.122		0		1		0.195	0.346	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.165	0.293	
Threonine....g	0.335		0		1		0.536	0.951	
Isoleucine....g	0.481		0		1		0.770	1.366	
Leucine....g	0.640		0		1		1.024	1.818	
Lysine....g	0.590		0		1		0.944	1.676	
Methionine....g	0.128		0		1		0.205	0.364	
Cystine....g	0.134		0		1		0.214	0.381	
Phenylalanine....g	0.493		0		1		0.789	1.400	
Tyrosine....g	0.368		0		1		0.589	1.045	
Valine....g	0.520		0		1		0.832	1.477	
Arginine....g	0.629		0		1		1.006	1.786	
Histidine....g	0.290		0		1		0.464	0.824	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11195

Cowpeas (blackeyes), immature seeds, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11191

Cowpeas (blackeyes), immature seeds, raw

Vigna unguiculata subsp. unguiculata

Refuse: 49% Pods

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.20	2.536	10		1		111.94		
Energy kcal	90		0	NC	4		130		
Energy kJ	376		0	NC	4		545		
Protein (N x 6.25) g	2.95		2		1		4.28		
Total lipid (fat) g	0.35		2		1		0.51		
Ash g	0.67		0	O	4		0.97		
Carbohydrate, by difference g	18.83		0	NC	4		27.30		
Fiber, total dietary g	5.0		0		4		7.3		
Sugars, total g	3.00		0	T	4		4.35		
Starch g									
Minerals:									
Calcium, Ca mg	126		2		1		183		
Iron, Fe mg	1.10		2		1		1.60		
Magnesium, Mg mg	51		2		1		74		
Phosphorus, P mg	53		2		1		77		
Potassium, K mg	431		2		1		625		
Sodium, Na mg	4		2		1		6		
Zinc, Zn mg	1.01		1		1		1.46		
Copper, Cu mg	0.130		1		1		0.189		
Manganese, Mn mg	0.560		1		1		0.812		
Selenium, Se µg	2.3		0	BFSN	4		3.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.5		1		1		3.6		
Thiamin mg	0.110		2		1		0.160		
Riboflavin mg	0.145		2		1		0.210		
Niacin mg	1.450		2		1		2.103		
Pantothenic acid mg	0.151		1		1		0.219		
Vitamin B-6 mg	0.067		1		1		0.097		
Folate, total µg	168	12.083	6		1		244		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	168	12.083	6		1		244		
Folate, DFE µg	168		0	NC	4		244		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	41		2		1		59		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	817		2		1		1185		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11191
Cowpeas (blackeyes), immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.090		0		1		0.131		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		1		1		0.001		
15:0....g									
16:0....g	0.077		1		1		0.112		
17:0....g									
18:0....g	0.012		1		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.032		0		1		0.046		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.019		1		1		0.028		
20:1....g									
22:1 undifferentiated....g	0.011		1		1		0.016		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0		1		0.218		
18:2 undifferentiated....g	0.087		1		1		0.126		
18:3 undifferentiated....g	0.063		1		1		0.091		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.049		
Threonine....g	0.110		0		1		0.160		
Isoleucine....g	0.158		0		1		0.229		
Leucine....g	0.211		0		1		0.306		
Lysine....g	0.194		0		1		0.281		
Methionine....g	0.042		0		1		0.061		
Cystine....g	0.044		0		1		0.064		
Phenylalanine....g	0.162		0		1		0.235		
Tyrosine....g	0.121		0		1		0.175		
Valine....g	0.171		0		1		0.248		
Arginine....g	0.207		0		1		0.300		
Histidine....g	0.095		0		1		0.138		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11191

Cowpeas (blackeyes), immature seeds, raw

Common Measures:

Measure 1 = 145g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11780
Cowpeas, leafy tips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.30		1		1		48.39		
Energy kcal	22		0	NC	4		12		
Energy kJ	92				4		49		
Protein (N x 6.25) g	4.67		1		1		2.48		
Total lipid (fat) g	0.10		1		1		0.05		
Ash g	1.13		1		1		0.60		
Carbohydrate, by difference g	2.80		0	NC	4		1.48		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	69		1		1		37		
Iron, Fe mg	1.09		1		1		0.58		
Magnesium, Mg mg	62		1		1		33		
Phosphorus, P mg	42		1		1		22		
Potassium, K mg	351		1		1		186		
Sodium, Na mg	242		0		4		128		
Zinc, Zn mg	0.24		0		4		0.13		
Copper, Cu mg	0.154		0		4		0.082		
Manganese, Mn mg	0.412		0		4		0.218		
Selenium, Se µg	0.9		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.4		0		1		9.8		
Thiamin mg	0.256		0		1		0.136		
Riboflavin mg	0.142		0		1		0.075		
Niacin mg	1.008		0		1		0.534		
Pantothenic acid mg	0.046		0		4		0.024		
Vitamin B-6 mg	0.135		0		4		0.072		
Folate, total µg	60		0		4		32		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	60		0		4		32		
Folate, DFE µg	60		0	NC	4		32		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	29		0		1		15		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	576		0		1		305		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11780

Cowpeas, leafy tips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.014		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.021		0		1		0.011		
17:0....g									
18:0....g	0.003		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.003		
20:1....g									
22:1 undifferentiated....g	0.003		0		1		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.022		
18:2 undifferentiated....g	0.024		0		1		0.013		
18:3 undifferentiated....g	0.017		0		1		0.009		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11202
Cowpeas, leafy tips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.30		1		1		48.39		
Energy kcal	22		0	NC	4		12		
Energy kJ	92				4		49		
Protein (N x 6.25) g	4.67		1		1		2.48		
Total lipid (fat) g	0.10		1		1		0.05		
Ash g	1.13		1		1		0.60		
Carbohydrate, by difference g	2.80		0	NC	4		1.48		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	69		1		1		37		
Iron, Fe mg	1.09		1		1		0.58		
Magnesium, Mg mg	62		1		1		33		
Phosphorus, P mg	42		1		1		22		
Potassium, K mg	351		1		1		186		
Sodium, Na mg	6		0		1		3		
Zinc, Zn mg	0.24		0		4		0.13		
Copper, Cu mg	0.154		0		4		0.082		
Manganese, Mn mg	0.412		0		4		0.218		
Selenium, Se µg	0.9		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.4		0		1		9.8		
Thiamin mg	0.256		0		1		0.136		
Riboflavin mg	0.142		0		1		0.075		
Niacin mg	1.008		0		1		0.534		
Pantothenic acid mg	0.046		0		4		0.024		
Vitamin B-6 mg	0.135		0		4		0.072		
Folate, total µg	60		0		4		32		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	60		0		4		32		
Folate, DFE µg	60		0	NC	4		32		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	29		0		1		15		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	576		0		1		305		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11202

Cowpeas, leafy tips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.014		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.021		0		1		0.011		
17:0....g									
18:0....g	0.003		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.003		
20:1....g									
22:1 undifferentiated....g	0.003		0		1		0.002		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.022		
18:2 undifferentiated....g	0.024		0		1		0.013		
18:3 undifferentiated....g	0.017		0		1		0.009		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 53g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11201

Cowpeas, leafy tips, raw

Vigna unguiculata subsp. unguiculata

Refuse: 48% Tough stems and leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.78		1		1		32.32	2.69	
Energy kcal	29		0	NC	4		10	1	
Energy kJ	121				4		44	4	
Protein (N x 6.25) g	4.10		0		1		1.48	0.12	
Total lipid (fat) g	0.25		0		1		0.09	0.01	
Ash g	1.05		0		1		0.38	0.03	
Carbohydrate, by difference g	4.82		0	NC	4		1.74	0.14	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	63		0		1		23	2	
Iron, Fe mg	1.92		0		1		0.69	0.06	
Magnesium, Mg mg	43		1		1		15	1	
Phosphorus, P mg	9		0		1		3	0	
Potassium, K mg	455		1		1		164	14	
Sodium, Na mg	7		1		1		3	0	
Zinc, Zn mg	0.29		0		4		0.10	0.01	
Copper, Cu mg	0.191		0		4		0.069	0.006	
Manganese, Mn mg	0.509		0		4		0.183	0.015	
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	36.0		0		1		13.0	1.1	
Thiamin mg	0.354		0		1		0.127	0.011	
Riboflavin mg	0.175		0		1		0.063	0.005	
Niacin mg	1.120		0		1		0.403	0.034	
Pantothenic acid mg	0.060		0		4		0.022	0.002	
Vitamin B-6 mg	0.177		0		4		0.064	0.005	
Folate, total µg	101		0		4		36	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	101		0		4		36	3	
Folate, DFE µg	101		0	NC	4		36	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	36		0		1		13	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	712		0		1		256	21	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11201
Cowpeas, leafy tips, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.066		0		1		0.024	0.002	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.000	0.000	
15:0....g									
16:0....g	0.053		0		1		0.019	0.002	
17:0....g									
18:0....g	0.008		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.008	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.005	0.000	
20:1....g									
22:1 undifferentiated....g	0.008		0		1		0.003	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1		0.038	0.003	
18:2 undifferentiated....g	0.060		0		1		0.022	0.002	
18:3 undifferentiated....g	0.044		0		1		0.016	0.001	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 cup, chopped

Measure 2 = 3.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11779

Cowpeas, young pods with seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.50		0		1		85.03		
Energy kcal	34		0	NC	4		32		
Energy kJ	142				4		135		
Protein (N x 6.25) g	2.60		0		1		2.47		
Total lipid (fat) g	0.30		0		1		0.29		
Ash g	0.60		0		1		0.57		
Carbohydrate, by difference g	7.00		0	NC	4		6.65		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	55		0		1		52		
Iron, Fe mg	0.70		0		1		0.67		
Magnesium, Mg mg	41		0		4		39		
Phosphorus, P mg	49		0		1		47		
Potassium, K mg	196		0		1		186		
Sodium, Na mg	239		0		4		227		
Zinc, Zn mg	0.24		0		4		0.23		
Copper, Cu mg	0.071		0		4		0.067		
Manganese, Mn mg	0.219		0		4		0.208		
Selenium, Se µg	0.7		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0		0		1		16.2		
Thiamin mg	0.090		0		1		0.086		
Riboflavin mg	0.090		0		1		0.086		
Niacin mg	0.800		0		1		0.760		
Pantothenic acid mg	0.638		0		4		0.606		
Vitamin B-6 mg	0.123		0		4		0.117		
Folate, total µg	26		0		4		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	26		0		4		24		
Folate, DFE µg	26		0	NC	4		24		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	70		0		1		67		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1400		0		1		1330		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11779

Cowpeas, young pods with seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.079		0		1		0.075		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.063		0		1		0.060		
17:0....g									
18:0....g	0.010		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.026		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.015		
20:1....g									
22:1 undifferentiated....g	0.010		0		1		0.010		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.127		0		1		0.121		
18:2 undifferentiated....g	0.072		0		1		0.068		
18:3 undifferentiated....g	0.052		0		1		0.049		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11198

Cowpeas, young pods with seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.50		0		1		85.03		
Energy kcal	34		0	NC	4		32		
Energy kJ	142				4		135		
Protein (N x 6.25) g	2.60		0		1		2.47		
Total lipid (fat) g	0.30		0		1		0.29		
Ash g	0.60		0		1		0.57		
Carbohydrate, by difference g	7.00		0	NC	4		6.65		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	55		0		1		52		
Iron, Fe mg	0.70		0		1		0.67		
Magnesium, Mg mg	41		0		4		39		
Phosphorus, P mg	49		0		1		47		
Potassium, K mg	196		0		1		186		
Sodium, Na mg	3		0		1		3		
Zinc, Zn mg	0.24		0		4		0.23		
Copper, Cu mg	0.071		0		4		0.067		
Manganese, Mn mg	0.219		0		4		0.208		
Selenium, Se µg	0.7		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0		0		1		16.2		
Thiamin mg	0.090		0		1		0.086		
Riboflavin mg	0.090		0		1		0.086		
Niacin mg	0.800		0		1		0.760		
Pantothenic acid mg	0.638		0		4		0.606		
Vitamin B-6 mg	0.123		0		4		0.117		
Folate, total µg	26		0		4		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	26		0		4		24		
Folate, DFE µg	26		0	NC	4		24		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	70		0		1		67		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1400		0		1		1330		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11198

Cowpeas, young pods with seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.079		0		1		0.075		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.063		0		1		0.060		
17:0....g									
18:0....g	0.010		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.026		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.015		
20:1....g									
22:1 undifferentiated....g	0.010		0		1		0.010		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.127		0		1		0.121		
18:2 undifferentiated....g	0.072		0		1		0.068		
18:3 undifferentiated....g	0.052		0		1		0.049		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11197

Cowpeas, young pods with seeds, raw

Vigna unguiculata subsp. unguiculata

Refuse: 9% Ends and strings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.00		0		1		80.84	10.32	
Energy kcal	44		0	NC	4		41	5	
Energy kJ	184		0		4		173	22	
Protein (N x 6.25) g	3.30		0		1		3.10	0.40	
Total lipid (fat) g	0.30		0		1		0.28	0.04	
Ash g	0.90		0		1		0.85	0.11	
Carbohydrate, by difference g	9.50		0	NC	4		8.93	1.14	
Fiber, total dietary g	3.3		0	BFSN	4		3.1	0.4	
Sugars, total g	5.04		0	BFSN	4		4.74	0.60	
Starch g									
Minerals:									
Calcium, Ca mg	65		0		1		61	8	
Iron, Fe mg	1.00		0		1		0.94	0.12	
Magnesium, Mg mg	58		0		4		55	7	
Phosphorus, P mg	65		0		1		61	8	
Potassium, K mg	215		0		1		202	26	
Sodium, Na mg	4		0		1		4	0	
Zinc, Zn mg	0.34		0		4		0.32	0.04	
Copper, Cu mg	0.100		0		4		0.094	0.012	
Manganese, Mn mg	0.308		0		4		0.290	0.037	
Selenium, Se µg	0.9		0	BFSN	4		0.8	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	33.0		0		1		31.0	4.0	
Thiamin mg	0.150		0		1		0.141	0.018	
Riboflavin mg	0.140		0		1		0.132	0.017	
Niacin mg	1.200		0		1		1.128	0.144	
Pantothenic acid mg	0.945		0		4		0.888	0.113	
Vitamin B-6 mg	0.173		0		4		0.163	0.021	
Folate, total µg	53		0		4		49	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	53		0		4		49	6	
Folate, DFE µg	53		0	NC	4		49	6	
Choline, total mg	22.0		0	BFSN	4		20.7	2.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	68		0	NC	4		64	8	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	794		0	BFSN	4		746	95	
Carotene, alpha µg	55		0	BFSN	4		52	7	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1369		0	NC	4		1287	164	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	932		0	BFSN	4		877	112	
Vitamin E (alpha-tocopherol) mg	0.49		0	BFSN	4		0.46	0.06	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	31.5		0	BFSN	4		29.6	3.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11197
Cowpeas, young pods with seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.079		0		1		0.074	0.009	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0	BFSN	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.063		0		1		0.059	0.008	
17:0....g									
18:0....g	0.010		0		1		0.009	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.025	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.015	0.002	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.010		0		1		0.009	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.127		0		1		0.119	0.015	
18:2 undifferentiated....g	0.072		0		1		0.068	0.009	
18:3 undifferentiated....g	0.052		0		1		0.049	0.006	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Measure 2 = 12.0g: 1 pod

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11781

Cress, garden, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.50		0		1		124.88		
Energy kcal	23		0	NC	4		31		
Energy kJ	96		0		4		130		
Protein (N x 6.25) g	1.90		0		1		2.57		
Total lipid (fat) g	0.60		0		1		0.81		
Ash g	1.20		0		1		1.62		
Carbohydrate, by difference g	3.80		0	NC	4		5.13		
Fiber, total dietary g	0.7		0	BFZN	4		0.9		
Sugars, total g	3.11		0	BFSN	4		4.20		
Starch g									
Minerals:									
Calcium, Ca mg	61		0		1		82		
Iron, Fe mg	0.80		0		1		1.08		
Magnesium, Mg mg	26		0		4		35		
Phosphorus, P mg	48		0		1		65		
Potassium, K mg	353		0		1		477		
Sodium, Na mg	244		0		4		329		
Zinc, Zn mg	0.15		0		4		0.20		
Copper, Cu mg	0.114		0		4		0.154		
Manganese, Mn mg	0.372		0		4		0.502		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	23.0		0		1		31.1		
Thiamin mg	0.060		0		1		0.081		
Riboflavin mg	0.160		0		1		0.216		
Niacin mg	0.800		0		1		1.080		
Pantothenic acid mg	0.163		0		4		0.220		
Vitamin B-6 mg	0.157		0		4		0.212		
Folate, total µg	37		0		4		50		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	37		0		4		50		
Folate, DFE µg	37		0	NC	4		50		
Choline, total mg	13.8		0	BFSY	4		18.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	232		0	NC	4		314		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2790		0	BFSY	4		3766		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	4649		0	NC	4		6276		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	8402		0	BFSY	4		11343		
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.67		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	383.4		0	BFSN	4		517.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11781

Cress, garden, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.020		0		1		0.027		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.014		0		1		0.019		
17:0....g									
18:0....g	0.006		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.205		0		1		0.277		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.075		0		1		0.101		
20:1....g	0.052		0		1		0.070		
22:1 undifferentiated....g	0.078		0		1		0.105		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.196		0		1		0.265		
18:2 undifferentiated....g	0.130		0		1		0.176		
18:3 undifferentiated....g	0.065		0		1		0.088		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11204

Cress, garden, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.50		0		1		124.88	62.90	
Energy kcal	23		0	NC	4		31	16	
Energy kJ	96		0		4		130	65	
Protein (N x 6.25) g	1.90		0		1		2.57	1.29	
Total lipid (fat) g	0.60		0		1		0.81	0.41	
Ash g	1.20		0		1		1.62	0.82	
Carbohydrate, by difference g	3.80		0	NC	4		5.13	2.58	
Fiber, total dietary g	0.7		0		4		0.9	0.5	
Sugars, total g	3.11		0	BFSN	4		4.20	2.12	
Starch g									
Minerals:									
Calcium, Ca mg	61		0		1		82	41	
Iron, Fe mg	0.80		0		1		1.08	0.54	
Magnesium, Mg mg	26		0		4		35	18	
Phosphorus, P mg	48		0		1		65	33	
Potassium, K mg	353		0		1		477	240	
Sodium, Na mg	8		0		1		11	5	
Zinc, Zn mg	0.15		0		4		0.20	0.10	
Copper, Cu mg	0.114		0		4		0.154	0.078	
Manganese, Mn mg	0.372		0		4		0.502	0.253	
Selenium, Se µg	0.9		0	CAZN	4		1.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	23.0		0		1		31.1	15.6	
Thiamin mg	0.060		0		1		0.081	0.041	
Riboflavin mg	0.160		0		1		0.216	0.109	
Niacin mg	0.800		0		1		1.080	0.544	
Pantothenic acid mg	0.163		0		4		0.220	0.111	
Vitamin B-6 mg	0.157		0		4		0.212	0.107	
Folate, total µg	37		0		4		50	25	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	37		0		4		50	25	
Folate, DFE µg	37		0	NC	4		50	25	
Choline, total mg	13.8		0	BFSY	4		18.6	9.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	232		0	NC	4		314	158	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2790		0	BFSY	4		3766	1897	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	4649		0	NC	4		6276	3161	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	8402		0	BFSY	4		11343	5713	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.67	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	383.4		0	BFSN	4		517.6	260.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11204

Cress, garden, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.020		0		1		0.027	0.014	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.014		0		1		0.019	0.010	
17:0....g									
18:0....g	0.006		0		1		0.008	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.205		0		1		0.277	0.139	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.075		0		1		0.101	0.051	
20:1....g	0.052		0		1		0.070	0.035	
22:1 undifferentiated....g	0.078		0		1		0.105	0.053	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.196		0		1		0.265	0.133	
18:2 undifferentiated....g	0.130		0		1		0.176	0.088	
18:3 undifferentiated....g	0.065		0		1		0.088	0.044	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 68g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11203
Cress, garden, raw
Lepidium sativum

Refuse: 29% Stems, crowns and spoiled leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.40		0		1		44.70	0.89	
Energy kcal	32		0	NC	4		16	0	
Energy kJ	134		0		4		67	1	
Protein (N x 6.25) g	2.60		0		1		1.30	0.03	
Total lipid (fat) g	0.70		0		1		0.35	0.01	
Ash g	1.80		0		1		0.90	0.02	
Carbohydrate, by difference g	5.50		0	NC	4		2.75	0.06	
Fiber, total dietary g	1.1		0		4		0.6	0.0	
Sugars, total g	4.40		0	O	4		2.20	0.04	
Starch g									
Minerals:									
Calcium, Ca mg	81		0		1		41	1	
Iron, Fe mg	1.30		0		1		0.65	0.01	
Magnesium, Mg mg	38		0		4		19	0	
Phosphorus, P mg	76		0		1		38	1	
Potassium, K mg	606		0		1		303	6	
Sodium, Na mg	14		0		1		7	0	
Zinc, Zn mg	0.23		0		4		0.12	0.00	
Copper, Cu mg	0.170		0		4		0.085	0.002	
Manganese, Mn mg	0.553		0		4		0.277	0.006	
Selenium, Se µg	0.9		0	CAZN	4		0.5	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	69.0		0		1		34.5	0.7	
Thiamin mg	0.080		0		1		0.040	0.001	
Riboflavin mg	0.260		0		1		0.130	0.003	
Niacin mg	1.000		0		1		0.500	0.010	
Pantothenic acid mg	0.242		0		4		0.121	0.002	
Vitamin B-6 mg	0.247		0		1		0.124	0.002	
Folate, total µg	80		0		4		40	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	80		0		4		40	1	
Folate, DFE µg	80		0	NC	4		40	1	
Choline, total mg	19.5		0	BFSN	4		9.8	0.2	
Betaine mg	0.2		0	BFSN	4		0.1	0.0	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	346		0	NC	4		173	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4150		0	T	4		2075	42	
Carotene, alpha µg	0		0	T	4		0	0	
Cryptoxanthin, beta µg	0		0	T	4		0	0	
Vitamin A, IU IU	6917		0	NC	4		3458	69	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	12500		0	T	4		6250	125	
Vitamin E (alpha-tocopherol) mg	0.70		0	O	4		0.35	0.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	541.9		0	BFSN	4		271.0	5.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11203
Cress, garden, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.012	0.000	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.016		0		1		0.008	0.000	
17:0....g									
18:0....g	0.007		0		1		0.004	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.239		0		1		0.120	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.087		0		1		0.044	0.001	
20:1....g	0.061		0		1		0.031	0.001	
22:1 undifferentiated....g	0.091		0		1		0.046	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.228		0		1		0.114	0.002	
18:2 undifferentiated....g	0.152		0		1		0.076	0.002	
18:3 undifferentiated....g	0.076		0		1		0.038	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 50g: 1 cup

Measure 2 = 1.0g: 1 sprig

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11206
Cucumber, peeled, raw

Refuse: 27% Parings, ends and bruised spots

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.73	0.286	7	JO	11		128.65	115.11	270.84
Energy kcal	12		0	NC	4		17	15	35
Energy kJ	52		0	NC	4		69	62	145
Protein g	0.59	0.077	4	A	1		0.79	0.71	1.66
Total lipid (fat) g	0.16	0.029	11	JO	11		0.21	0.19	0.44
Ash g	0.36	0.009	4	A	1		0.48	0.43	1.01
Carbohydrate, by difference g	2.16		0	NC	4		2.87	2.57	6.04
Fiber, total dietary g	0.7		0		1		0.9	0.8	2.0
Sugars, total g	1.38		0	AS	1		1.83	1.64	3.86
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.63	0.089	4	A	1		0.84	0.75	1.76
Fructose g	0.75	0.061	4	A	1		0.99	0.89	2.09
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.08		2	A	1		0.11	0.10	0.23
Minerals:									
Calcium, Ca mg	14	1.018	51	JA	6		19	17	41
Iron, Fe mg	0.22	0.008	52	JA	6		0.30	0.27	0.62
Magnesium, Mg mg	12	0.664	52	JA	6		16	14	33
Phosphorus, P mg	21	0.664	51	JA	6		28	25	59
Potassium, K mg	136	8.210	52	JA	6		181	162	381
Sodium, Na mg	2	0.137	48		1		3	2	6
Zinc, Zn mg	0.17	0.013	52	JA	6		0.22	0.20	0.47
Copper, Cu mg	0.071	0.017	52	JA	6		0.094	0.084	0.199
Manganese, Mn mg	0.073	0.009	52	JA	6		0.098	0.087	0.206
Selenium, Se µg	0.1	0.068	41	JA	6		0.1	0.1	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	3.2	0.740	4	A	1		4.2	3.8	8.9
Thiamin mg	0.031	0.008	4	A	1		0.041	0.037	0.087
Riboflavin mg	0.025	0.003	4	A	1		0.033	0.030	0.070
Niacin mg	0.037	0.000	4	A	1		0.049	0.044	0.103
Pantothenic acid mg	0.240	0.041	4	A	1		0.320	0.286	0.673
Vitamin B-6 mg	0.051	0.018	4	A	1		0.068	0.060	0.142
Folate, total µg	14	3.749	3	A	1		19	17	39
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	14	3.749	3	A	1		19	17	39
Folate, DFE µg	14		0	NC	4		19	17	39
Choline, total mg	5.7		0	AS	1		7.6	6.8	15.9
Betaine mg	0.1		1	A	1		0.1	0.1	0.2
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	4		0	NC	4		5	4	10
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	31		2	A	1		41	36	86
Carotene, alpha µg	8		2	A	1		10	9	21
Cryptoxanthin, beta µg	18		0	T	4		23	21	49
Vitamin A, IU IU	72		0	NC	4		96	86	201
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	16		0	T	4		21	19	45
Vitamin E (alpha-tocopherol) mg	0.03	0.008	5	JO	11		0.05	0.04	0.10
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocopherol, gamma mg	0.02	0.004	5	JO	11		0.02	0.02	0.05
Tocopherol, delta mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocotrienol, alpha mg	0.04	0.021	3	JO	11		0.05	0.05	0.11
Tocotrienol, beta mg	0.00	0.000	3	JO	11		0.00	0.00	0.00

NDB No. 11206
Cucumber, peeled, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.2	0.450	6	JO	11		9.6	8.6	20.2
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.013		0	NC	4		0.018	0.016	0.037
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.002		2	A	1		0.002	0.002	0.005
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.010		2	A	1		0.013	0.012	0.028
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.002		2	A	1		0.002	0.002	0.005
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.002		0	NC	4		0.002	0.002	0.005
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.002		2	A	1		0.002	0.002	0.005
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0	NC	4		0.004	0.004	0.009
18:2 undifferentiated....g	0.002		2	A	1		0.002	0.002	0.005
18:3 undifferentiated....g	0.002		2	A	1		0.002	0.002	0.005
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	A	1		0.009	0.008	0.019
Threonine....g	0.012		0	A	1		0.016	0.015	0.035
Isoleucine....g	0.012		0	A	1		0.016	0.015	0.035
Leucine....g	0.025		0	A	1		0.033	0.029	0.069
Lysine....g	0.025		0	A	1		0.033	0.029	0.069
Methionine....g	0.012		0	A	1		0.016	0.015	0.035
Cystine....g	0.007		0	A	1		0.009	0.008	0.019
Phenylalanine....g	0.031		0	A	1		0.041	0.036	0.086
Tyrosine....g	0.002		0	A	1		0.003	0.002	0.006
Valine....g	0.012		0	A	1		0.016	0.015	0.035
Arginine....g	0.031		0	A	1		0.041	0.036	0.086
Histidine....g	0.002		0	A	1		0.003	0.002	0.006
Alanine....g	0.031		0	A	1		0.041	0.036	0.086

NDB No. 11206
Cucumber, peeled, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.037		0	A	1		0.049	0.044	0.104
Glutamic acid....g	0.204		0	A	1		0.271	0.243	0.571
Glycine....g	0.025		0	A	1		0.033	0.029	0.069
Proline....g	0.012		0	A	1		0.016	0.015	0.035
Serine....g	0.025		0	A	1		0.033	0.029	0.069
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 cup, pared, chopped

Measure 2 = 119g: 1 cup, sliced

Measure 3 = 280g: 1 large (8-1/4" long)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11205
Cucumber, with peel, raw
Cucumis sativus

Refuse: 3% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.23		2	JO	11		49.52	286.63	
Energy kcal	15		0	NC	4		8	47	
Energy kJ	65		0	NC	4		34	195	
Protein (N x 6.25) g	0.65		4	A	1		0.34	1.96	
Total lipid (fat) g	0.11	0.004	9	JO	11		0.06	0.33	
Ash g	0.38		4	A	1		0.20	1.16	
Carbohydrate, by difference g	3.63		0	NC	4		1.89	10.92	
Fiber, total dietary g	0.5		1		1		0.3	1.6	
Sugars, total g	1.67		0	NC	4		0.87	5.03	
Sucrose g	0.03		4	A	1		0.02	0.10	
Glucose (dextrose) g	0.76	0.043	7	JA	6		0.39	2.28	
Fructose g	0.87	0.097	7	JA	6		0.45	2.62	
Lactose g	0.00		4	A	1		0.00	0.00	
Maltose g	0.01	0.012	7	JA	6		0.01	0.04	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	0.83	0.000	4	A	1		0.43	2.51	
Minerals:									
Calcium, Ca mg	16		4	A	1		8	48	
Iron, Fe mg	0.28		4	A	1		0.15	0.85	
Magnesium, Mg mg	13		4	A	1		7	38	
Phosphorus, P mg	24		4	A	1		13	74	
Potassium, K mg	147		4	A	1		76	442	
Sodium, Na mg	2	0.261	54		1		1	6	
Zinc, Zn mg	0.20		4	A	1		0.10	0.60	
Copper, Cu mg	0.041	0.000	8	A	1		0.021	0.123	
Manganese, Mn mg	0.079		4	A	1		0.041	0.238	
Selenium, Se µg	0.3		2	A	1		0.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8		4	A	1		1.5	8.5	
Thiamin mg	0.027		4	A	1		0.014	0.080	
Riboflavin mg	0.033		4	A	1		0.017	0.100	
Niacin mg	0.098	0.000	8	A	1		0.051	0.295	
Pantothenic acid mg	0.259		4	A	1		0.135	0.780	
Vitamin B-6 mg	0.040		4	A	1		0.021	0.121	
Folate, total µg	7	0.000	8	A	1		4	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7	0.000	8	A	1		4	22	
Folate, DFE µg	7		0	NC	4		4	22	
Choline, total mg	6.0		0	AS	1		3.1	17.9	
Betaine mg	0.1		1	A	1		0.0	0.2	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		3	16	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	45		0	BFSN	4		23	135	
Carotene, alpha µg	11		0	BFSN	4		6	33	
Cryptoxanthin, beta µg	26		0	BFSN	4		13	77	
Vitamin A, IU IU	105		0	NC	4		55	316	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	23		0	BFSN	4		12	70	
Vitamin E (alpha-tocopherol) mg	0.03	0.001	5	JO	11		0.01	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01	0.005	3	JO	11		0.00	0.02	
Tocopherol, gamma mg	0.03	0.005	3	JO	11		0.02	0.11	
Tocopherol, delta mg	0.00	0.004	3	JO	11		0.00	0.01	
Tocotrienol, alpha mg	0.04	0.021	5	JO	11		0.02	0.12	
Tocotrienol, beta mg	0.00	0.000	3	JO	11		0.00	0.00	

NDB No. 11205
Cucumber, with peel, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	JO	11		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	JO	11		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	16.4		4	A	1		8.5	49.4	
Dihydrophylloquinone....µg	0.0		4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.037		0	NC	4		0.019	0.111	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.005		2	A	1		0.002	0.014	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.028		2	A	1		0.014	0.084	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.005		2	A	1		0.002	0.014	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.002	0.014	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.005		2	A	1		0.002	0.014	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.032		0	NC	4		0.017	0.098	
18:2 undifferentiated....g	0.028		2	A	1		0.014	0.084	
18:3 undifferentiated....g	0.005		2	A	1		0.002	0.014	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	14		0		1		7	42	
Amino Acids:									
Tryptophan....g	0.005		0		1		0.003	0.015	
Threonine....g	0.019		0		1		0.010	0.057	
Isoleucine....g	0.021		0		1		0.011	0.063	
Leucine....g	0.029		0		1		0.015	0.087	
Lysine....g	0.029		0		1		0.015	0.087	
Methionine....g	0.006		0		1		0.003	0.018	
Cystine....g	0.004		0		1		0.002	0.012	
Phenylalanine....g	0.019		0		1		0.010	0.057	
Tyrosine....g	0.011		0		1		0.006	0.033	
Valine....g	0.022		0		1		0.011	0.066	
Arginine....g	0.044		0		1		0.023	0.132	
Histidine....g	0.010		0		1		0.005	0.030	
Alanine....g	0.024		0		1		0.012	0.072	

NDB No. 11205
Cucumber, with peel, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.041		0		1		0.021	0.123	
Glutamic acid....g	0.196		0		1		0.102	0.590	
Glycine....g	0.024		0		1		0.012	0.072	
Proline....g	0.015		0		1		0.008	0.045	
Serine....g	0.020		0		1		0.010	0.060	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: .5 cup slices

Measure 2 = 301g: 1 cucumber (8-1/4")

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11782
Dandelion greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.80		0		1		94.29		
Energy kcal	33		0	NC	4		35		
Energy kJ	138		0		4		145		
Protein (N x 6.25) g	2.00		0		1		2.10		
Total lipid (fat) g	0.60		0		1		0.63		
Ash g	1.20		0		1		1.26		
Carbohydrate, by difference g	6.40		0	NC	4		6.72		
Fiber, total dietary g	2.9		0	BFZN	4		3.0		
Sugars, total g	1.62		0	BFSN	4		1.70		
Starch g									
Minerals:									
Calcium, Ca mg	140		0		1		147		
Iron, Fe mg	1.80		0		1		1.89		
Magnesium, Mg mg	24		0		4		25		
Phosphorus, P mg	42		0		1		44		
Potassium, K mg	232		0		1		244		
Sodium, Na mg	280		0		4		294		
Zinc, Zn mg	0.28		0		4		0.29		
Copper, Cu mg	0.115		0		4		0.121		
Manganese, Mn mg	0.230		0		4		0.242		
Selenium, Se µg	0.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.0		0		1		18.9		
Thiamin mg	0.130		0		1		0.137		
Riboflavin mg	0.175		0		1		0.184		
Niacin mg	0.514		0		4		0.540		
Pantothenic acid mg	0.057		0		4		0.060		
Vitamin B-6 mg	0.160		0		4		0.168		
Folate, total µg	13		0		4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		4		13		
Folate, DFE µg	13		0	NC	4		13		
Choline, total mg	27.6		0	BFSY	4		29.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	727		0	NC	4		764		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	8727		0	BFSY	4		9163		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	14544		0	NC	4		15272		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	3398		0	BFSY	4		3568		
Vitamin E (alpha-tocopherol) mg	0.60		0	BFSN	4		0.63		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	358.9		0	BFSN	4		376.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11782
Dandelion greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11208
Dandelion greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.80		0		1		94.29		
Energy kcal	33		0	NC	4		35		
Energy kJ	138		0		4		145		
Protein (N x 6.25) g	2.00		0		1		2.10		
Total lipid (fat) g	0.60		0		1		0.63		
Ash g	1.20		0		1		1.26		
Carbohydrate, by difference g	6.40		0	NC	4		6.72		
Fiber, total dietary g	2.9		0		4		3.0		
Sugars, total g	0.50		0	BFSN	4		0.53		
Starch g									
Minerals:									
Calcium, Ca mg	140		0		1		147		
Iron, Fe mg	1.80		0		1		1.89		
Magnesium, Mg mg	24		0		4		25		
Phosphorus, P mg	42		0		1		44		
Potassium, K mg	232		0		1		244		
Sodium, Na mg	44		0		1		46		
Zinc, Zn mg	0.28		0		4		0.29		
Copper, Cu mg	0.115		0		4		0.121		
Manganese, Mn mg	0.230		0		4		0.242		
Selenium, Se µg	0.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.0		0		1		18.9		
Thiamin mg	0.130		0		1		0.137		
Riboflavin mg	0.175		0		1		0.184		
Niacin mg	0.514		0		4		0.540		
Pantothenic acid mg	0.057		0		4		0.060		
Vitamin B-6 mg	0.160		0		4		0.168		
Folate, total µg	13		0		4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		4		13		
Folate, DFE µg	13		0	NC	4		13		
Choline, total mg	25.0		0	BFSY	4		26.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	342		0	NC	4		359		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3940		0	BFSY	4		4136		
Carotene, alpha µg	244		0	BFSY	4		256		
Cryptoxanthin, beta µg	82		0	BFSY	4		86		
Vitamin A, IU IU	6837		0	NC	4		7179		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	9158		0	BFSY	4		9616		
Vitamin E (alpha-tocopherol) mg	2.44		0	BFSN	4		2.56		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	551.4		0	BFSN	4		578.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11208

Dandelion greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.146		0		4		0.153		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.008		0		4		0.008		
15:0....g									
16:0....g	0.124		0		4		0.130		
17:0....g									
18:0....g	0.006		0		4		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		4		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.012		0		4		0.013		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.262		0		4		0.275		
18:2 undifferentiated....g	0.224		0		4		0.235		
18:3 undifferentiated....g	0.038		0		4		0.040		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11207
Dandelion greens, raw
Taraxacum officinale

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.60		0		1		47.08		
Energy kcal	45		0	NC	4		25		
Energy kJ	188		0		4		104		
Protein (N x 6.25) g	2.70		0		1		1.49		
Total lipid (fat) g	0.70		0		1		0.39		
Ash g	1.80		0		1		0.99		
Carbohydrate, by difference g	9.20		0	NC	4		5.06		
Fiber, total dietary g	3.5		0		4		1.9		
Sugars, total g	0.71		0	BFSN	4		0.39		
Starch g									
Minerals:									
Calcium, Ca mg	187		0		1		103		
Iron, Fe mg	3.10		0		1		1.71		
Magnesium, Mg mg	36		0		1		20		
Phosphorus, P mg	66		0		1		36		
Potassium, K mg	397		0		1		218		
Sodium, Na mg	76		0		1		42		
Zinc, Zn mg	0.41		0		4		0.23		
Copper, Cu mg	0.171		0		4		0.094		
Manganese, Mn mg	0.342		0		4		0.188		
Selenium, Se µg	0.5		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	35.0		0		1		19.3		
Thiamin mg	0.190		0		1		0.105		
Riboflavin mg	0.260		0		1		0.143		
Niacin mg	0.806		0		4		0.443		
Pantothenic acid mg	0.084		0		4		0.046		
Vitamin B-6 mg	0.251		0		4		0.138		
Folate, total µg	27		0		4		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	27		0		4		15		
Folate, DFE µg	27		0	NC	4		15		
Choline, total mg	35.3		0	BFSN	4		19.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	508		0	NC	4		279		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	5854		0	BFSN	4		3220		
Carotene, alpha µg	363		0	BFSN	4		199		
Cryptoxanthin, beta µg	121		0	BFSN	4		67		
Vitamin A, IU IU	10161		0	NC	4		5588		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	13610		0	BFSN	4		7486		
Vitamin E (alpha-tocopherol) mg	3.44		0	BFSN	4		1.89		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	778.4		0	BFSN	4		428.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11207
Dandelion greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.170		0		4		0.094		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.009		0		4		0.005		
15:0....g									
16:0....g	0.145		0		4		0.080		
17:0....g									
18:0....g	0.007		0		4		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		4		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.014		0		4		0.008		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.306		0		4		0.168		
18:2 undifferentiated....g	0.261		0		4		0.144		
18:3 undifferentiated....g	0.044		0		4		0.024		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11925
Dock, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.60		0		1				
Energy kcal	20		0	NC	4				
Energy kJ	84				4				
Protein (N x 6.25) g	1.83		0		1				
Total lipid (fat) g	0.64		0		1				
Ash g	1.01		0		1				
Carbohydrate, by difference g	2.93		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	38		0		1				
Iron, Fe mg	2.08		0		1				
Magnesium, Mg mg	89		0		1				
Phosphorus, P mg	52		0		1				
Potassium, K mg	321		0		1				
Sodium, Na mg	239		0		4				
Zinc, Zn mg	0.17		0		4				
Copper, Cu mg	0.114		0		4				
Manganese, Mn mg	0.303		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	26.3		0		1				
Thiamin mg	0.034		0		1				
Riboflavin mg	0.086		0		1				
Niacin mg	0.411		0		1				
Pantothenic acid mg	0.036		0		4				
Vitamin B-6 mg	0.100		0		4				
Folate, total µg	8		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	8		0		4				
Folate, DFE µg	8		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	174		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3474		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11925
Dock, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.086		0		1				
Isoleucine....g	0.093		0		1				
Leucine....g	0.152		0		1				
Lysine....g	0.105		0		1				
Methionine....g	0.032		0		1				
Cystine....g									
Phenylalanine....g	0.104		0		1				
Tyrosine....g	0.075		0		1				
Valine....g	0.121		0		1				
Arginine....g	0.098		0		1				
Histidine....g	0.049		0		1				
Alanine....g	0.121		0		1				
Aspartic acid....g	0.166		0		1				
Glutamic acid....g	0.197		0		1				
Glycine....g	0.104		0		1				
Proline....g	0.106		0		1				
Serine....g	0.070		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11617
Dock, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.60		0		1				
Energy kcal	20		0	NC	4				
Energy kJ	84				4				
Protein (N x 6.25) g	1.83		0		1				
Total lipid (fat) g	0.64		0		1				
Ash g	1.01		0		1				
Carbohydrate, by difference g	2.93		0	NC	4				
Fiber, total dietary g	2.6		0	BFSN	4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	38		0		1				
Iron, Fe mg	2.08		0		1				
Magnesium, Mg mg	89		0		1				
Phosphorus, P mg	52		0		1				
Potassium, K mg	321		0		1				
Sodium, Na mg	3		0		1				
Zinc, Zn mg	0.17		0		4				
Copper, Cu mg	0.114		0		4				
Manganese, Mn mg	0.303		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	26.3		0		1				
Thiamin mg	0.034		0		1				
Riboflavin mg	0.086		0		1				
Niacin mg	0.411		0		1				
Pantothenic acid mg	0.036		0		4				
Vitamin B-6 mg	0.100		0		4				
Folate, total µg	8		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	8		0		4				
Folate, DFE µg	8		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	174		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3474		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11617
Dock, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.086		0		1				
Isoleucine....g	0.093		0		1				
Leucine....g	0.152		0		1				
Lysine....g	0.105		0		1				
Methionine....g	0.032		0		1				
Cystine....g									
Phenylalanine....g	0.104		0		1				
Tyrosine....g	0.075		0		1				
Valine....g	0.121		0		1				
Arginine....g	0.098		0		1				
Histidine....g	0.049		0		1				
Alanine....g	0.121		0		1				
Aspartic acid....g	0.166		0		1				
Glutamic acid....g	0.197		0		1				
Glycine....g	0.104		0		1				
Proline....g	0.106		0		1				
Serine....g	0.070		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11616
Dock, raw
Rumex spp.

Refuse: 30% Stalks

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.00		1		1		123.69		
Energy kcal	22		0	NC	4		29		
Energy kJ	92				4		122		
Protein (N x 6.25) g	2.00		1		1		2.66		
Total lipid (fat) g	0.70		1		1		0.93		
Ash g	1.10		0		1		1.46		
Carbohydrate, by difference g	3.20		0	NC	4		4.26		
Fiber, total dietary g	2.9		0		4		3.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	44		1		1		59		
Iron, Fe mg	2.40		1		1		3.19		
Magnesium, Mg mg	103		1		1		137		
Phosphorus, P mg	63		1		1		84		
Potassium, K mg	390		1		1		519		
Sodium, Na mg	4		1		1		5		
Zinc, Zn mg	0.20		0		4		0.27		
Copper, Cu mg	0.131		0		4		0.174		
Manganese, Mn mg	0.349		0		4		0.464		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	48.0		1		1		63.8		
Thiamin mg	0.040		1		1		0.053		
Riboflavin mg	0.100		1		1		0.133		
Niacin mg	0.500		1		1		0.665		
Pantothenic acid mg	0.041		0		4		0.055		
Vitamin B-6 mg	0.122		0		4		0.162		
Folate, total µg	13		0		4		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		4		18		
Folate, DFE µg	13		0	NC	4		18		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	200		1		1		266		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4000		1		1		5320		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11616
Dock, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.094		1		1		0.125		
Isoleucine....g	0.102		1		1		0.136		
Leucine....g	0.167		1		1		0.222		
Lysine....g	0.115		1		1		0.153		
Methionine....g	0.035		1		1		0.047		
Cystine....g									
Phenylalanine....g	0.114		1		1		0.152		
Tyrosine....g	0.083		1		1		0.110		
Valine....g	0.133		1		1		0.177		
Arginine....g	0.108		1		1		0.144		
Histidine....g	0.054		1		1		0.072		
Alanine....g	0.132		1		1		0.176		
Aspartic acid....g	0.181		1		1		0.241		
Glutamic acid....g	0.216		1		1		0.287		
Glycine....g	0.114		1		1		0.152		
Proline....g	0.116		1		1		0.154		
Serine....g	0.077		1		1		0.102		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11786
Drumstick leaves, cooked, boiled, drained, with salt

Horseradish tree
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.65		1		1		34.29		
Energy kcal	60		0	NC	4		25		
Energy kJ	251		0		4		105		
Protein (N x 6.25) g	5.27		1		1		2.21		
Total lipid (fat) g	0.93		1		1		0.39		
Ash g	1.00		1		1		0.42		
Carbohydrate, by difference g	11.15		0	NC	4		4.68		
Fiber, total dietary g	2.0		0	BFZN	4		0.8		
Sugars, total g	1.00		0	O	4		0.42		
Starch g									
Minerals:									
Calcium, Ca mg	151		0		4		63		
Iron, Fe mg	2.32		1		1		0.97		
Magnesium, Mg mg	34		0	BFSY	4		14		
Phosphorus, P mg	67		1		1		28		
Potassium, K mg	344		1		1		144		
Sodium, Na mg	245		0		4		103		
Zinc, Zn mg	0.49		0		4		0.21		
Copper, Cu mg	0.086		0		4		0.036		
Manganese, Mn mg	0.868		0		4		0.365		
Selenium, Se µg	0.9		0	CAZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	31.0		0		1		13.0		
Thiamin mg	0.222		0		1		0.093		
Riboflavin mg	0.509		0		1		0.214		
Niacin mg	1.995		0		1		0.838		
Pantothenic acid mg	0.102		0		4		0.043		
Vitamin B-6 mg	0.929		0		4		0.390		
Folate, total µg	23		0		4		9		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23		0		4		9		
Folate, DFE µg	23		0	NC	4		9		
Choline, total mg	21.0		0	CAZN	4		8.8		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	351		0	NC	4		147		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4208		0	O	4		1767		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7013		0	NC	4		2945		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1747		0	O	4		734		
Vitamin E (alpha-tocopherol) mg	0.10		0	O	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	O	4		45.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11786

Drumstick leaves, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.034		
Threonine....g	0.230		0		1		0.097		
Isoleucine....g	0.253		0		1		0.106		
Leucine....g	0.443		0		1		0.186		
Lysine....g	0.301		0		1		0.126		
Methionine....g	0.069		0		1		0.029		
Cystine....g	0.078		0		1		0.033		
Phenylalanine....g	0.273		0		1		0.115		
Tyrosine....g	0.195		0		1		0.082		
Valine....g	0.342		0		1		0.144		
Arginine....g	0.298		0		1		0.125		
Histidine....g	0.110		0		1		0.046		
Alanine....g	0.395		0		1		0.166		
Aspartic acid....g	0.516		0		1		0.217		
Glutamic acid....g	0.580		0		1		0.244		
Glycine....g	0.290		0		1		0.122		
Proline....g	0.253		0		1		0.106		
Serine....g	0.232		0		1		0.097		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11223
Drumstick leaves, cooked, boiled, drained, without salt

Horseradish-tree
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.65		1		1		34.29		
Energy kcal	60		0	NC	4		25		
Energy kJ	251		0		4		105		
Protein (N x 6.25) g	5.27		1		1		2.21		
Total lipid (fat) g	0.93		1		1		0.39		
Ash g	1.00		1		1		0.42		
Carbohydrate, by difference g	11.15		0	NC	4		4.68		
Fiber, total dietary g	2.0		0		4		0.8		
Sugars, total g	1.00		0	O	4		0.42		
Starch g									
Minerals:									
Calcium, Ca mg	151		0		4		63		
Iron, Fe mg	2.32		1		1		0.97		
Magnesium, Mg mg	34		0	BFSY	4		14		
Phosphorus, P mg	67		1		1		28		
Potassium, K mg	344		1		1		144		
Sodium, Na mg	9		1		1		4		
Zinc, Zn mg	0.49		0		4		0.21		
Copper, Cu mg	0.086		0		4		0.036		
Manganese, Mn mg	0.868		0		4		0.365		
Selenium, Se µg	0.9		0	CAZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	31.0		0		1		13.0		
Thiamin mg	0.222		0		1		0.093		
Riboflavin mg	0.509		0		1		0.214		
Niacin mg	1.995		0		1		0.838		
Pantothenic acid mg	0.102		0		4		0.043		
Vitamin B-6 mg	0.929		0		4		0.390		
Folate, total µg	23		0		4		9		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23		0		4		9		
Folate, DFE µg	23		0	NC	4		9		
Choline, total mg	21.0		0	CAZN	4		8.8		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	351		0	NC	4		147		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4208		0	O	4		1767		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	7013		0	NC	4		2945		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1747		0	O	4		734		
Vitamin E (alpha-tocopherol) mg	0.10		0	O	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	O	4		45.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11223

Drumstick leaves, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.152		0		4		0.064		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.030		0		4		0.013		
17:0....g									
18:0....g	0.062		0		4		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.473		0		4		0.199		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.473		0		4		0.199		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.015		0		4		0.006		
18:2 undifferentiated....g	0.015		0		4		0.006		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0		1		0.034		
Threonine....g	0.230		0		1		0.097		
Isoleucine....g	0.253		0		1		0.106		
Leucine....g	0.443		0		1		0.186		
Lysine....g	0.301		0		1		0.126		
Methionine....g	0.069		0		1		0.029		
Cystine....g	0.078		0		1		0.033		
Phenylalanine....g	0.273		0		1		0.115		
Tyrosine....g	0.195		0		1		0.082		
Valine....g	0.342		0		1		0.144		
Arginine....g	0.298		0		1		0.125		
Histidine....g	0.110		0		1		0.046		
Alanine....g	0.395		0		1		0.166		
Aspartic acid....g	0.516		0		1		0.217		
Glutamic acid....g	0.580		0		1		0.244		
Glycine....g	0.290		0		1		0.122		
Proline....g	0.253		0		1		0.106		
Serine....g	0.232		0		1		0.097		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11223

Drumstick leaves, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 42g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11222
Drumstick leaves, raw
Moringa oleifera
Harseradish tree leaves
Refuse: 38% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.66		1		1		16.52		
Energy kcal	64		0	NC	4		13		
Energy kJ	268		0		4		56		
Protein (N x 6.25) g	9.40		0		1		1.97		
Total lipid (fat) g	1.40		0		1		0.29		
Ash g	2.26		0		1		0.47		
Carbohydrate, by difference g	8.28		0	NC	4		1.74		
Fiber, total dietary g	2.0		0		4		0.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	185		0		4		39		
Iron, Fe mg	4.00		0		1		0.84		
Magnesium, Mg mg	42		0	T	4		9		
Phosphorus, P mg	112		0		1		24		
Potassium, K mg	337		1		1		71		
Sodium, Na mg	9		1		1		2		
Zinc, Zn mg	0.60		0		4		0.13		
Copper, Cu mg	0.105		0		4		0.022		
Manganese, Mn mg	1.063		0		4		0.223		
Selenium, Se µg	0.9		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	51.7		0		1		10.9		
Thiamin mg	0.257		0		1		0.054		
Riboflavin mg	0.660		0		1		0.139		
Niacin mg	2.220		0		1		0.466		
Pantothenic acid mg	0.125		0		4		0.026		
Vitamin B-6 mg	1.200		0		1		0.252		
Folate, total µg	40		0		4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	40		0		4		8		
Folate, DFE µg	40		0	NC	4		8		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	378		0		1		79		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	7564		0		1		1588		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11222
Drumstick leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		3		1		0.030		
Threonine....g	0.411		3		1		0.086		
Isoleucine....g	0.451		3		1		0.095		
Leucine....g	0.791		3		1		0.166		
Lysine....g	0.537		3		1		0.113		
Methionine....g	0.123		3		1		0.026		
Cystine....g	0.140		3		1		0.029		
Phenylalanine....g	0.487		3		1		0.102		
Tyrosine....g	0.347		1		1		0.073		
Valine....g	0.611		3		1		0.128		
Arginine....g	0.532		3		1		0.112		
Histidine....g	0.196		3		1		0.041		
Alanine....g	0.705		1		1		0.148		
Aspartic acid....g	0.920		1		1		0.193		
Glutamic acid....g	1.035		1		1		0.217		
Glycine....g	0.517		1		1		0.109		
Proline....g	0.451		1		1		0.095		
Serine....g	0.414		1		1		0.087		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11787
Drumstick pods, cooked, boiled, drained, with salt

Horseradish-tree pods
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.42		1		1		104.34		
Energy kcal	36		0	NC	4		42		
Energy kJ	151		0		4		178		
Protein (N x 6.25) g	2.09		1		1		2.47		
Total lipid (fat) g	0.19		1		1		0.22		
Ash g	1.12		1		1		1.32		
Carbohydrate, by difference g	8.18		0	NC	4		9.65		
Fiber, total dietary g	4.2		0	BFZN	4		5.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	20		1		1		24		
Iron, Fe mg	0.45		1		1		0.53		
Magnesium, Mg mg	42		1		1		50		
Phosphorus, P mg	49		1		1		58		
Potassium, K mg	457		1		1		539		
Sodium, Na mg	279		0		4		329		
Zinc, Zn mg	0.42		0		4		0.50		
Copper, Cu mg	0.078		0		4		0.092		
Manganese, Mn mg	0.241		0		4		0.284		
Selenium, Se µg	0.7		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	97.0		0		4		114.5		
Thiamin mg	0.046		0		1		0.054		
Riboflavin mg	0.068		0		1		0.080		
Niacin mg	0.590		0		1		0.696		
Pantothenic acid mg	0.701		0		4		0.827		
Vitamin B-6 mg	0.112		0		4		0.132		
Folate, total µg	30		0		4		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	30		0		4		36		
Folate, DFE µg	30		0	NC	4		36		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0		1		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	70		0		1		83		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11787

Drumstick pods, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11621
Drumstick pods, cooked, boiled, drained, without salt

Horseradish tree pods
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.42		1		1		104.34		
Energy kcal	36		0	NC	4		42		
Energy kJ	151		0		4		178		
Protein (N x 6.25) g	2.09		1		1		2.47		
Total lipid (fat) g	0.19		1		1		0.22		
Ash g	1.12		1		1		1.32		
Carbohydrate, by difference g	8.18		0	NC	4		9.65		
Fiber, total dietary g	4.2		0		4		5.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	20		1		1		24		
Iron, Fe mg	0.45		1		1		0.53		
Magnesium, Mg mg	42		1		1		50		
Phosphorus, P mg	49		1		1		58		
Potassium, K mg	457		1		1		539		
Sodium, Na mg	43		1		1		51		
Zinc, Zn mg	0.42		0		4		0.50		
Copper, Cu mg	0.078		0		4		0.092		
Manganese, Mn mg	0.241		0		4		0.284		
Selenium, Se µg	0.7		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	97.0		0		4		114.5		
Thiamin mg	0.046		0		1		0.054		
Riboflavin mg	0.068		0		1		0.080		
Niacin mg	0.590		0		1		0.696		
Pantothenic acid mg	0.701		0		4		0.827		
Vitamin B-6 mg	0.112		0		4		0.132		
Folate, total µg	30		0		4		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	30		0		4		36		
Folate, DFE µg	30		0	NC	4		36		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0		1		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	70		0		1		83		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11621

Drumstick pods, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.031		0		4		0.037		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.006		0		4		0.007		
17:0....g									
18:0....g	0.013		0		4		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.097		0		4		0.114		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.097		0		4		0.114		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.003		0		4		0.004		
18:2 undifferentiated....g	0.003		0		4		0.004		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11620

Drumstick pods, raw

Moringa oleifera

Horseradish tree pods

Refuse: 48% Hard outer covering and fibers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.20		1		1		88.20	9.70	
Energy kcal	37		0	NC	4		37	4	
Energy kJ	155		0		4		155	17	
Protein (N x 6.25) g	2.10		0		1		2.10	0.23	
Total lipid (fat) g	0.20		0		1		0.20	0.02	
Ash g	0.97		0		1		0.97	0.11	
Carbohydrate, by difference g	8.53		0	NC	4		8.53	0.94	
Fiber, total dietary g	3.2		0		4		3.2	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	30		0		1		30	3	
Iron, Fe mg	0.36		0		1		0.36	0.04	
Magnesium, Mg mg	45		1		1		45	5	
Phosphorus, P mg	50		0		1		50	6	
Potassium, K mg	461		1		1		461	51	
Sodium, Na mg	42		1		1		42	5	
Zinc, Zn mg	0.45		0		4		0.45	0.05	
Copper, Cu mg	0.084		0		4		0.084	0.009	
Manganese, Mn mg	0.259		0		4		0.259	0.028	
Selenium, Se µg	0.7		0	CAZN	4		0.7	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	141.0		0		4		141.0	15.5	
Thiamin mg	0.053		0		1		0.053	0.006	
Riboflavin mg	0.074		0		1		0.074	0.008	
Niacin mg	0.620		0		1		0.620	0.068	
Pantothenic acid mg	0.794		0		4		0.794	0.087	
Vitamin B-6 mg	0.120		1		1		0.120	0.013	
Folate, total µg	44		0		4		44	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	44		0		4		44	5	
Folate, DFE µg	44		0	NC	4		44	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0		1		4	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	74		0		1		74	8	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11620
Drumstick pods, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.033		0	BFFN	4		0.033	0.004	
Fatty acids, total monounsaturated....g	0.102		0	BFFN	4		0.102	0.011	
Fatty acids, total polyunsaturated....g	0.003		0	BFFN	4		0.003	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup slices

Measure 2 = 11.0g: 1 pod (15-1/3" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11212
Edamame, frozen, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.77		2	A	1		112.80		
Energy kcal	121		0	NC	4		188		
Energy kJ	507		0	NC	4		786		
Protein (N x 6.25) g	11.91		2	A	1		18.45		
Total lipid (fat) g	5.20		2	A	1		8.06		
Ash g	1.21		2	A	1		1.88		
Carbohydrate, by difference g	8.91		0	NC	4		13.81		
Fiber, total dietary g	5.2		2	A	1		8.1		
Sugars, total g	2.18		2	A	1		3.38		
Sucrose g	1.12		2	A	1		1.74		
Glucose (dextrose) g	0.00		2	A	1		0.00		
Fructose g	0.12		2	A	1		0.18		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.95		2	A	1		1.46		
Galactose g	0.00		2	A	1		0.00		
Starch g	1.51		0	O	4		2.34		
Minerals:									
Calcium, Ca mg	63		2	A	1		97		
Iron, Fe mg	2.27		2	A	1		3.52		
Magnesium, Mg mg	64		2	A	1		99		
Phosphorus, P mg	169		2	A	1		262		
Potassium, K mg	436		2	A	1		675		
Sodium, Na mg	6		2	A	1		10		
Zinc, Zn mg	1.37		2	A	1		2.12		
Copper, Cu mg	0.345		2	A	1		0.534		
Manganese, Mn mg	1.024		2	A	1		1.587		
Selenium, Se µg	0.8		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.1		2	A	1		9.5		
Thiamin mg	0.200		2	A	1		0.310		
Riboflavin mg	0.155		2	A	1		0.240		
Niacin mg	0.915		2	A	1		1.418		
Pantothenic acid mg	0.395		2	A	1		0.612		
Vitamin B-6 mg	0.100		2	A	1		0.155		
Folate, total µg	311		2	A	1		482		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	311		2	A	1		482		
Folate, DFE µg	311		0	NC	4		482		
Choline, total mg	56.3		0	AS	1		87.3		
Betaine mg	4.5		1	A	1		7.0		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	15		0	NC	4		23		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	175		0	BFSY	4		271		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	8		0	BFSY	4		12		
Vitamin A, IU IU	298		0	NC	4		462		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1619		0	BFSY	4		2510		
Vitamin E (alpha-tocopherol) mg	0.68		2	A	1		1.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.06		2	A	1		0.10		
Tocopherol, gamma mg	5.88		2	A	1		9.12		
Tocopherol, delta mg	3.57		2	A	1		5.54		
Tocotrienol, alpha mg	0.02		2	A	1		0.03		
Tocotrienol, beta mg	0.00		2	A	1		0.00		

NDB No. 11212
Edamame, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	26.7		2	A	1		41.3		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g	0.620		0	NC	4		0.961		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.004		2	A	1		0.006		
15:0....g	0.000		2	A	1		0.001		
16:0....g	0.437		2	A	1		0.677		
17:0....g	0.003		2	A	1		0.005		
18:0....g	0.144		2	A	1		0.224		
20:0....g	0.011		2	A	1		0.017		
22:0....g	0.013		2	A	1		0.020		
24:0....g	0.007		2	A	1		0.011		
Fatty acids, total monounsaturated....g	1.282		0	NC	4		1.988		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.004		0	AS	1		0.007		
16:1 c....g	0.004		2	A	1		0.007		
16:1 t....g	0.000		2	A	1		0.000		
17:1....g	0.003		2	A	1		0.004		
18:1 undifferentiated....g	1.265		0	AS	1		1.961		
18:1 c....g	1.261		2	A	1		1.955		
18:1 t....g	0.004		2	A	1		0.007		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.009		2	A	1		0.014		
22:1 undifferentiated....g	0.001		0	AS	1		0.002		
22:1 c....g									
22:1 t....g	0.001		2	A	1		0.002		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.156		0	NC	4		3.342		
18:2 undifferentiated....g	1.792		0	AS	1		2.778		
18:2 n-6 c,c....g	1.789		2	A	1		2.772		
18:2 CLAs....g	0.000		2	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.006		
18:3 undifferentiated....g	0.358		0	AS	1		0.555		
18:3 n-3 c,c,c (ALA)....g	0.358		2	A	1		0.555		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.002		2	A	1		0.004		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	A	1		0.004		
21:5....g									
22:4....g	0.000		2	A	1		0.001		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		

NDB No. 11212
Edamame, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.000		2	A	1		0.000		
Fatty acids, total trans g	0.009		0	NC	4		0.014		
Fatty acids, total trans-monoenoic g	0.005		0	NC	4		0.008		
Fatty acids, total trans-polyenoic g	0.004		0	NC	4		0.006		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.126		0	A	1		0.195		
Threonine g	0.331		0	A	1		0.513		
Isoleucine g	0.300		0	A	1		0.466		
Leucine g	0.745		0	A	1		1.154		
Lysine g	0.745		0	A	1		1.155		
Methionine g	0.141		0	A	1		0.219		
Cystine g	0.124		0	A	1		0.192		
Phenylalanine g	0.488		0	A	1		0.756		
Tyrosine g	0.336		0	A	1		0.521		
Valine g	0.324		0	A	1		0.502		
Arginine g	0.724		0	A	1		1.122		
Histidine g	0.267		0	A	1		0.414		
Alanine g	0.446		0	A	1		0.692		
Aspartic acid g	1.348		0	A	1		2.090		
Glutamic acid g	2.020		0	A	1		3.131		
Glycine g	0.434		0	A	1		0.673		
Proline g	0.686		0	A	1		1.064		
Serine g	0.665		0	A	1		1.031		
Hydroxyproline g	0.000		2	A	1		0.000		
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11211
Edamame, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.17		2	A	1		88.71	324.76	
Energy kcal	109		0	NC	4		129	473	
Energy kJ	458		0	NC	4		540	1979	
Protein (N x 6.25) g	11.22		2	A	1		13.24	48.46	
Total lipid (fat) g	4.73		2	A	1		5.58	20.41	
Ash g	1.27		2	A	1		1.50	5.49	
Carbohydrate, by difference g	7.61		0	NC	4		8.98	32.88	
Fiber, total dietary g	4.8		2	A	1		5.7	20.7	
Sugars, total g	2.48		2	A	1		2.93	10.72	
Sucrose g	1.13		2	A	1		1.33	4.88	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.21		2	A	1		0.25	0.92	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	1.14		2	A	1		1.35	4.92	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.33		0	O	4		0.39	1.43	
Minerals:									
Calcium, Ca mg	60		2	A	1		71	260	
Iron, Fe mg	2.11		2	A	1		2.49	9.12	
Magnesium, Mg mg	61		2	A	1		72	264	
Phosphorus, P mg	161		2	A	1		190	696	
Potassium, K mg	482		2	A	1		568	2080	
Sodium, Na mg	6		2	A	1		7	24	
Zinc, Zn mg	1.32		2	A	1		1.55	5.68	
Copper, Cu mg	0.324		2	A	1		0.382	1.400	
Manganese, Mn mg	1.010		2	A	1		1.191	4.361	
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	9.7		2	A	1		11.4	41.7	
Thiamin mg	0.150		2	A	1		0.177	0.648	
Riboflavin mg	0.265		2	A	1		0.313	1.145	
Niacin mg	0.925		2	A	1		1.091	3.996	
Pantothenic acid mg	0.535		2	A	1		0.631	2.311	
Vitamin B-6 mg	0.135		2	A	1		0.159	0.583	
Folate, total µg	303		2	A	1		357	1307	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	303		2	A	1		357	1307	
Folate, DFE µg	303		0	NC	4		357	1307	
Choline, total mg	56.0		0	AS	1		66.1	241.9	
Betaine mg	0.7		1	A	1		0.8	3.0	
Vitamin B-12 µg									
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.72		2	A	1		0.85	3.11	
Tocopherol, beta mg	0.06		2	A	1		0.07	0.26	
Tocopherol, gamma mg	5.55		2	A	1		6.55	24.00	
Tocopherol, delta mg	3.04		2	A	1		3.59	13.13	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									

NDB No. 11211
Edamame, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	31.4		2	A	1		37.1	135.6	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.119		0	A	1		0.140	0.513	
Threonine....g	0.312		0	A	1		0.368	1.348	
Isoleucine....g	0.283		0	A	1		0.334	1.223	
Leucine....g	0.702		0	A	1		0.828	3.031	
Lysine....g	0.702		0	A	1		0.828	3.032	
Methionine....g	0.133		0	A	1		0.157	0.575	
Cystine....g	0.117		0	A	1		0.138	0.505	
Phenylalanine....g	0.460		0	A	1		0.543	1.986	
Tyrosine....g	0.317		0	A	1		0.374	1.369	
Valine....g	0.305		0	A	1		0.360	1.318	
Arginine....g	0.682		0	A	1		0.805	2.947	
Histidine....g	0.252		0	A	1		0.297	1.088	
Alanine....g	0.421		0	A	1		0.496	1.817	
Aspartic acid....g	1.270		0	A	1		1.499	5.488	
Glutamic acid....g	1.903		0	A	1		2.246	8.223	
Glycine....g	0.409		0	A	1		0.482	1.766	
Proline....g	0.647		0	A	1		0.763	2.794	
Serine....g	0.627		0	A	1		0.739	2.707	
Hydroxyproline....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 118g: 1 cup

Measure 2 = 432g: 1 package

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11783
Eggplant, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.67		6		1		88.77		
Energy kcal	33		0	NC	4		33		
Energy kJ	138		0	NC	4		137		
Protein (N x 6.25) g	0.83	0.074	3		1		0.82		
Total lipid (fat) g	0.23		2		1		0.23		
Ash g	1.13		0	O	4		1.12		
Carbohydrate, by difference g	8.14		0	NC	4		8.06		
Fiber, total dietary g	2.5		0		4		2.5		
Sugars, total g	3.20		0	BFSN	4		3.17		
Starch g									
Minerals:									
Calcium, Ca mg	6	0.292	18	A	1		6		
Iron, Fe mg	0.25	0.016	18	A	1		0.25		
Magnesium, Mg mg	11	1.015	21	JA	6		10		
Phosphorus, P mg	15	0.674	18	A	1		15		
Potassium, K mg	123	8.502	18	A	1		122		
Sodium, Na mg	239		0		4		237		
Zinc, Zn mg	0.12	0.018	21	JA	6		0.11		
Copper, Cu mg	0.059	0.018	21	JA	6		0.058		
Manganese, Mn mg	0.113	0.011	21	JA	6		0.112		
Selenium, Se µg	0.1	0.054	21	JA	6		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		0		1		1.3		
Thiamin mg	0.076		0		1		0.075		
Riboflavin mg	0.020		0		1		0.020		
Niacin mg	0.600		0		1		0.594		
Pantothenic acid mg	0.075		0		1		0.074		
Vitamin B-6 mg	0.086		0		1		0.085		
Folate, total µg	14		0		1		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	14		0		1		14		
Folate, DFE µg	14		0	NC	4		14		
Choline, total mg	9.4		0	BFSN	4		9.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	22		0	BFSN	4		22		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	37		0	NC	4		37		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.40		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.9		1		1		2.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11783
Eggplant, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.044		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.032		0		1		0.032		
17:0....g									
18:0....g	0.012		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.018		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.093		0		1		0.092		
18:2 undifferentiated....g	0.078		0		1		0.077		
18:3 undifferentiated....g	0.015		0		1		0.015		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.008		
Threonine....g	0.030		0		1		0.030		
Isoleucine....g	0.036		0		1		0.036		
Leucine....g	0.052		0		1		0.051		
Lysine....g	0.039		0		1		0.039		
Methionine....g	0.009		0		1		0.009		
Cystine....g	0.004		0		1		0.004		
Phenylalanine....g	0.035		0		1		0.035		
Tyrosine....g	0.022		0		1		0.022		
Valine....g	0.043		0		1		0.043		
Arginine....g	0.046		0		1		0.046		
Histidine....g	0.019		0		1		0.019		
Alanine....g	0.042		0		1		0.042		
Aspartic acid....g	0.134		0		1		0.133		
Glutamic acid....g	0.152		0		1		0.150		
Glycine....g	0.033		0		1		0.033		
Proline....g	0.034		0		1		0.034		
Serine....g	0.034		0		1		0.034		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11783
Eggplant, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 99g: 1 cup (1" cubes)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11210
Eggplant, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.67		6		1		88.77		
Energy kcal	35		0	NC	4		35		
Energy kJ	147		0	NC	4		146		
Protein (N x 6.25) g	0.83	0.074	3		1		0.82		
Total lipid (fat) g	0.23		2		1		0.23		
Ash g	0.54		2		1		0.53		
Carbohydrate, by difference g	8.73		0	NC	4		8.65		
Fiber, total dietary g	2.5		0		4		2.5		
Sugars, total g	3.20		0	BFSN	4		3.17		
Starch g									
Minerals:									
Calcium, Ca mg	6	0.292	18	A	1		6		
Iron, Fe mg	0.25	0.016	18	A	1		0.25		
Magnesium, Mg mg	11	1.015	21	JA	6		10		
Phosphorus, P mg	15	0.674	18	A	1		15		
Potassium, K mg	123	8.502	18	A	1		122		
Sodium, Na mg	1	0.197	18	A	1		1		
Zinc, Zn mg	0.12	0.018	21	JA	6		0.11		
Copper, Cu mg	0.059	0.018	21	JA	6		0.058		
Manganese, Mn mg	0.113	0.011	21	JA	6		0.112		
Selenium, Se µg	0.1	0.054	21	JA	6		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		0		1		1.3		
Thiamin mg	0.076		0		1		0.075		
Riboflavin mg	0.020		0		1		0.020		
Niacin mg	0.600		0		1		0.594		
Pantothenic acid mg	0.075		0		1		0.074		
Vitamin B-6 mg	0.086		0		1		0.085		
Folate, total µg	14		0		1		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	14		0		1		14		
Folate, DFE µg	14		0	NC	4		14		
Choline, total mg	9.4		0	BFSN	4		9.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	22		0	BFSN	4		22		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	37		0	NC	4		37		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.41		0	BFSN	4		0.40		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.9		1		1		2.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11210

Eggplant, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.044		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.032		0		1		0.032		
17:0....g									
18:0....g	0.012		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.018		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.093		0		1		0.092		
18:2 undifferentiated....g	0.078		0		1		0.077		
18:3 undifferentiated....g	0.015		0		1		0.015		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.008		
Threonine....g	0.030		0		1		0.030		
Isoleucine....g	0.036		0		1		0.036		
Leucine....g	0.052		0		1		0.051		
Lysine....g	0.039		0		1		0.039		
Methionine....g	0.009		0		1		0.009		
Cystine....g	0.004		0		1		0.004		
Phenylalanine....g	0.035		0		1		0.035		
Tyrosine....g	0.022		0		1		0.022		
Valine....g	0.043		0		1		0.043		
Arginine....g	0.046		0		1		0.046		
Histidine....g	0.019		0		1		0.019		
Alanine....g	0.042		0		1		0.042		
Aspartic acid....g	0.134		0		1		0.133		
Glutamic acid....g	0.152		0		1		0.150		
Glycine....g	0.033		0		1		0.033		
Proline....g	0.034		0		1		0.034		
Serine....g	0.034		0		1		0.034		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11210
Eggplant, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 cup (1" cubes)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43146
Eggplant, pickled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.90		1		1		118.18		
Energy kcal	49		0	NC	4		67		
Energy kJ	205		0	NC	4		279		
Protein g	0.90		1		1		1.22		
Total lipid (fat) g	0.70		1		1		0.95		
Ash g	1.73		0	O	4		2.35		
Carbohydrate, by difference g	9.77		0	NC	4		13.29		
Fiber, total dietary g	2.5		0		4		3.4		
Sugars, total g	4.80		0	O	4		6.53		
Starch g									
Minerals:									
Calcium, Ca mg	25		1		1		34		
Iron, Fe mg	0.77		1		1		1.05		
Magnesium, Mg mg	6		1		1		8		
Phosphorus, P mg	9		1		1		12		
Potassium, K mg	12		1		1		16		
Sodium, Na mg	1674		1		1		2277		
Zinc, Zn mg	0.23		0		4		0.31		
Copper, Cu mg	0.173		0		4		0.235		
Manganese, Mn mg									
Selenium, Se µg	0.6		0	BFZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0		
Thiamin mg	0.050		1		1		0.068		
Riboflavin mg	0.070		1		1		0.095		
Niacin mg	0.660		1		1		0.898		
Pantothenic acid mg									
Vitamin B-6 mg	0.140		0		4		0.190		
Folate, total µg	20		0		4		27		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20		0		4		27		
Folate, DFE µg	20		0	NC	4		27		
Choline, total mg	11.9		0	BFSN	4		16.2		
Betaine mg									
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		3		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	30		0	BNA	4		41		
Carotene, alpha µg	0		0	BNA	4		0		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	50		0	NC	4		68		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.03		0	O	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	3.7		0	BFSN	4		5.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43146
Eggplant, pickled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.140		0		4		0.190		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.098		0		4		0.133		
17:0....g									
18:0....g	0.035		0		4		0.048		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.063		0		4		0.086		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		4		0.010		
17:1....g									
18:1 undifferentiated....g	0.057		0		4		0.078		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.294		0		4		0.400		
18:2 undifferentiated....g	0.245		0		4		0.333		
18:3 undifferentiated....g	0.049		0		4		0.067		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11209
Eggplant, raw
Solanum melongena

Refuse: 19% Ends, parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.30		1	JA	6		75.69	422.75	505.82
Energy kcal	25		0	NC	4		20	114	136
Energy kJ	104		0	NC	4		85	476	570
Protein (N x 6.25) g	0.98	0.037	7	JO	11		0.81	4.50	5.38
Total lipid (fat) g	0.18	0.039	6	JA	6		0.15	0.81	0.97
Ash g	0.66	0.113	7	JA	6		0.54	3.04	3.63
Carbohydrate, by difference g	5.88		0	NC	4		4.82	26.91	32.20
Fiber, total dietary g	3.0	0.259	6	JA	6		2.5	13.9	16.7
Sugars, total g	3.53		1		1		2.89	16.17	19.34
Sucrose g	0.26	0.098	3		1		0.21	1.18	1.41
Glucose (dextrose) g	1.58	0.109	3		1		1.29	7.22	8.64
Fructose g	1.54	0.098	3		1		1.26	7.04	8.42
Lactose g									
Maltose g									
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	9	0.402	7	JA	6		7	40	48
Iron, Fe mg	0.23	0.014	7	JA	6		0.19	1.08	1.29
Magnesium, Mg mg	14		1	JA	6		11	62	75
Phosphorus, P mg	24	1.011	7	JA	6		20	112	134
Potassium, K mg	229	6.729	7	JA	6		188	1049	1255
Sodium, Na mg	2	0.340	7	JA	6		2	9	11
Zinc, Zn mg	0.16		1	JA	6		0.13	0.72	0.86
Copper, Cu mg	0.081	0.014	8	JA	6		0.066	0.370	0.442
Manganese, Mn mg	0.232	0.091	9	JA	6		0.190	1.061	1.270
Selenium, Se µg	0.3	0.000	3		1		0.2	1.1	1.4
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2	0.275	6		1		1.8	10.3	12.3
Thiamin mg	0.039	0.003	6		1		0.032	0.179	0.214
Riboflavin mg	0.037	0.003	6		1		0.031	0.171	0.205
Niacin mg	0.649	0.038	6		1		0.532	2.972	3.557
Pantothenic acid mg	0.281	0.019	6		1		0.230	1.287	1.540
Vitamin B-6 mg	0.084	0.003	6		1		0.068	0.382	0.458
Folate, total µg	22	2.079	6		1		18	99	118
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	22	2.079	6		1		18	99	118
Folate, DFE µg	22		0	NC	4		18	99	118
Choline, total mg	6.9		0	BFSN	4		5.7	31.6	37.8
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		1	5	6
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	14	7.850	5	JA	6		11	63	75
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	1	1
Vitamin A, IU IU	23		0	NC	4		19	106	126
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	36		1	A	1		29	165	197
Vitamin E (alpha-tocopherol) mg	0.30		0	O	4		0.25	1.37	1.64
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11209
Eggplant, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.5		0	BFPN	4		2.9	16.1	19.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.034		0		1		0.028	0.156	0.186
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.025		1		1		0.021	0.115	0.137
17:0....g									
18:0....g	0.009		1		1		0.007	0.041	0.049
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.013	0.073	0.088
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		1		1		0.002	0.009	0.011
17:1....g									
18:1 undifferentiated....g	0.014		1		1		0.011	0.064	0.077
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.076		0		1		0.062	0.348	0.416
18:2 undifferentiated....g	0.063		1		1		0.052	0.289	0.345
18:3 undifferentiated....g	0.013		1		1		0.011	0.060	0.071
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	7		1		1		6	32	38
Amino Acids:									
Tryptophan....g	0.009		0		1		0.007	0.041	0.049
Threonine....g	0.037		0		1		0.030	0.169	0.203
Isoleucine....g	0.045		0		1		0.037	0.206	0.247
Leucine....g	0.064		0		1		0.052	0.293	0.351
Lysine....g	0.047		0		1		0.039	0.215	0.258
Methionine....g	0.011		0		1		0.009	0.050	0.060
Cystine....g	0.006		0		1		0.005	0.027	0.033
Phenylalanine....g	0.043		0		1		0.035	0.197	0.236
Tyrosine....g	0.027		0		1		0.022	0.124	0.148
Valine....g	0.053		0		1		0.043	0.243	0.290
Arginine....g	0.057		0		1		0.047	0.261	0.312
Histidine....g	0.023		0		1		0.019	0.105	0.126
Alanine....g	0.051		0		1		0.042	0.234	0.279
Aspartic acid....g	0.164		0		1		0.134	0.751	0.899
Glutamic acid....g	0.186		0		1		0.153	0.852	1.019
Glycine....g	0.041		0		1		0.034	0.188	0.225

NDB No. 11209
Eggplant, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.043		0		1		0.035	0.197	0.236
Serine....g	0.042		0		1		0.034	0.192	0.230
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 82g: 1 cup, cubes

Measure 2 = 458g: 1 eggplant, peeled (yield from 1-1/4 lb)

Measure 3 = 548g: 1 eggplant, unpeeled (approx 1-1/4 lb)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11213
Endive, raw
Cichorium endivia

Refuse: 14% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.79	0.254	24		1		23.45	481.14	
Energy kcal	17		0	NC	4		4	87	
Energy kJ	71		0		4		18	365	
Protein (N x 6.25) g	1.25		2		1		0.31	6.41	
Total lipid (fat) g	0.20		2		1		0.05	1.03	
Ash g	1.41		2		1		0.35	7.23	
Carbohydrate, by difference g	3.35		0	NC	4		0.84	17.19	
Fiber, total dietary g	3.1		0		1		0.8	15.9	
Sugars, total g	0.25		0	O	4		0.06	1.28	
Starch g									
Minerals:									
Calcium, Ca mg	52	5.780	4		1		13	267	
Iron, Fe mg	0.83	0.239	4		1		0.21	4.26	
Magnesium, Mg mg	15	5.530	4		1		4	77	
Phosphorus, P mg	28	3.844	3		1		7	144	
Potassium, K mg	314	22.487	18		1		79	1611	
Sodium, Na mg	22	4.106	18		1		6	113	
Zinc, Zn mg	0.79		2		1		0.20	4.05	
Copper, Cu mg	0.099		1		1		0.025	0.508	
Manganese, Mn mg	0.420		1		1		0.105	2.155	
Selenium, Se µg	0.2		0	BFSN	4		0.1	1.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.5		2		1		1.6	33.3	
Thiamin mg	0.080		2		1		0.020	0.410	
Riboflavin mg	0.075		2		1		0.019	0.385	
Niacin mg	0.400		2		1		0.100	2.052	
Pantothenic acid mg	0.900		0		1		0.225	4.617	
Vitamin B-6 mg	0.020		0		1		0.005	0.103	
Folate, total µg	142	13.409	6		1		36	728	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	142	13.409	6		1		36	728	
Folate, DFE µg	142		0	NC	4		36	728	
Choline, total mg	16.8		0	BFSN	4		4.2	86.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	108		0	NC	4		27	556	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1300		0	T	4		325	6669	
Carotene, alpha µg	0		0	T	4		0	0	
Cryptoxanthin, beta µg	0		0	T	4		0	0	
Vitamin A, IU IU	2167		0	NC	4		542	11115	
Lycopene µg	0		0	T	4		0	0	
Lutein + zeaxanthin µg	0		0	T	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.44		0	O	4		0.11	2.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	231.0		0	T	4		57.8	1185.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11213
Endive, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.048		0		1		0.012	0.246	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.001	0.015	
15:0....g									
16:0....g	0.041		0		1		0.010	0.210	
17:0....g									
18:0....g	0.002		0		1		0.001	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.001	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.001	0.021	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0		1		0.022	0.446	
18:2 undifferentiated....g	0.075		0		1		0.019	0.385	
18:3 undifferentiated....g	0.013		0		1		0.003	0.067	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		5		1		0.001	0.026	
Threonine....g	0.050		7		1		0.013	0.257	
Isoleucine....g	0.072		7		1		0.018	0.369	
Leucine....g	0.098		7		1		0.025	0.503	
Lysine....g	0.063		7		1		0.016	0.323	
Methionine....g	0.014		7		1		0.004	0.072	
Cystine....g	0.010		3		1		0.003	0.051	
Phenylalanine....g	0.053		7		1		0.013	0.272	
Tyrosine....g	0.040		3		1		0.010	0.205	
Valine....g	0.063		7		1		0.016	0.323	
Arginine....g	0.062		7		1		0.016	0.318	
Histidine....g	0.023		7		1		0.006	0.118	
Alanine....g	0.062		3		1		0.016	0.318	
Aspartic acid....g	0.130		3		1		0.033	0.667	
Glutamic acid....g	0.166		3		1		0.042	0.852	
Glycine....g	0.058		3		1		0.015	0.298	
Proline....g	0.059		3		1		0.015	0.303	
Serine....g	0.049		3		1		0.012	0.251	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11213
Endive, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: .5 cup, chopped

Measure 2 = 513g: 1 head

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11984
Epazote, raw
Chenopodium ambrosiodes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.21		2	A	1		0.71	1.78	
Energy kcal	32		0	NC	4		0	1	
Energy kJ	134				4		1	3	
Protein (N x 6.25) g	0.33		2	A	1		0.00	0.01	
Total lipid (fat) g	0.52		2	A	1		0.00	0.01	
Ash g	2.50		2	A	1		0.02	0.05	
Carbohydrate, by difference g	7.44		0	NC	4		0.06	0.15	
Fiber, total dietary g	3.8		2	A	1		0.0	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	275		2	A	1		2	6	
Iron, Fe mg	1.88		2	A	1		0.02	0.04	
Magnesium, Mg mg	121		2	A	1		1	2	
Phosphorus, P mg	86		2	A	1		1	2	
Potassium, K mg	633		2	A	1		5	13	
Sodium, Na mg	43		2	A	1		0	1	
Zinc, Zn mg	1.10		2	A	1		0.01	0.02	
Copper, Cu mg	0.190		2	A	1		0.002	0.004	
Manganese, Mn mg	3.098		2	A	1		0.025	0.062	
Selenium, Se µg	0.9		0	CAZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.6		2	A	1		0.0	0.1	
Thiamin mg	0.028		2	A	1		0.000	0.001	
Riboflavin mg	0.348		2	A	1		0.003	0.007	
Niacin mg	0.639		2	A	1		0.005	0.013	
Pantothenic acid mg	0.179		2	A	1		0.001	0.004	
Vitamin B-6 mg	0.152		2	A	1		0.001	0.003	
Folate, total µg	215		2	A	1		2	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	215		2	A	1		2	4	
Folate, DFE µg	215		0	NC	4		2	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		1	A	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	38		2	A	1		0	1	
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	57		1	A	1		0	1	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11984
Epazote, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.8g: 1 tbsp

Measure 2 = 2.0g: 1 sprig

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11618
Eppaw, raw
Perideridia oregana

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.00		1		1		60.00		
Energy kcal	150		0	NC	4		150		
Energy kJ	628				4		628		
Protein (N x 6.25) g	4.60		1		1		4.60		
Total lipid (fat) g	1.80		1		1		1.80		
Ash g	1.92		0		1		1.92		
Carbohydrate, by difference g	31.68		0	NC	4		31.68		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	110		1		1		110		
Iron, Fe mg	1.15		0		1		1.15		
Magnesium, Mg mg	32		1		1		32		
Phosphorus, P mg	165		1		1		165		
Potassium, K mg	340		1		1		340		
Sodium, Na mg	12		1		1		12		
Zinc, Zn mg	1.15		0		4		1.15		
Copper, Cu mg	0.234		0		4		0.234		
Manganese, Mn mg	1.094		0		4		1.094		
Selenium, Se µg	0.9		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.0		1		1		13.0		
Thiamin mg	0.110		1		1		0.110		
Riboflavin mg	0.120		1		1		0.120		
Niacin mg	0.300		1		1		0.300		
Pantothenic acid mg	1.172		0		4		1.172		
Vitamin B-6 mg	0.176		0		4		0.176		
Folate, total µg	24		0		4		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	24		0		4		24		
Folate, DFE µg	24		0	NC	4		24		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		1		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11618
Eppaw, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11214
Escarole, cooked, boiled, drained, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.29		0	RA	4		141.44		
Energy kcal	19		0	NC	4		28		
Energy kJ	78		0	NC	4		117		
Protein g	1.15		0	RA	4		1.72		
Total lipid (fat) g	0.18		0	RA	4		0.28		
Ash g	1.30		0	RA	4		1.95		
Carbohydrate, by difference g	3.07		0	RA	4		4.61		
Fiber, total dietary g	2.8		0	RA	4		4.3		
Sugars, total g	0.23		0	RA	4		0.34		
Starch g									
Minerals:									
Calcium, Ca mg	46		0	RA	4		68		
Iron, Fe mg	0.72		0	RA	4		1.09		
Magnesium, Mg mg	13		0	RA	4		20		
Phosphorus, P mg	22		0	RA	4		33		
Potassium, K mg	245		0	RA	4		367		
Sodium, Na mg	19		0	RA	4		29		
Zinc, Zn mg	0.69		0	RA	4		1.03		
Copper, Cu mg	0.087		0	RA	4		0.130		
Manganese, Mn mg	0.385		0	RA	4		0.578		
Selenium, Se µg	0.2		0	RA	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3		0	RA	4		4.9		
Thiamin mg	0.059		0	RA	4		0.088		
Riboflavin mg	0.062		0	RA	4		0.093		
Niacin mg	0.312		0	RA	4		0.468		
Pantothenic acid mg	0.826		0	RA	4		1.239		
Vitamin B-6 mg	0.016		0	RA	4		0.023		
Folate, total µg	78		0	RA	4		117		
Folic acid µg	0		0	RA	4		0		
Folate, food µg	78		0	RA	4		117		
Folate, DFE µg	78		0	NC	4		117		
Choline, total mg	15.4		0	RA	4		23.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	RA	4		0.00		
Vitamin B-12, added µg	0.00		0	RA	4		0.00		
Vitamin A, RAE µg	94		0	NC	4		142		
Retinol µg	0		0	RA	4		0		
Carotene, beta µg	1133		0	RA	4		1700		
Carotene, alpha µg	0		0	RA	4		0		
Cryptoxanthin, beta µg	0		0	RA	4		0		
Vitamin A, IU IU	1888		0	NC	4		2833		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	0		0	RA	4		0		
Vitamin E (alpha-tocopherol) mg	0.40		0	RA	4		0.61		
Vitamin E, added mg	0.00		0	RA	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	RA	4		0.0		
Vitamin D IU	0		0	RA	4		0		
Vitamin K (phylloquinone) µg	211.9		0	RA	4		317.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11214

Escarole, cooked, boiled, drained, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.042		0	RA	4		0.063		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.003		0	RA	4		0.004		
15:0....g									
16:0....g	0.038		0	RA	4		0.056		
17:0....g									
18:0....g	0.002		0	RA	4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0	RA	4		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.004		0	RA	4		0.006		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.081		0	RA	4		0.121		
18:2 undifferentiated....g	0.069		0	RA	4		0.103		
18:3 undifferentiated....g	0.012		0	RA	4		0.018		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RA	4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0	RA	4		0.007		
Threonine....g	0.046		0	RA	4		0.069		
Isoleucine....g	0.066		0	RA	4		0.099		
Leucine....g	0.090		0	RA	4		0.135		
Lysine....g	0.058		0	RA	4		0.087		
Methionine....g	0.013		0	RA	4		0.019		
Cystine....g	0.009		0	RA	4		0.014		
Phenylalanine....g	0.049		0	RA	4		0.073		
Tyrosine....g	0.037		0	RA	4		0.055		
Valine....g	0.058		0	RA	4		0.087		
Arginine....g	0.057		0	RA	4		0.085		
Histidine....g	0.021		0	RA	4		0.032		
Alanine....g	0.057		0	RA	4		0.085		
Aspartic acid....g	0.119		0	RA	4		0.179		
Glutamic acid....g	0.152		0	RA	4		0.228		
Glycine....g	0.053		0	RA	4		0.080		
Proline....g	0.054		0	RA	4		0.081		
Serine....g	0.045		0	RA	4		0.067		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		

NDB No. 11214
Escarole, cooked, boiled, drained, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11957
Fennel, bulb, raw
Foeniculum vulgare

Refuse: 28% Stalk, leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.21		2		1		78.48	211.09	
Energy kcal	31		0	NC	4		27	72	
Energy kJ	129		0	NC	4		112	302	
Protein (N x 6.25) g	1.24		2		1		1.08	2.90	
Total lipid (fat) g	0.20		2		1		0.17	0.47	
Ash g	1.05		2		1		0.91	2.46	
Carbohydrate, by difference g	7.30		0	NC	4		6.35	17.08	
Fiber, total dietary g	3.1		0		4		2.7	7.3	
Sugars, total g	3.93		0	BFSN	4		3.42	9.20	
Starch g									
Minerals:									
Calcium, Ca mg	49		2		1		43	115	
Iron, Fe mg	0.73		1		1		0.63	1.70	
Magnesium, Mg mg	17		2		1		15	40	
Phosphorus, P mg	50		2		1		44	117	
Potassium, K mg	414		2		1		360	969	
Sodium, Na mg	52		2		1		45	122	
Zinc, Zn mg	0.20		2		1		0.17	0.47	
Copper, Cu mg	0.066		2		1		0.057	0.154	
Manganese, Mn mg	0.191		2		1		0.166	0.447	
Selenium, Se µg	0.7		0	CAZN	4		0.6	1.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.0		2		1		10.4	28.1	
Thiamin mg	0.010		2		1		0.009	0.023	
Riboflavin mg	0.032		2		1		0.028	0.075	
Niacin mg	0.640		2		1		0.557	1.498	
Pantothenic acid mg	0.232		2		1		0.202	0.543	
Vitamin B-6 mg	0.047		2		1		0.041	0.110	
Folate, total µg	27		2		1		23	63	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	27		2		1		23	63	
Folate, DFE µg	27		0	NC	4		23	63	
Choline, total mg	13.2		0	BFSN	4		11.4	30.8	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	48		0	NC	4		42	113	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	578		0	BFSN	4		503	1352	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	963		0	NC	4		838	2253	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	607		0	BFSN	4		528	1420	
Vitamin E (alpha-tocopherol) mg	0.58		0	BFSN	4		0.50	1.35	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	62.8		0	BFSN	4		54.7	147.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11957
Fennel, bulb, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.090		0	NC	4		0.079	0.211	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0	BFSN	4		0.000	0.000	
13:0....g									
14:0....g	0.002		0	BFSN	4		0.002	0.005	
15:0....g									
16:0....g	0.079		0	BFSN	4		0.069	0.185	
17:0....g									
18:0....g	0.009		0	BFSN	4		0.008	0.021	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.068		0	NC	4		0.059	0.158	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFSN	4		0.002	0.005	
17:1....g									
18:1 undifferentiated....g	0.065		0	BFSN	4		0.057	0.153	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.169		0	NC	4		0.147	0.396	
18:2 undifferentiated....g	0.169		0	BFSN	4		0.147	0.396	
18:3 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 cup, sliced

Measure 2 = 234g: 1 bulb

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11996
Fiddlehead ferns, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.91	0.045	5	A	1				
Energy kcal	34		0	NC	4				
Energy kJ	142		0	NC	4				
Protein (N x 6.25) g	4.31	0.018	5	A	1				
Total lipid (fat) g	0.35	0.004	5	A	1				
Ash g	0.69	0.018	5	A	1				
Carbohydrate, by difference g	5.74		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	24		2	A	1				
Iron, Fe mg	0.73		2	A	1				
Magnesium, Mg mg	19		2	A	1				
Phosphorus, P mg	58		2	A	1				
Potassium, K mg	129		2	A	1				
Sodium, Na mg	0		2	A	1				
Zinc, Zn mg	0.71		2	A	1				
Copper, Cu mg	0.220		2	A	1				
Manganese, Mn mg	0.940		2	A	1				
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	17.8	0.850	5	A	1				
Thiamin mg	0.014	0.000	5	A	1				
Riboflavin mg	0.130	0.009	5	A	1				
Niacin mg	3.260	0.054	5	A	1				
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	168		0	AS	1				
Vitamin A, IU IU	3350		0	AS	1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g									
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.000		0	Z	7				
Cholesterol mg	0		0	Z	7				
Phytosterols mg									

NDB No. 11996
Fiddlehead ferns, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11995
Fiddlehead ferns, raw
Matteuccia struthioreris

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.68	0.295	5	A	1				
Energy kcal	34		0	NC	4				
Energy kJ	143		0	NC	4				
Protein (N x 6.25) g	4.55	0.013	5	A	1				
Total lipid (fat) g	0.40	0.009	5	A	1				
Ash g	0.83	0.013	5	A	1				
Carbohydrate, by difference g	5.54		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	32		2	A	1				
Iron, Fe mg	1.31		2	A	1				
Magnesium, Mg mg	34		2	A	1				
Phosphorus, P mg	101		2	A	1				
Potassium, K mg	370		2	A	1				
Sodium, Na mg	1		2	A	1				
Zinc, Zn mg	0.83		2	A	1				
Copper, Cu mg	0.320		2	A	1				
Manganese, Mn mg	0.510		2	A	1				
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	26.6	2.415	5	A	1				
Thiamin mg	0.020	0.001	5	A	1				
Riboflavin mg	0.210	0.013	5	A	1				
Niacin mg	4.980	0.085	5	A	1				
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	181		0	AS	1				
Vitamin A, IU IU	3617		0	AS	1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g									
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.000		0	Z	7				
Cholesterol mg	0		0	Z	7				
Phytosterols mg									

NDB No. 11995
Fiddlehead ferns, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11985
Fireweed, leaves, raw
Epilobium angustifolium

Refuse: 65% Stems and flowers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.78		2	A	1		16.28	15.57	
Energy kcal	103		0	NC	4		24	23	
Energy kJ	431				4		99	95	
Protein (N x 6.25) g	4.71		2	A	1		1.08	1.04	
Total lipid (fat) g	2.75		2	A	1		0.63	0.61	
Ash g	2.54		2	A	1		0.58	0.56	
Carbohydrate, by difference g	19.22		0	NC	4		4.42	4.23	
Fiber, total dietary g	10.6		2	A	1		2.4	2.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	429		2	A	1		99	94	
Iron, Fe mg	2.40		1	A	1		0.55	0.53	
Magnesium, Mg mg	156		2	A	1		36	34	
Phosphorus, P mg	108		2	A	1		25	24	
Potassium, K mg	494		2	A	1		114	109	
Sodium, Na mg	34		2	A	1		8	7	
Zinc, Zn mg	2.66		2	A	1		0.61	0.59	
Copper, Cu mg	0.320		1	A	1		0.074	0.070	
Manganese, Mn mg	6.704		2	A	1		1.542	1.475	
Selenium, Se µg	0.9		0	CAZN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2		1	A	1		0.5	0.5	
Thiamin mg	0.033		1	A	1		0.008	0.007	
Riboflavin mg	0.137		2	A	1		0.032	0.030	
Niacin mg	4.674		2	A	1		1.075	1.028	
Pantothenic acid mg	1.356		2	A	1		0.312	0.298	
Vitamin B-6 mg	0.632		2	A	1		0.145	0.139	
Folate, total µg	112		2	A	1		26	25	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	112		2	A	1		26	25	
Folate, DFE µg	112		0	NC	4		26	25	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	180		1	A	1		41	40	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3598		1	A	1		828	792	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11985
Fireweed, leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 cup, chopped

Measure 2 = 22g: 1 plant

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11988
Fungi, Cloud ears, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.80		2	A	1		4.14	0.67	
Energy kcal	284		0	NC	4		80	13	
Energy kJ	1190		0	NC	4		333	54	
Protein (N x 6.25) g	9.25		2	A	1		2.59	0.42	
Total lipid (fat) g	0.73		2	A	1		0.20	0.03	
Ash g	2.21		2	A	1		0.62	0.10	
Carbohydrate, by difference g	73.01		0	NC	4		20.44	3.29	
Fiber, total dietary g	70.1		2	A	1		19.6	3.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	159		2	A	1		45	7	
Iron, Fe mg	5.88		2	A	1		1.65	0.26	
Magnesium, Mg mg	83		2	A	1		23	4	
Phosphorus, P mg	184		2	A	1		52	8	
Potassium, K mg	754		2	A	1		211	34	
Sodium, Na mg	35		2	A	1		10	2	
Zinc, Zn mg	1.32		2	A	1		0.37	0.06	
Copper, Cu mg	0.183		2	A	1		0.051	0.008	
Manganese, Mn mg	1.951		2	A	1		0.546	0.088	
Selenium, Se µg	43.4		0	BFSN	4		12.2	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	
Thiamin mg	0.015		2	A	1		0.004	0.001	
Riboflavin mg	0.844		2	A	1		0.236	0.038	
Niacin mg	6.267		2	A	1		1.755	0.282	
Pantothenic acid mg	0.481		2	A	1		0.135	0.022	
Vitamin B-6 mg	0.112		2	A	1		0.031	0.005	
Folate, total µg	38		2	A	1		11	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	38		2	A	1		11	2	
Folate, DFE µg	38		0	NC	4		11	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11988
Fungi, Cloud ears, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup

Measure 2 = 4.5g: 1 piece

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11215
Garlic, raw
Allium sativum

Refuse: 13% Knob and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.58	0.432	8		1		79.67	1.64	1.76
Energy kcal	149		0	NC	4		202	4	4
Energy kJ	623		0	NC	4		847	17	19
Protein (N x 6.25) g	6.36	0.203	8		1		8.65	0.18	0.19
Total lipid (fat) g	0.50		1		1		0.68	0.01	0.02
Ash g	1.50		0		1		2.04	0.04	0.05
Carbohydrate, by difference g	33.06		0	NC	4		44.96	0.93	0.99
Fiber, total dietary g	2.1		0		4		2.9	0.1	0.1
Sugars, total g	1.00		0	T	4		1.36	0.03	0.03
Starch g									
Minerals:									
Calcium, Ca mg	181	25.131	8		1		246	5	5
Iron, Fe mg	1.70		1		1		2.31	0.05	0.05
Magnesium, Mg mg	25	1.049	8		1		34	1	1
Phosphorus, P mg	153	7.945	8		1		208	4	5
Potassium, K mg	401	25.544	8		1		545	11	12
Sodium, Na mg	17	1.183	8		1		23	0	1
Zinc, Zn mg	1.16		0		4		1.58	0.03	0.03
Copper, Cu mg	0.299		0		4		0.407	0.008	0.009
Manganese, Mn mg	1.672		0		4		2.274	0.047	0.050
Selenium, Se µg	14.2	3.198	5	A	1		19.3	0.4	0.4
Vitamins:									
Vitamin C, total ascorbic acid mg	31.2	1.645	11		1		42.4	0.9	0.9
Thiamin mg	0.200		1		1		0.272	0.006	0.006
Riboflavin mg	0.110		1		1		0.150	0.003	0.003
Niacin mg	0.700		1		1		0.952	0.020	0.021
Pantothenic acid mg	0.596		0		4		0.811	0.017	0.018
Vitamin B-6 mg	1.235		0		4		1.680	0.035	0.037
Folate, total µg	3		0		1		4	0	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	3		0		1		4	0	0
Folate, DFE µg	3		0	NC	4		4	0	0
Choline, total mg	23.2		0	BFSN	4		31.6	0.7	0.7
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		1	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5		0	BFSN	4		7	0	0
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	9		0	NC	4		12	0	0
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	16		0	BFSN	4		22	0	0
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.10	0.00	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		2.3	0.0	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11215
Garlic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.089		0		1		0.121	0.002	0.003
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.002		0		1		0.003	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.087		0		1		0.118	0.002	0.003
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.015	0.000	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.015	0.000	0.000
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.249		0		1		0.339	0.007	0.007
18:2 undifferentiated....g	0.229		0		1		0.311	0.006	0.007
18:3 undifferentiated....g	0.020		0		1		0.027	0.001	0.001
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.066		1		1		0.090	0.002	0.002
Threonine....g	0.157		1		1		0.214	0.004	0.005
Isoleucine....g	0.217		1		1		0.295	0.006	0.007
Leucine....g	0.308		1		1		0.419	0.009	0.009
Lysine....g	0.273		1		1		0.371	0.008	0.008
Methionine....g	0.076		1		1		0.103	0.002	0.002
Cystine....g	0.065		1		1		0.088	0.002	0.002
Phenylalanine....g	0.183		1		1		0.249	0.005	0.005
Tyrosine....g	0.081		1		1		0.110	0.002	0.002
Valine....g	0.291		1		1		0.396	0.008	0.009
Arginine....g	0.634		1		1		0.862	0.018	0.019
Histidine....g	0.113		1		1		0.154	0.003	0.003
Alanine....g	0.132		1		1		0.180	0.004	0.004
Aspartic acid....g	0.489		1		1		0.665	0.014	0.015
Glutamic acid....g	0.805		1		1		1.095	0.023	0.024
Glycine....g	0.200		1		1		0.272	0.006	0.006
Proline....g	0.100		1		1		0.136	0.003	0.003
Serine....g	0.190		1		1		0.258	0.005	0.006
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11215
Garlic, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup

Measure 2 = 2.8g: 1 tsp

Measure 3 = 3.0g: 1 clove

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31033
Ginger root, pickled, canned, with artificial sweetener

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.30		1	A	1		23.08		
Energy kcal	20		0	NC	4		5		
Energy kJ	85		0	NC	4		21		
Protein (N x 6.25) g	0.33		1	A	1		0.08		
Total lipid (fat) g	0.10		1	A	1		0.03		
Ash g	2.44		1	A	1		0.61		
Carbohydrate, by difference g	4.83		0	NC	4		1.21		
Fiber, total dietary g	2.6		1	A	1		0.6		
Sugars, total g	0.00		1	A	1		0.00		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g	0.60		1	A	1		0.15		
Minerals:									
Calcium, Ca mg	74		1	A	1		18		
Iron, Fe mg	0.28		1	A	1		0.07		
Magnesium, Mg mg	4		1	A	1		1		
Phosphorus, P mg	2		1	A	1		1		
Potassium, K mg	36		1	A	1		9		
Sodium, Na mg	906		1	A	1		227		
Zinc, Zn mg	0.04		1	A	1		0.01		
Copper, Cu mg	0.018		1	A	1		0.005		
Manganese, Mn mg	0.468		1	A	1		0.117		
Selenium, Se µg	0.4		1	A	1		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	0.020		1	A	1		0.005		
Riboflavin mg	0.015		1	A	1		0.004		
Niacin mg	0.022		1	A	1		0.006		
Pantothenic acid mg	0.148		1	A	1		0.037		
Vitamin B-6 mg	0.037		1	A	1		0.009		
Folate, total µg	1		1	A	1		0		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	1		1	A	1		0		
Folate, DFE µg	1		0	NC	4		0		
Choline, total mg	10.5		0	BFSN	4		2.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.00		1	A	1		0.00		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		

NDB No. 31033
Ginger root, pickled, canned, with artificial sweetener

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.2		0	BFSN	4		0.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.037		0	NC	4		0.009		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.003		1	A	1		0.001		
15:0....g	0.002		1	A	1		0.001		
16:0....g	0.023		1	A	1		0.006		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.008		1	A	1		0.002		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.001		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.020		0	NC	4		0.005		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		0	AS	1		0.000		
16:1 c....g	0.000		1	A	1		0.000		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.013		0	AS	1		0.003		
18:1 c....g	0.013		1	A	1		0.003		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005		1	A	1		0.001		
22:1 undifferentiated....g	0.002		0	AS	1		0.001		
22:1 c....g	0.002		1	A	1		0.001		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.034		0	NC	4		0.008		
18:2 undifferentiated....g	0.029		0	AS	1		0.007		
18:2 n-6 c,c....g	0.000		1	A	1		0.000		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.029		1	A	1		0.007		
18:3 undifferentiated....g	0.005		0	AS	1		0.001		
18:3 n-3 c,c,c (ALA)....g	0.005		1	A	1		0.001		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		

NDB No. 31033
Ginger root, pickled, canned, with artificial sweetener

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.029		0	NC	4		0.007		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.029		0	NC	4		0.007		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 2 tablespoon

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11216
Ginger root, raw
Zingiber officinale

Refuse: 7% Scrapings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.89		5		1		1.58	18.93	8.68
Energy kcal	80		0	NC	4		2	19	9
Energy kJ	333		0	NC	4		7	80	37
Protein (N x 6.25) g	1.82		5		1		0.04	0.44	0.20
Total lipid (fat) g	0.75		3		1		0.01	0.18	0.08
Ash g	0.77		2		1		0.02	0.18	0.08
Carbohydrate, by difference g	17.77		0	NC	4		0.36	4.26	1.95
Fiber, total dietary g	2.0		0		4		0.0	0.5	0.2
Sugars, total g	1.70		0	T	4		0.03	0.41	0.19
Starch g									
Minerals:									
Calcium, Ca mg	16		3		1		0	4	2
Iron, Fe mg	0.60		3		1		0.01	0.14	0.07
Magnesium, Mg mg	43		2		1		1	10	5
Phosphorus, P mg	34		3		1		1	8	4
Potassium, K mg	415		2		1		8	100	46
Sodium, Na mg	13		2		1		0	3	1
Zinc, Zn mg	0.34		1		1		0.01	0.08	0.04
Copper, Cu mg	0.226		1		1		0.005	0.054	0.025
Manganese, Mn mg	0.229		1		1		0.005	0.055	0.025
Selenium, Se µg	0.7		0	CAZN	4		0.0	0.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		1		1		0.1	1.2	0.6
Thiamin mg	0.025		3		1		0.000	0.006	0.003
Riboflavin mg	0.034		3		1		0.001	0.008	0.004
Niacin mg	0.750		3		1		0.015	0.180	0.083
Pantothenic acid mg	0.203		1		1		0.004	0.049	0.022
Vitamin B-6 mg	0.160		1		1		0.003	0.038	0.018
Folate, total µg	11		1		1		0	3	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	11		1		1		0	3	1
Folate, DFE µg	11		0	NC	4		0	3	1
Choline, total mg	28.8		0	BFSN	4		0.6	6.9	3.2
Betaine mg									
Vitamin B-12 µg	0.00		1		1		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.26		0	O	4		0.01	0.06	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	0.1		0	O	4		0.0	0.0	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11216
Ginger root, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.203		0		1		0.004	0.049	0.022
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.007		1		1		0.000	0.002	0.001
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.039		1		1		0.001	0.009	0.004
13:0....g									
14:0....g	0.018		1		1		0.000	0.004	0.002
15:0....g									
16:0....g	0.120		1		1		0.002	0.029	0.013
17:0....g									
18:0....g	0.017		1		1		0.000	0.004	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.154		0		1		0.003	0.037	0.017
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		1		1		0.000	0.005	0.002
17:1....g									
18:1 undifferentiated....g	0.119		1		1		0.002	0.029	0.013
20:1....g	0.007		1		1		0.000	0.002	0.001
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.154		0		1		0.003	0.037	0.017
18:2 undifferentiated....g	0.120		1		1		0.002	0.029	0.013
18:3 undifferentiated....g	0.034		1		1		0.001	0.008	0.004
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		1		1		0	0	0
Phytosterols....mg	15		1		1		0	4	2
Amino Acids:									
Tryptophan....g	0.012		1		1		0.000	0.003	0.001
Threonine....g	0.036		1		1		0.001	0.009	0.004
Isoleucine....g	0.051		1		1		0.001	0.012	0.006
Leucine....g	0.074		1		1		0.001	0.018	0.008
Lysine....g	0.057		1		1		0.001	0.014	0.006
Methionine....g	0.013		1		1		0.000	0.003	0.001
Cystine....g	0.008		1		1		0.000	0.002	0.001
Phenylalanine....g	0.045		1		1		0.001	0.011	0.005
Tyrosine....g	0.020		1		1		0.000	0.005	0.002
Valine....g	0.073		1		1		0.001	0.018	0.008
Arginine....g	0.043		1		1		0.001	0.010	0.005
Histidine....g	0.030		1		1		0.001	0.007	0.003
Alanine....g	0.031		1		1		0.001	0.007	0.003
Aspartic acid....g	0.208		1		1		0.004	0.050	0.023
Glutamic acid....g	0.162		1		1		0.003	0.039	0.018
Glycine....g	0.043		1		1		0.001	0.010	0.005
Proline....g	0.041		1		1		0.001	0.010	0.005
Serine....g	0.045		1		1		0.001	0.011	0.005
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11216
Ginger root, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2.0g: 1 tsp

Measure 2 = 24g: .25 cup slices (1" dia)

Measure 3 = 11.0g: 5 slices (1" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11785

Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.29		1		1		150.04	75.02	
Energy kcal	54		0	NC	4		95	48	
Energy kJ	224		0	NC	4		399	199	
Protein (N x 6.25) g	0.66		0		1		1.17	0.59	
Total lipid (fat) g	0.34		0		1		0.61	0.30	
Ash g	0.96		0	O	4		1.71	0.85	
Carbohydrate, by difference g	13.75		0	NC	4		24.48	12.24	
Fiber, total dietary g	2.9		0	BFSN	4		5.1	2.5	
Sugars, total g	5.17		0	BFSN	4		9.20	4.60	
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		16	8	
Iron, Fe mg	0.36		0		1		0.64	0.32	
Magnesium, Mg mg	20		1		1		36	18	
Phosphorus, P mg	31		0		1		55	28	
Potassium, K mg	453		1		1		806	403	
Sodium, Na mg	257		0		4		457	229	
Zinc, Zn mg	0.17		0		4		0.30	0.15	
Copper, Cu mg	0.085		0		4		0.151	0.076	
Manganese, Mn mg	0.223		0		4		0.397	0.198	
Selenium, Se µg	0.2		0	CAZN	4		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.7		0		1		10.1	5.1	
Thiamin mg	0.046		0		1		0.082	0.041	
Riboflavin mg	0.042		0		1		0.075	0.037	
Niacin mg	0.260		0		1		0.463	0.231	
Pantothenic acid mg	0.501		0		4		0.892	0.446	
Vitamin B-6 mg	0.099		0		4		0.176	0.088	
Folate, total µg	12		0		4		21	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0		4		21	11	
Folate, DFE µg	12		0	NC	4		21	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	260		0		1		463	231	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.44	0.22	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		3.1	1.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11785

Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.048	0.024	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.019		0		1		0.034	0.017	
17:0....g									
18:0....g	0.008		0		1		0.014	0.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.063		0		1		0.112	0.056	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.063		0		1		0.112	0.056	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.148		0		1		0.263	0.132	
18:2 undifferentiated....g	0.148		0		1		0.263	0.132	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 cup (1" pieces)

Measure 2 = 89g: .5 cup (1" slices)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11221

Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.29		1		1		150.04	75.02	
Energy kcal	56		0	NC	4		100	50	
Energy kJ	234		0		4		417	209	
Protein (N x 6.25) g	0.66		0		1		1.17	0.59	
Total lipid (fat) g	0.34		0		1		0.61	0.30	
Ash g	0.37		0		1		0.66	0.33	
Carbohydrate, by difference g	14.34		0	NC	4		25.53	12.76	
Fiber, total dietary g	2.9		0	BFSN	4		5.1	2.5	
Sugars, total g	5.17		0	BFSN	4		9.20	4.60	
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		16	8	
Iron, Fe mg	0.36		0		1		0.64	0.32	
Magnesium, Mg mg	20		1		1		36	18	
Phosphorus, P mg	31		0		1		55	28	
Potassium, K mg	453		1		1		806	403	
Sodium, Na mg	21		1		1		37	19	
Zinc, Zn mg	0.17		0		4		0.30	0.15	
Copper, Cu mg	0.085		0		4		0.151	0.076	
Manganese, Mn mg	0.223		0		4		0.397	0.198	
Selenium, Se µg	0.2		0	CAZN	4		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.7		0		1		10.1	5.1	
Thiamin mg	0.046		0		1		0.082	0.041	
Riboflavin mg	0.042		0		1		0.075	0.037	
Niacin mg	0.260		0		1		0.463	0.231	
Pantothenic acid mg	0.501		0		4		0.892	0.446	
Vitamin B-6 mg	0.099		0		4		0.176	0.088	
Folate, total µg	12		0		4		21	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0		4		21	11	
Folate, DFE µg	12		0	NC	4		21	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	260		0		1		463	231	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.44	0.22	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1.7		0	BFSN	4		3.1	1.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11221

Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.048	0.024	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.019		0		1		0.034	0.017	
17:0....g									
18:0....g	0.008		0		1		0.014	0.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.063		0		1		0.112	0.056	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.063		0		1		0.112	0.056	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.148		0		1		0.263	0.132	
18:2 undifferentiated....g	0.148		0		1		0.263	0.132	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 cup (1" pieces)

Measure 2 = 89g: .5 cup (1" slices)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11220
Gourd, dishcloth (towelgourd), raw
Luffa aegyptiaca

Refuse: 27% Ribs, skin, stem and blossom end

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.85		2		1		89.16	167.05	
Energy kcal	20		0	NC	4		19	36	
Energy kJ	84		0	NC	4		80	150	
Protein (N x 6.25) g	1.20		1		1		1.14	2.14	
Total lipid (fat) g	0.20		1		1		0.19	0.36	
Ash g	0.40		0		1		0.38	0.71	
Carbohydrate, by difference g	4.35		0	NC	4		4.13	7.74	
Fiber, total dietary g	1.1		0	BFSN	4		1.1	2.0	
Sugars, total g	2.02		0	BFSN	4		1.92	3.60	
Starch g									
Minerals:									
Calcium, Ca mg	20		1		1		19	36	
Iron, Fe mg	0.36		2		1		0.34	0.64	
Magnesium, Mg mg	14		1		1		13	25	
Phosphorus, P mg	32		1		1		30	57	
Potassium, K mg	139		1		1		132	247	
Sodium, Na mg	3		1		1		3	5	
Zinc, Zn mg	0.07		0		4		0.07	0.12	
Copper, Cu mg	0.035		0		4		0.033	0.062	
Manganese, Mn mg	0.092		0		4		0.087	0.164	
Selenium, Se µg	0.2		0	CAZN	4		0.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.0		1		1		11.4	21.4	
Thiamin mg	0.050		1		1		0.048	0.089	
Riboflavin mg	0.060		1		1		0.057	0.107	
Niacin mg	0.400		1		1		0.380	0.712	
Pantothenic acid mg	0.218		0		4		0.207	0.388	
Vitamin B-6 mg	0.043		0		4		0.041	0.077	
Folate, total µg	7		0		4		6	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		6	12	
Folate, DFE µg	7		0	NC	4		6	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	410		1		1		390	730	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.10		0	BFSN	4		0.09	0.17	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.7		0	BFSN	4		0.6	1.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11220
Gourd, dishcloth (towelgourd), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.016		0		1		0.015	0.028	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.011		0		1		0.010	0.020	
17:0....g									
18:0....g	0.005		0		1		0.005	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.035	0.066	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.037		0		1		0.035	0.066	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0		1		0.083	0.155	
18:2 undifferentiated....g	0.087		0		1		0.083	0.155	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 1 cup (1" pieces)

Measure 2 = 178g: 1 gourd

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11784
Gourd, white-flowered (calabash), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.32		1		1		139.17		
Energy kcal	13		0	NC	4		19		
Energy kJ	53		0	NC	4		77		
Protein (N x 6.25) g	0.60		0		1		0.88		
Total lipid (fat) g	0.02		0		1		0.03		
Ash g	0.96		0	O	4		1.40		
Carbohydrate, by difference g	3.10		0	NC	4		4.53		
Fiber, total dietary g	1.2		0	BFSN	4		1.8		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	24		1		1		35		
Iron, Fe mg	0.25		1		1		0.37		
Magnesium, Mg mg	11		1		1		16		
Phosphorus, P mg	13		1		1		19		
Potassium, K mg	170		1		1		248		
Sodium, Na mg	238		0		4		347		
Zinc, Zn mg	0.70		0		4		1.02		
Copper, Cu mg	0.026		0		4		0.038		
Manganese, Mn mg	0.066		0		4		0.096		
Selenium, Se µg	0.2		0	CAZN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.5		0		1		12.4		
Thiamin mg	0.029		0		1		0.042		
Riboflavin mg	0.022		0		1		0.032		
Niacin mg	0.390		0		1		0.569		
Pantothenic acid mg	0.144		0		4		0.210		
Vitamin B-6 mg	0.038		0		4		0.055		
Folate, total µg	4		0		4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	4		0		4		6		
Folate, DFE µg	4		0	NC	4		6		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11784

Gourd, white-flowered (calabash), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.002		0		1		0.003		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.001		0		1		0.001		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0		1		0.013		
18:2 undifferentiated....g	0.009		0		1		0.013		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.004		
Threonine....g	0.017		0		1		0.025		
Isoleucine....g	0.032		0		1		0.047		
Leucine....g	0.035		0		1		0.051		
Lysine....g	0.020		0		1		0.029		
Methionine....g	0.004		0		1		0.006		
Cystine....g									
Phenylalanine....g	0.014		0		1		0.020		
Tyrosine....g									
Valine....g	0.026		0		1		0.038		
Arginine....g	0.014		0		1		0.020		
Histidine....g	0.004		0		1		0.006		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11784

Gourd, white-flowered (calabash), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup (1" cubes)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11219
Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.32		1		1		139.17		
Energy kcal	15		0	NC	4		22		
Energy kJ	63		0		4		92		
Protein (N x 6.25) g	0.60		0		1		0.88		
Total lipid (fat) g	0.02		0		1		0.03		
Ash g	0.37		1		1		0.54		
Carbohydrate, by difference g	3.69		0	NC	4		5.39		
Fiber, total dietary g	1.2		0	BFSN	4		1.8		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	24		1		1		35		
Iron, Fe mg	0.25		1		1		0.37		
Magnesium, Mg mg	11		1		1		16		
Phosphorus, P mg	13		1		1		19		
Potassium, K mg	170		1		1		248		
Sodium, Na mg	2		1		1		3		
Zinc, Zn mg	0.70		0		4		1.02		
Copper, Cu mg	0.026		0		4		0.038		
Manganese, Mn mg	0.066		0		4		0.096		
Selenium, Se µg	0.2		0	CAZN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.5		0		1		12.4		
Thiamin mg	0.029		0		1		0.042		
Riboflavin mg	0.022		0		1		0.032		
Niacin mg	0.390		0		1		0.569		
Pantothenic acid mg	0.144		0		4		0.210		
Vitamin B-6 mg	0.038		0		4		0.055		
Folate, total µg	4		0		4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	4		0		4		6		
Folate, DFE µg	4		0	NC	4		6		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11219

Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.002		0		1		0.003		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.001		0		1		0.001		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0		1		0.013		
18:2 undifferentiated....g	0.009		0		1		0.013		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.004		
Threonine....g	0.017		0		1		0.025		
Isoleucine....g	0.032		0		1		0.047		
Leucine....g	0.035		0		1		0.051		
Lysine....g	0.020		0		1		0.029		
Methionine....g	0.004		0		1		0.006		
Cystine....g									
Phenylalanine....g	0.014		0		1		0.020		
Tyrosine....g									
Valine....g	0.026		0		1		0.038		
Arginine....g	0.014		0		1		0.020		
Histidine....g	0.004		0		1		0.006		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11219

Gourd, white-flowered (calabash), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup (1" cubes)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11218

Gourd, white-flowered (calabash), raw

Lagenaria siceraria

Refuse: 30% Ends, skin, and seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.54		1		1		55.41	736.61	
Energy kcal	14		0	NC	4		8	108	
Energy kJ	59		0		4		34	452	
Protein (N x 6.25) g	0.62		0		1		0.36	4.78	
Total lipid (fat) g	0.02		0		1		0.01	0.15	
Ash g	0.43		0		1		0.25	3.32	
Carbohydrate, by difference g	3.39		0	NC	4		1.97	26.14	
Fiber, total dietary g	0.5		0	BFSN	4		0.3	4.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		1		1		15	200	
Iron, Fe mg	0.20		1		1		0.12	1.54	
Magnesium, Mg mg	11		1		1		6	85	
Phosphorus, P mg	13		1		1		8	100	
Potassium, K mg	150		1		1		87	1157	
Sodium, Na mg	2		1		1		1	15	
Zinc, Zn mg	0.70		0		1		0.41	5.40	
Copper, Cu mg	0.026		0		4		0.015	0.200	
Manganese, Mn mg	0.066		0		4		0.038	0.509	
Selenium, Se µg	0.2		0	CAZN	4		0.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.1		0		1		5.9	77.9	
Thiamin mg	0.029		0		1		0.017	0.224	
Riboflavin mg	0.022		0		1		0.013	0.170	
Niacin mg	0.320		0		1		0.186	2.467	
Pantothenic acid mg	0.152		0		4		0.088	1.172	
Vitamin B-6 mg	0.040		0		1		0.023	0.308	
Folate, total µg	6		0		1		3	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		3	45	
Folate, DFE µg	6		0	NC	4		3	45	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	16		0		4		9	123	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11218
Gourd, white-flowered (calabash), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.002		0		1		0.001	0.015	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.001		0		1		0.001	0.008	
17:0....g									
18:0....g	0.000		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.002	0.031	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.002	0.031	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.009		0		1		0.005	0.069	
18:2 undifferentiated....g	0.009		0		1		0.005	0.069	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		2		1		0.002	0.023	
Threonine....g	0.018		2		1		0.010	0.139	
Isoleucine....g	0.033		2		1		0.019	0.254	
Leucine....g	0.036		2		1		0.021	0.278	
Lysine....g	0.021		2		1		0.012	0.162	
Methionine....g	0.004		2		1		0.002	0.031	
Cystine....g									
Phenylalanine....g	0.015		2		1		0.009	0.116	
Tyrosine....g									
Valine....g	0.027		2		1		0.016	0.208	
Arginine....g	0.014		2		1		0.008	0.108	
Histidine....g	0.004		2		1		0.002	0.031	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11218
Gourd, white-flowered (calabash), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: .5 cup (1" pieces)

Measure 2 = 771g: 1 gourd

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11975
Grape leaves, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.10		2	A	1		3.04		
Energy kcal	69		0	NC	4		3		
Energy kJ	287		0	NC	4		11		
Protein (N x 6.25) g	4.27		2	A	1		0.17		
Total lipid (fat) g	1.97		2	A	1		0.08		
Ash g	5.95		2	A	1		0.24		
Carbohydrate, by difference g	11.71		0	NC	4		0.47		
Fiber, total dietary g	9.9		0	BFSN	4		0.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	289		2	A	1		12		
Iron, Fe mg	2.98		2	A	1		0.12		
Magnesium, Mg mg	14		2	A	1		1		
Phosphorus, P mg	34		2	A	1		1		
Potassium, K mg	29		2	A	1		1		
Sodium, Na mg	2853		2	A	1		114		
Zinc, Zn mg	0.40		2	A	1		0.02		
Copper, Cu mg	1.841		2	A	1		0.074		
Manganese, Mn mg	0.290		2	A	1		0.012		
Selenium, Se µg	0.9		0	CAZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.3		1	A	1		0.5		
Thiamin mg	0.064		2	A	1		0.003		
Riboflavin mg	0.364		2	A	1		0.015		
Niacin mg	4.505		2	A	1		0.180		
Pantothenic acid mg	4.274		2	A	1		0.171		
Vitamin B-6 mg	0.136		2	A	1		0.005		
Folate, total µg	78		2	A	1		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	78		2	A	1		3		
Folate, DFE µg	78		0	NC	4		3		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	263		0	AS	1		11		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2838		2	A	1		114		
Carotene, alpha µg	629		2	A	1		25		
Cryptoxanthin, beta µg	0		2	A	1		0		
Vitamin A, IU IU	5253		0	AS	1		210		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1487		0	BFSY	4		59		
Vitamin E (alpha-tocopherol) mg	1.79		0	BFSN	4		0.07		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	97.3		0	BFSN	4		3.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11975
Grape leaves, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.312		1	A	1		0.012		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		1	A	1		0.000		
15:0....g	0.009		1	A	1		0.000		
16:0....g	0.240		1	A	1		0.010		
17:0....g	0.002		1	A	1		0.000		
18:0....g	0.025		1	A	1		0.001		
20:0....g	0.011		1	A	1		0.000		
22:0....g	0.008		1	A	1		0.000		
24:0....g	0.012		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.076		1	A	1		0.003		
14:1....g	0.003		1	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.034		1	A	1		0.001		
17:1....g									
18:1 undifferentiated....g	0.039		1	A	1		0.002		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.989		1	A	1		0.040		
18:2 undifferentiated....g	0.146		1	A	1		0.006		
18:3 undifferentiated....g	0.843		1	A	1		0.034		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 4.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11974
Grape leaves, raw
Vitis vinifera

Refuse: 5% Tough stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.32		2	A	1		10.26	2.20	
Energy kcal	93		0	NC	4		13	3	
Energy kJ	390		0	NC	4		55	12	
Protein (N x 6.25) g	5.60		2	A	1		0.78	0.17	
Total lipid (fat) g	2.12		2	A	1		0.30	0.06	
Ash g	1.65		2	A	1		0.23	0.05	
Carbohydrate, by difference g	17.31		0	NC	4		2.42	0.52	
Fiber, total dietary g	11.0		0		1		1.5	0.3	
Sugars, total g	6.30		0	O	4		0.88	0.19	
Starch g									
Minerals:									
Calcium, Ca mg	363		2	A	1		51	11	
Iron, Fe mg	2.63		2	A	1		0.37	0.08	
Magnesium, Mg mg	95		2	A	1		13	3	
Phosphorus, P mg	91		2	A	1		13	3	
Potassium, K mg	272		2	A	1		38	8	
Sodium, Na mg	9		2	A	1		1	0	
Zinc, Zn mg	0.67		2	A	1		0.09	0.02	
Copper, Cu mg	0.415		2	A	1		0.058	0.012	
Manganese, Mn mg	2.855		2	A	1		0.400	0.086	
Selenium, Se µg	0.9		0	CAZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.1		2	A	1		1.6	0.3	
Thiamin mg	0.040		2	A	1		0.006	0.001	
Riboflavin mg	0.354		2	A	1		0.050	0.011	
Niacin mg	2.362		2	A	1		0.331	0.071	
Pantothenic acid mg	0.231		2	A	1		0.032	0.007	
Vitamin B-6 mg	0.400		2	A	1		0.056	0.012	
Folate, total µg	83		2	A	1		12	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	83		2	A	1		12	2	
Folate, DFE µg	83		0	NC	4		12	2	
Choline, total mg	12.8		0	CAZN	4		1.8	0.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1376		0	NC	4		193	41	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	16194		2	A	1		2267	486	
Carotene, alpha µg	629		0	T	4		88	19	
Cryptoxanthin, beta µg	9		2	A	1		1	0	
Vitamin A, IU IU	27521		0	NC	4		3853	826	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	1747		0	O	4		245	52	
Vitamin E (alpha-tocopherol) mg	2.00		0	O	4		0.28	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	108.6		0	O	4		15.2	3.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11974
Grape leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.336		1	A	1		0.047	0.010	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.005		1	A	1		0.001	0.000	
15:0....g	0.010		1	A	1		0.001	0.000	
16:0....g	0.243		1	A	1		0.034	0.007	
17:0....g	0.002		1	A	1		0.000	0.000	
18:0....g	0.026		1	A	1		0.004	0.001	
20:0....g	0.012		1	A	1		0.002	0.000	
22:0....g	0.008		1	A	1		0.001	0.000	
24:0....g	0.013		1	A	1		0.002	0.000	
Fatty acids, total monounsaturated....g	0.081		1	A	1		0.011	0.002	
14:1....g	0.003		1	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.035		1	A	1		0.005	0.001	
17:1....g									
18:1 undifferentiated....g	0.039		1	A	1		0.005	0.001	
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.065		1	A	1		0.149	0.032	
18:2 undifferentiated....g	0.148		1	A	1		0.021	0.004	
18:3 undifferentiated....g	0.856		1	A	1		0.120	0.026	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	21		1	A	1		3	1	
Stigmasterol....mg	2		1	A	1		0	0	
Campesterol....mg									
Beta-sitosterol....mg	20		1	A	1		3	1	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 14.0g: 1 cup

Measure 2 = 3.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 31007
HEALTHY REQUEST Tomato juice
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.70		0	MC	9		227.69	227.69	
Energy kcal	21		1	LC	8		50	50	
Energy kJ	86		0	LC	8		209	209	
Protein (N x 6.25) g	0.82		1	LC	8		2.00	2.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	0.95		0	O	4		2.31	2.31	
Carbohydrate, by difference g	4.53		0	NC	4		11.00	11.00	
Fiber, total dietary g	0.8		1	LC	8		2.0	2.0	
Sugars, total g	3.70		1	LC	8		9.00	9.00	
Starch g									
Minerals:									
Calcium, Ca mg	8		1	LC	8		20	20	
Iron, Fe mg	0.00		1	LC	8		0.00	0.00	
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	206		1	LC	8		500	500	
Sodium, Na mg	198		1	LC	8		480	480	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.6		1	LC	8		72.0	72.0	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	2058		1	LC	8		5000	5000	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	5.56		1	LC	8		13.50	13.50	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total polyunsaturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total trans g	0.000		1	LC	8		0.000	0.000	
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31007
HEALTHY REQUEST Tomato juice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 8 fl oz

Measure 2 = 243g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11961
Hearts of palm, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.20		2		1		131.69	29.77	
Energy kcal	28		0	NC	4		41	9	
Energy kJ	117				4		171	39	
Protein (N x 6.25) g	2.52		2		1		3.68	0.83	
Total lipid (fat) g	0.62		2		1		0.91	0.20	
Ash g	2.04		2		1		2.98	0.67	
Carbohydrate, by difference g	4.62		0	NC	4		6.75	1.52	
Fiber, total dietary g	2.4		0		4		3.5	0.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	58	12.592	3		1		85	19	
Iron, Fe mg	3.13	1.204	3		1		4.57	1.03	
Magnesium, Mg mg	38	5.067	3		1		55	13	
Phosphorus, P mg	65	13.488	3		1		95	21	
Potassium, K mg	177	8.592	3		1		258	58	
Sodium, Na mg	426	41.816	3		1		622	141	
Zinc, Zn mg	1.15	0.137	3		1		1.68	0.38	
Copper, Cu mg	0.133	0.005	3		1		0.194	0.044	
Manganese, Mn mg	1.394		2		1		2.035	0.460	
Selenium, Se µg	0.7		0	CAZN	4		1.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.9		2		1		11.5	2.6	
Thiamin mg	0.011		2		1		0.016	0.004	
Riboflavin mg	0.057		2		1		0.083	0.019	
Niacin mg	0.437		2		1		0.638	0.144	
Pantothenic acid mg	0.126		2		1		0.184	0.042	
Vitamin B-6 mg	0.022		2		1		0.032	0.007	
Folate, total µg	39		2		1		57	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	39		2		1		57	13	
Folate, DFE µg	39		0	NC	4		57	13	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		1		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11961
Hearts of palm, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.130		0		1		0.190	0.043	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.114		1		1		0.166	0.038	
17:0....g									
18:0....g	0.016		1		1		0.023	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.103		0		1		0.150	0.034	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.103		1		1		0.150	0.034	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.202		0		1		0.295	0.067	
18:2 undifferentiated....g	0.183		1		1		0.267	0.060	
18:3 undifferentiated....g	0.019		1		1		0.028	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		2		1		0.034	0.008	
Threonine....g	0.097		2		1		0.142	0.032	
Isoleucine....g	0.101		2		1		0.147	0.033	
Leucine....g	0.169		2		1		0.247	0.056	
Lysine....g	0.091		2		1		0.133	0.030	
Methionine....g	0.042		2		1		0.061	0.014	
Cystine....g	0.019		2		1		0.028	0.006	
Phenylalanine....g	0.098		2		1		0.143	0.032	
Tyrosine....g	0.049		2		1		0.072	0.016	
Valine....g	0.114		2		1		0.166	0.038	
Arginine....g	0.178		2		1		0.260	0.059	
Histidine....g	0.055		2		1		0.080	0.018	
Alanine....g	0.111		2		1		0.162	0.037	
Aspartic acid....g	0.168		2		1		0.245	0.055	
Glutamic acid....g	0.296		2		1		0.432	0.098	
Glycine....g	0.108		2		1		0.158	0.036	
Proline....g	0.088		2		1		0.128	0.029	
Serine....g	0.081		2		1		0.118	0.027	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11961
Hearts of palm, canned

Common Measures:
Measure 1 = 146g: 1 cup
Measure 2 = 33g: 1 piece

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43392
Hearts of palm, raw

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.50		0		1				
Energy kcal	115		0	NC	4				
Energy kJ	481		0	NC	4				
Protein g	2.70		0		1				
Total lipid (fat) g	0.20		0		1				
Ash g	1.99		0	O	4				
Carbohydrate, by difference g	25.61		0	NC	4				
Fiber, total dietary g	1.5		0		4				
Sugars, total g	17.16		0	O	4				
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1				
Iron, Fe mg	1.69		0		4				
Magnesium, Mg mg	10		0		4				
Phosphorus, P mg	140		0		1				
Potassium, K mg	1806		0		4				
Sodium, Na mg	14		0		4				
Zinc, Zn mg	3.73		0		4				
Copper, Cu mg	0.644		0		4				
Manganese, Mn mg									
Selenium, Se µg	0.7		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		0		1				
Thiamin mg	0.050		0		1				
Riboflavin mg	0.180		0		1				
Niacin mg	0.900		0		1				
Pantothenic acid mg									
Vitamin B-6 mg	0.810		0		4				
Folate, total µg	24		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	24		0		4				
Folate, DFE µg	24		0	NC	4				
Choline, total mg	0.0		0	BFSN	4				
Betaine mg									
Vitamin B-12 µg	0.00		0		7				
Vitamin B-12, added µg	0.00		0	Z	7				
Vitamin A, RAE µg	3		0	NC	4				
Retinol µg	0		0	Z	7				
Carotene, beta µg	41		0	O	4				
Carotene, alpha µg	0		0	Z	7				
Cryptoxanthin, beta µg	0		0	Z	7				
Vitamin A, IU IU	68		0	NC	4				
Lycopene µg	0		0	Z	7				
Lutein + zeaxanthin µg	0		0	Z	7				
Vitamin E (alpha-tocopherol) mg	0.50		0	O	4				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg	0.0		0	Z	7				
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43392
Hearts of palm, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.046		0		4				
4:0....g	0.000		0		4				
6:0....g	0.000		0		4				
8:0....g	0.000		0		4				
10:0....g	0.000		0		4				
12:0....g	0.001		0		4				
13:0....g									
14:0....g	0.001		0		4				
15:0....g									
16:0....g	0.034		0		4				
17:0....g									
18:0....g	0.004		0		4				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4				
17:1....g									
18:1 undifferentiated....g	0.005		0		4				
20:1....g	0.000		0		4				
22:1 undifferentiated....g	0.000		0		4				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0		4				
18:2 undifferentiated....g	0.076		0		4				
18:3 undifferentiated....g	0.013		0		4				
18:4....g	0.000		0		4				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4				
20:5 n-3 (EPA)....g	0.000		0		4				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4				
22:6 n-3 (DHA)....g	0.000		0		4				
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0		7				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11788
Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.90		1		1		75.60		
Energy kcal	50		0	NC	4		43		
Energy kJ	209		0	NC	4		182		
Protein (N x 6.25) g	2.95		1		1		2.57		
Total lipid (fat) g	0.27		1		1		0.23		
Ash g	0.68		1		1		0.59		
Carbohydrate, by difference g	9.20		0	NC	4		8.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	41		1		1		36		
Iron, Fe mg	0.76		1		1		0.66		
Magnesium, Mg mg	42		1		1		37		
Phosphorus, P mg	49		1		1		43		
Potassium, K mg	262		1		1		228		
Sodium, Na mg	238		0		4		207		
Zinc, Zn mg	0.38		0		4		0.33		
Copper, Cu mg	0.048		0		4		0.042		
Manganese, Mn mg	0.210		0		4		0.183		
Selenium, Se µg	1.6		0	BFSN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1		0		1		4.4		
Thiamin mg	0.056		0		1		0.049		
Riboflavin mg	0.088		0		1		0.077		
Niacin mg	0.480		0		1		0.418		
Pantothenic acid mg	0.053		0		4		0.046		
Vitamin B-6 mg	0.023		0		4		0.020		
Folate, total µg	47		0		4		40		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	47		0		4		40		
Folate, DFE µg	47		0	NC	4		40		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0		4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	142		0		4		124		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11788

Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.119		0		1		0.104		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.002		
13:0....g									
14:0....g	0.004		0		1		0.003		
15:0....g									
16:0....g	0.076		0		1		0.066		
17:0....g									
18:0....g	0.012		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.129		0		1		0.112		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.128		0		1		0.111		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.009		
18:2 undifferentiated....g	0.002		0		1		0.002		
18:3 undifferentiated....g	0.009		0		1		0.008		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.124		0		1		0.108		
Isoleucine....g	0.201		0		1		0.175		
Leucine....g	0.307		0		1		0.267		
Lysine....g	0.203		0		1		0.177		
Methionine....g	0.026		0		1		0.023		
Cystine....g	0.020		0		1		0.017		
Phenylalanine....g	0.065		0		1		0.057		
Tyrosine....g	0.053		0		1		0.046		
Valine....g	0.218		0		1		0.190		
Arginine....g	0.201		0		1		0.175		
Histidine....g	0.124		0		1		0.108		
Alanine....g	0.153		0		1		0.133		
Aspartic acid....g	0.059		0		1		0.051		
Glutamic acid....g	0.360		0		1		0.313		
Glycine....g	0.242		0		1		0.211		
Proline....g									
Serine....g	0.150		0		1		0.131		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11788

Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 87g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11225
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.90		1		1		75.60		
Energy kcal	50		0	NC	4		44		
Energy kJ	209				4		182		
Protein (N x 6.25) g	2.95		1		1		2.57		
Total lipid (fat) g	0.27		1		1		0.23		
Ash g	0.68		1		1		0.59		
Carbohydrate, by difference g	9.20		0	NC	4		8.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	41		1		1		36		
Iron, Fe mg	0.76		1		1		0.66		
Magnesium, Mg mg	42		1		1		37		
Phosphorus, P mg	49		1		1		43		
Potassium, K mg	262		1		1		228		
Sodium, Na mg	2		1		1		2		
Zinc, Zn mg	0.38		0		4		0.33		
Copper, Cu mg	0.048		0		4		0.042		
Manganese, Mn mg	0.210		0		4		0.183		
Selenium, Se µg	1.6		0	BFSN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1		0		1		4.4		
Thiamin mg	0.056		0		1		0.049		
Riboflavin mg	0.088		0		1		0.077		
Niacin mg	0.480		0		1		0.418		
Pantothenic acid mg	0.053		0		4		0.046		
Vitamin B-6 mg	0.023		0		4		0.020		
Folate, total µg	47		0		4		40		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	47		0		4		40		
Folate, DFE µg	47		0	NC	4		40		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0		1		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	142		0		1		124		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11225

Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.119		0		1		0.104		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.002		
13:0....g									
14:0....g	0.004		0		1		0.003		
15:0....g									
16:0....g	0.076		0		1		0.066		
17:0....g									
18:0....g	0.012		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.129		0		1		0.112		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.128		0		1		0.111		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.009		
18:2 undifferentiated....g	0.002		0		1		0.002		
18:3 undifferentiated....g	0.009		0		1		0.008		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.124		0		1		0.108		
Isoleucine....g	0.201		0		1		0.175		
Leucine....g	0.307		0		1		0.267		
Lysine....g	0.203		0		1		0.177		
Methionine....g	0.026		0		1		0.023		
Cystine....g	0.020		0		1		0.017		
Phenylalanine....g	0.065		0		1		0.057		
Tyrosine....g	0.053		0		1		0.046		
Valine....g	0.218		0		1		0.190		
Arginine....g	0.201		0		1		0.175		
Histidine....g	0.124		0		1		0.108		
Alanine....g	0.153		0		1		0.133		
Aspartic acid....g	0.059		0		1		0.051		
Glutamic acid....g	0.360		0		1		0.313		
Glycine....g	0.242		0		1		0.211		
Proline....g									
Serine....g	0.150		0		1		0.131		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11225

Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 87g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11224
Hyacinth-beans, immature seeds, raw
Dolichos lablab

Refuse: 7% Ends and strings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.87		1		1		70.30		
Energy kcal	46		0	NC	4		37		
Energy kJ	192		0		4		154		
Protein (N x 6.25) g	2.10		0		1		1.68		
Total lipid (fat) g	0.20		0		1		0.16		
Ash g	0.64		1		1		0.51		
Carbohydrate, by difference g	9.19		0	NC	4		7.35		
Fiber, total dietary g	3.3		0	BFSN	4		2.7		
Sugars, total g	4.08		0	BFSN	4		3.26		
Starch g									
Minerals:									
Calcium, Ca mg	50		0		1		40		
Iron, Fe mg	0.74		0		1		0.59		
Magnesium, Mg mg	40		1		1		32		
Phosphorus, P mg	49		0		1		39		
Potassium, K mg	252		1		1		202		
Sodium, Na mg	2		1		1		2		
Zinc, Zn mg	0.37		0		4		0.30		
Copper, Cu mg	0.047		0		4		0.038		
Manganese, Mn mg	0.205		0		4		0.164		
Selenium, Se µg	1.5		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	12.9		0		1		10.3		
Thiamin mg	0.077		0		1		0.062		
Riboflavin mg	0.092		0		1		0.074		
Niacin mg	0.520		0		1		0.416		
Pantothenic acid mg	0.055		0		4		0.044		
Vitamin B-6 mg	0.024		0		4		0.019		
Folate, total µg	62		0		4		49		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	62		0		4		49		
Folate, DFE µg	62		0	NC	4		49		
Choline, total mg	19.1		0	BFSN	4		15.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	43		0	NC	4		35		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	475		0	BFSN	4		380		
Carotene, alpha µg	87		0	BFSN	4		70		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	864		0	NC	4		691		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	802		0	BFSN	4		641		
Vitamin E (alpha-tocopherol) mg	0.51		0	BFSN	4		0.41		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	18.1		0	BFSN	4		14.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11224
Hyacinth-beans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.088		0		1		0.070		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.003		0		1		0.002		
15:0....g									
16:0....g	0.056		0		1		0.045		
17:0....g									
18:0....g	0.009		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.095		0		1		0.076		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.095		0		1		0.076		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.008		0		1		0.006		
18:2 undifferentiated....g	0.001		0		1		0.001		
18:3 undifferentiated....g	0.007		0		1		0.006		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.088		1		1		0.070		
Isoleucine....g	0.143		1		1		0.114		
Leucine....g	0.218		1		1		0.174		
Lysine....g	0.145		1		1		0.116		
Methionine....g	0.019		1		1		0.015		
Cystine....g	0.014		1		1		0.011		
Phenylalanine....g	0.046		1		1		0.037		
Tyrosine....g	0.038		1		1		0.030		
Valine....g	0.155		1		1		0.124		
Arginine....g	0.143		1		1		0.114		
Histidine....g	0.088		1		1		0.070		
Alanine....g	0.109		1		1		0.087		
Aspartic acid....g	0.042		1		1		0.034		
Glutamic acid....g	0.256		1		1		0.205		
Glycine....g	0.172		1		1		0.138		
Proline....g									
Serine....g	0.107		1		1		0.086		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11224
Hyacinth-beans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11226

Jerusalem-artichokes, raw

Helianthus tuberosus

Sunchokes

Refuse: 31% Parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.01	0.640	3		1		117.02		
Energy kcal	73		0	NC	4		109		
Energy kJ	304		0	NC	4		456		
Protein (N x 6.25) g	2.00		2		1		3.00		
Total lipid (fat) g	0.01		2		1		0.02		
Ash g	2.54		2		1		3.81		
Carbohydrate, by difference g	17.44		0	NC	4		26.16		
Fiber, total dietary g	1.6		0		4		2.4		
Sugars, total g	9.60		0	T	4		14.40		
Starch g									
Minerals:									
Calcium, Ca mg	14		0		1		21		
Iron, Fe mg	3.40		0		1		5.10		
Magnesium, Mg mg	17		0		1		26		
Phosphorus, P mg	78		0		1		117		
Potassium, K mg	429		0		4		644		
Sodium, Na mg	4		0		4		6		
Zinc, Zn mg	0.12		0		4		0.18		
Copper, Cu mg	0.140		0		4		0.210		
Manganese, Mn mg	0.060		2		1		0.090		
Selenium, Se µg	0.7		0	CAZN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		0		1		6.0		
Thiamin mg	0.200		0		1		0.300		
Riboflavin mg	0.060		0		1		0.090		
Niacin mg	1.300		0		1		1.950		
Pantothenic acid mg	0.397		0		4		0.596		
Vitamin B-6 mg	0.077		0		4		0.116		
Folate, total µg	13		0		4		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		4		20		
Folate, DFE µg	13		0	NC	4		20		
Choline, total mg	30.0		0	BFSN	4		45.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	12		0	O	4		18		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	20		0	NC	4		30		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.19		0	O	4		0.29		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	O	4		0.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11226
Jerusalem-artichokes, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.000		0	NC	4		0.000		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.000		1		1		0.000		
17:0....g									
18:0....g	0.000		1		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0	NC	4		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.004		1		1		0.006		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.001		0	NC	4		0.002		
18:2 undifferentiated....g	0.001		1		1		0.002		
18:3 undifferentiated....g	0.000		1		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11228
Jew's ear, (pepeao), raw
Auricularia polytricha

Refuse: 2% Stem end

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.59		1		1		91.66	5.56	
Energy kcal	25		0	NC	4		25	2	
Energy kJ	105				4		104	6	
Protein (N x 6.25) g	0.48		1		1		0.48	0.03	
Total lipid (fat) g	0.04		1		1		0.04	0.00	
Ash g	0.15		1		1		0.15	0.01	
Carbohydrate, by difference g	6.75		0	NC	4		6.68	0.41	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	16		1		1		16	1	
Iron, Fe mg	0.56		1		1		0.55	0.03	
Magnesium, Mg mg	25		1		1		25	2	
Phosphorus, P mg	14		1		1		14	1	
Potassium, K mg	43		1		1		43	3	
Sodium, Na mg	9		1		1		9	1	
Zinc, Zn mg	0.66		0		4		0.65	0.04	
Copper, Cu mg	0.445		0		4		0.441	0.027	
Manganese, Mn mg	0.101		0		4		0.100	0.006	
Selenium, Se µg	11.1		0	BFSN	4		11.0	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		1		1		0.6	0.0	
Thiamin mg	0.081		1		1		0.080	0.005	
Riboflavin mg	0.204		1		1		0.202	0.012	
Niacin mg	0.070		1		1		0.069	0.004	
Pantothenic acid mg	1.990		0		4		1.970	0.119	
Vitamin B-6 mg	0.088		0		4		0.087	0.005	
Folate, total µg	19		0		4		19	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	19		0		4		19	1	
Folate, DFE µg	19		0	NC	4		19	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		1		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11228
Jew's ear, (pepeao), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 cup slices

Measure 2 = 6.0g: 1 piece

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11789
Jute, potherb, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.15		1		1		75.82		
Energy kcal	37		0	NC	4		32		
Energy kJ	153		0	NC	4		134		
Protein (N x 6.25) g	3.68		1		1		3.20		
Total lipid (fat) g	0.20		0		1		0.17		
Ash g	1.68		1		1		1.46		
Carbohydrate, by difference g	7.29		0	NC	4		6.34		
Fiber, total dietary g	2.0		0	BFZN	4		1.7		
Sugars, total g	1.00		0	O	4		0.87		
Starch g									
Minerals:									
Calcium, Ca mg	211		1		1		184		
Iron, Fe mg	3.14		1		1		2.73		
Magnesium, Mg mg	62		1		1		54		
Phosphorus, P mg	72		1		1		63		
Potassium, K mg	550		1		1		479		
Sodium, Na mg	247		0		4		215		
Zinc, Zn mg	0.79		0		4		0.69		
Copper, Cu mg	0.255		0		4		0.222		
Manganese, Mn mg	0.123		0		4		0.107		
Selenium, Se µg	0.9		0	CAZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	33.0		0		1		28.7		
Thiamin mg	0.091		0		1		0.079		
Riboflavin mg	0.192		0		1		0.167		
Niacin mg	0.890		0		1		0.774		
Pantothenic acid mg	0.072		0		4		0.063		
Vitamin B-6 mg	0.570		0		4		0.496		
Folate, total µg	104		0		4		90		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	104		0		4		90		
Folate, DFE µg	104		0	NC	4		90		
Choline, total mg	12.8		0	CAZN	4		11.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	259		0	NC	4		226		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3111		0	O	4		2707		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5185		0	NC	4		4511		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1747		0	O	4		1520		
Vitamin E (alpha-tocopherol) mg	0.07		0	O	4		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	O	4		94.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11789

Jute, potherb, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.030		0		1		0.026		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.024		0		1		0.021		
17:0....g									
18:0....g	0.005		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.010		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.096		0		1		0.084		
18:2 undifferentiated....g	0.094		0		1		0.082		
18:3 undifferentiated....g	0.002		0		1		0.002		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.021		
Threonine....g	0.130		0		1		0.113		
Isoleucine....g	0.175		0		1		0.152		
Leucine....g	0.306		0		1		0.266		
Lysine....g	0.173		0		1		0.151		
Methionine....g	0.051		0		1		0.044		
Cystine....g	0.032		0		1		0.028		
Phenylalanine....g	0.168		0		1		0.146		
Tyrosine....g	0.116		0		1		0.101		
Valine....g	0.196		0		1		0.171		
Arginine....g	0.196		0		1		0.171		
Histidine....g	0.087		0		1		0.076		
Alanine....g	0.202		0		1		0.176		
Aspartic acid....g	0.448		0		1		0.390		
Glutamic acid....g	0.389		0		1		0.338		
Glycine....g	0.169		0		1		0.147		
Proline....g	0.195		0		1		0.170		
Serine....g	0.143		0		1		0.124		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11789
Jute, potherb, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11232
Jute, potherb, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.15		1		1		75.82		
Energy kcal	37		0	NC	4		32		
Energy kJ	153		0	NC	4		134		
Protein (N x 6.25) g	3.68		1		1		3.20		
Total lipid (fat) g	0.20		0		1		0.17		
Ash g	1.68		1		1		1.46		
Carbohydrate, by difference g	7.29		0	NC	4		6.34		
Fiber, total dietary g	2.0		0		4		1.7		
Sugars, total g	1.00		0	O	4		0.87		
Starch g									
Minerals:									
Calcium, Ca mg	211		1		1		184		
Iron, Fe mg	3.14		1		1		2.73		
Magnesium, Mg mg	62		1		1		54		
Phosphorus, P mg	72		1		1		63		
Potassium, K mg	550		1		1		479		
Sodium, Na mg	11		1		1		10		
Zinc, Zn mg	0.79		0		4		0.69		
Copper, Cu mg	0.255		0		4		0.222		
Manganese, Mn mg	0.123		0		4		0.107		
Selenium, Se µg	0.9		0	CAZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	33.0		0		1		28.7		
Thiamin mg	0.091		0		1		0.079		
Riboflavin mg	0.192		0		1		0.167		
Niacin mg	0.890		0		1		0.774		
Pantothenic acid mg	0.072		0		4		0.063		
Vitamin B-6 mg	0.570		0		4		0.496		
Folate, total µg	104		0		4		90		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	104		0		4		90		
Folate, DFE µg	104		0	NC	4		90		
Choline, total mg	12.8		0	CAZN	4		11.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	259		0	NC	4		226		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3111		0	O	4		2707		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5185		0	NC	4		4511		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1747		0	O	4		1520		
Vitamin E (alpha-tocopherol) mg	0.70		0	O	4		0.61		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	O	4		94.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11232

Jute, potherb, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.030		0		1		0.026		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.024		0		1		0.021		
17:0....g									
18:0....g	0.005		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.010		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.096		0		1		0.084		
18:2 undifferentiated....g	0.094		0		1		0.082		
18:3 undifferentiated....g	0.002		0		1		0.002		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.021		
Threonine....g	0.130		0		1		0.113		
Isoleucine....g	0.175		0		1		0.152		
Leucine....g	0.306		0		1		0.266		
Lysine....g	0.173		0		1		0.151		
Methionine....g	0.051		0		1		0.044		
Cystine....g	0.032		0		1		0.028		
Phenylalanine....g	0.168		0		1		0.146		
Tyrosine....g	0.116		0		1		0.101		
Valine....g	0.196		0		1		0.171		
Arginine....g	0.196		0		1		0.171		
Histidine....g	0.087		0		1		0.076		
Alanine....g	0.202		0		1		0.176		
Aspartic acid....g	0.448		0		1		0.390		
Glutamic acid....g	0.389		0		1		0.338		
Glycine....g	0.169		0		1		0.147		
Proline....g	0.195		0		1		0.170		
Serine....g	0.143		0		1		0.124		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11232

Jute, potherb, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11231
Jute, potherb, raw
Corchorus olitorius

Refuse: 38% Tough leaves and stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.72		1		1		24.56		
Energy kcal	34		0	NC	4		10		
Energy kJ	142				4		40		
Protein (N x 6.25) g	4.65		0		1		1.30		
Total lipid (fat) g	0.25		0		1		0.07		
Ash g	1.58		0		1		0.44		
Carbohydrate, by difference g	5.80		0	NC	4		1.62		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	208		0		1		58		
Iron, Fe mg	4.76		0		1		1.33		
Magnesium, Mg mg	64		1		1		18		
Phosphorus, P mg	83		0		1		23		
Potassium, K mg	559		1		1		157		
Sodium, Na mg	8		1		1		2		
Zinc, Zn mg	0.79		0		4		0.22		
Copper, Cu mg	0.255		0		4		0.071		
Manganese, Mn mg	0.123		0		4		0.034		
Selenium, Se µg	0.9		0	CAZN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	37.0		0		1		10.4		
Thiamin mg	0.133		0		1		0.037		
Riboflavin mg	0.546		0		1		0.153		
Niacin mg	1.260		0		1		0.353		
Pantothenic acid mg	0.072		0		4		0.020		
Vitamin B-6 mg	0.600		0		1		0.168		
Folate, total µg	123		0		1		34		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	123		0		1		34		
Folate, DFE µg	123		0	NC	4		34		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	278		0		1		78		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	5559		0		1		1557		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11231
Jute, potherb, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.038		0		1		0.011		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.030		0		1		0.008		
17:0....g									
18:0....g	0.006		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.004		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.120		0		1		0.034		
18:2 undifferentiated....g	0.117		0		1		0.033		
18:3 undifferentiated....g	0.002		0		1		0.001		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		3		1		0.008		
Threonine....g	0.164		3		1		0.046		
Isoleucine....g	0.221		3		1		0.062		
Leucine....g	0.388		3		1		0.109		
Lysine....g	0.219		3		1		0.061		
Methionine....g	0.065		3		1		0.018		
Cystine....g	0.040		3		1		0.011		
Phenylalanine....g	0.212		3		1		0.059		
Tyrosine....g	0.147		3		1		0.041		
Valine....g	0.248		3		1		0.069		
Arginine....g	0.248		3		1		0.069		
Histidine....g	0.110		3		1		0.031		
Alanine....g	0.256		1		1		0.072		
Aspartic acid....g	0.567		1		1		0.159		
Glutamic acid....g	0.493		1		1		0.138		
Glycine....g	0.214		1		1		0.060		
Proline....g	0.246		1		1		0.069		
Serine....g	0.182		1		1		0.051		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11231
Jute, potherb, raw

Common Measures:
Measure 1 = 28g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11790
Kale, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.20		0		1		118.56		
Energy kcal	28		0	NC	4		36		
Energy kJ	117		0		4		152		
Protein (N x 6.25) g	1.90		0		1		2.47		
Total lipid (fat) g	0.40		0		1		0.52		
Ash g	0.87		0		1		1.13		
Carbohydrate, by difference g	5.63		0	NC	4		7.32		
Fiber, total dietary g	2.0		0		4		2.6		
Sugars, total g	1.25		0	O	4		1.62		
Starch g									
Minerals:									
Calcium, Ca mg	72		0		1		94		
Iron, Fe mg	0.90		0		1		1.17		
Magnesium, Mg mg	18		0		1		23		
Phosphorus, P mg	28		0		1		36		
Potassium, K mg	228		0		1		296		
Sodium, Na mg	259		0		4		337		
Zinc, Zn mg	0.24		0		1		0.31		
Copper, Cu mg	0.156		0		1		0.203		
Manganese, Mn mg	0.416		0		1		0.541		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	41.0		0		1		53.3		
Thiamin mg	0.053		0		1		0.069		
Riboflavin mg	0.070		0		1		0.091		
Niacin mg	0.500		0		1		0.650		
Pantothenic acid mg	0.049		0		1		0.064		
Vitamin B-6 mg	0.138		0		1		0.179		
Folate, total µg	13		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		1		17		
Folate, DFE µg	13		0	NC	4		17		
Choline, total mg	0.4		0	AS	1		0.6		
Betaine mg	0.3		1	A	1		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	681		0	AS	1		885		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	8173	4427.500	4	A	1		10624		
Carotene, alpha µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta µg	0	0.000	4	A	1		0		
Vitamin A, IU IU	13621		0	AS	1		17707		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	18246	7344.000	4	A	1		23720		
Vitamin E (alpha-tocopherol) mg	0.85		0	O	4		1.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11790
Kale, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.052		0		1		0.068		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.043		0		1		0.056		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.039		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.036		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.193		0		1		0.251		
18:2 undifferentiated....g	0.079		0		1		0.103		
18:3 undifferentiated....g	0.103		0		1		0.134		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.030		
Threonine....g	0.085		0		1		0.111		
Isoleucine....g	0.114		0		1		0.148		
Leucine....g	0.133		0		1		0.173		
Lysine....g	0.114		0		1		0.148		
Methionine....g	0.018		0		1		0.023		
Cystine....g	0.025		0		1		0.033		
Phenylalanine....g	0.097		0		1		0.126		
Tyrosine....g	0.067		0		1		0.087		
Valine....g	0.104		0		1		0.135		
Arginine....g	0.106		0		1		0.138		
Histidine....g	0.040		0		1		0.052		
Alanine....g	0.096		0		1		0.125		
Aspartic acid....g	0.170		0		1		0.221		
Glutamic acid....g	0.216		0		1		0.281		
Glycine....g	0.092		0		1		0.120		
Proline....g	0.113		0		1		0.147		
Serine....g	0.080		0		1		0.104		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11790
Kale, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11234
Kale, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.20		0		1		118.56		
Energy kcal	28		0	NC	4		36		
Energy kJ	117		0		4		152		
Protein (N x 6.25) g	1.90		0		1		2.47		
Total lipid (fat) g	0.40		0		1		0.52		
Ash g	0.87		0		1		1.13		
Carbohydrate, by difference g	5.63		0	NC	4		7.32		
Fiber, total dietary g	2.0		0		4		2.6		
Sugars, total g	1.25		0	BFSN	4		1.62		
Starch g									
Minerals:									
Calcium, Ca mg	72		0		1		94		
Iron, Fe mg	0.90		0		1		1.17		
Magnesium, Mg mg	18		0		1		23		
Phosphorus, P mg	28		0		1		36		
Potassium, K mg	228		0		1		296		
Sodium, Na mg	23		0		1		30		
Zinc, Zn mg	0.24		0		1		0.31		
Copper, Cu mg	0.156		0		1		0.203		
Manganese, Mn mg	0.416		0		1		0.541		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	41.0		0		1		53.3		
Thiamin mg	0.053		0		1		0.069		
Riboflavin mg	0.070		0		1		0.091		
Niacin mg	0.500		0		1		0.650		
Pantothenic acid mg	0.049		0		1		0.064		
Vitamin B-6 mg	0.138		0		1		0.179		
Folate, total µg	13		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		1		17		
Folate, DFE µg	13		0	NC	4		17		
Choline, total mg	0.4		0	AS	1		0.6		
Betaine mg	0.3		1	A	1		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	681		0	AS	1		885		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	8173	4427.500	4	A	1		10624		
Carotene, alpha µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta µg	0	0.000	4	A	1		0		
Vitamin A, IU IU	13621		0	AS	1		17707		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	18246	7344.000	4	A	1		23720		
Vitamin E (alpha-tocopherol) mg	0.85		0	O	4		1.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	817.0		0	T	4		1062.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11234
Kale, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.052		0		1		0.068		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.043		0		1		0.056		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.039		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.036		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.193		0		1		0.251		
18:2 undifferentiated....g	0.079		0		1		0.103		
18:3 undifferentiated....g	0.103		0		1		0.134		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.030		
Threonine....g	0.085		0		1		0.111		
Isoleucine....g	0.114		0		1		0.148		
Leucine....g	0.133		0		1		0.173		
Lysine....g	0.114		0		1		0.148		
Methionine....g	0.018		0		1		0.023		
Cystine....g	0.025		0		1		0.033		
Phenylalanine....g	0.097		0		1		0.126		
Tyrosine....g	0.067		0		1		0.087		
Valine....g	0.104		0		1		0.135		
Arginine....g	0.106		0		1		0.138		
Histidine....g	0.040		0		1		0.052		
Alanine....g	0.096		0		1		0.125		
Aspartic acid....g	0.170		0		1		0.221		
Glutamic acid....g	0.216		0		1		0.281		
Glycine....g	0.092		0		1		0.120		
Proline....g	0.113		0		1		0.147		
Serine....g	0.080		0		1		0.104		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11234
Kale, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11791
Kale, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.50		0		1		117.65		
Energy kcal	30		0	NC	4		39		
Energy kJ	124		0	NC	4		162		
Protein (N x 6.25) g	2.84		0		1		3.69		
Total lipid (fat) g	0.49		0		1		0.64		
Ash g	0.94		0		1		1.22		
Carbohydrate, by difference g	5.23		0	NC	4		6.80		
Fiber, total dietary g	2.0		0		4		2.6		
Sugars, total g	1.34		0	BFSN	4		1.75		
Starch g									
Minerals:									
Calcium, Ca mg	138		0		1		179		
Iron, Fe mg	0.94		0		1		1.22		
Magnesium, Mg mg	18		0		1		23		
Phosphorus, P mg	28		0		1		36		
Potassium, K mg	321		0		1		417		
Sodium, Na mg	251		0		4		326		
Zinc, Zn mg	0.18		0		1		0.23		
Copper, Cu mg	0.047		0		1		0.061		
Manganese, Mn mg	0.450		0		1		0.585		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	25.2		0		1		32.8		
Thiamin mg	0.043		0		1		0.056		
Riboflavin mg	0.114		0		1		0.148		
Niacin mg	0.672		0		1		0.874		
Pantothenic acid mg	0.053		0		1		0.069		
Vitamin B-6 mg	0.086		0		1		0.112		
Folate, total µg	14		0		1		19		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	14		0		1		19		
Folate, DFE µg	14		0	NC	4		19		
Choline, total mg	0.5		0	BFSN	4		0.6		
Betaine mg	0.3		0	BFSN	4		0.4		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	735		0	NC	4		956		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	8823		0	BFSN	4		11469		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	14704		0	NC	4		19116		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	19697		0	BFSN	4		25607		
Vitamin E (alpha-tocopherol) mg	0.92		0	BFSN	4		1.19		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	882.0		0	BFSN	4		1146.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11791

Kale, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.063		0		1		0.082		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		0		1		0.003		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.053		0		1		0.069		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.047		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.044		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0		1		0.306		
18:2 undifferentiated....g	0.096		0		1		0.125		
18:3 undifferentiated....g	0.125		0		1		0.163		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.046		
Threonine....g	0.127		0		1		0.165		
Isoleucine....g	0.170		0		1		0.221		
Leucine....g	0.199		0		1		0.259		
Lysine....g	0.170		0		1		0.221		
Methionine....g	0.027		0		1		0.035		
Cystine....g	0.038		0		1		0.049		
Phenylalanine....g	0.146		0		1		0.190		
Tyrosine....g	0.101		0		1		0.131		
Valine....g	0.156		0		1		0.203		
Arginine....g	0.158		0		1		0.205		
Histidine....g	0.060		0		1		0.078		
Alanine....g	0.143		0		1		0.186		
Aspartic acid....g	0.254		0		1		0.330		
Glutamic acid....g	0.323		0		1		0.420		
Glycine....g	0.137		0		1		0.178		
Proline....g	0.169		0		1		0.220		
Serine....g	0.120		0		1		0.156		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11791
Kale, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11236
Kale, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.50		0		1		117.65	58.83	
Energy kcal	30		0	NC	4		39	19	
Energy kJ	124		0	NC	4		162	81	
Protein (N x 6.25) g	2.84		0		1		3.69	1.85	
Total lipid (fat) g	0.49		0		1		0.64	0.32	
Ash g	0.94		0		1		1.22	0.61	
Carbohydrate, by difference g	5.23		0	NC	4		6.80	3.40	
Fiber, total dietary g	2.0		0		4		2.6	1.3	
Sugars, total g	1.34		0	BFSN	4		1.75	0.87	
Starch g									
Minerals:									
Calcium, Ca mg	138		0		1		179	90	
Iron, Fe mg	0.94		0		1		1.22	0.61	
Magnesium, Mg mg	18		0		1		23	12	
Phosphorus, P mg	28		0		1		36	18	
Potassium, K mg	321		0		1		417	209	
Sodium, Na mg	15		0		1		20	10	
Zinc, Zn mg	0.18		0		1		0.23	0.12	
Copper, Cu mg	0.047		0		1		0.061	0.031	
Manganese, Mn mg	0.450		0		1		0.585	0.293	
Selenium, Se µg	0.9		0	CAZN	4		1.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	25.2		0		1		32.8	16.4	
Thiamin mg	0.043		0		1		0.056	0.028	
Riboflavin mg	0.114		0		1		0.148	0.074	
Niacin mg	0.672		0		1		0.874	0.437	
Pantothenic acid mg	0.053		0		1		0.069	0.034	
Vitamin B-6 mg	0.086		0		1		0.112	0.056	
Folate, total µg	14		0		1		19	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		1		19	9	
Folate, DFE µg	14		0	NC	4		19	9	
Choline, total mg	0.5		0	BFSN	4		0.6	0.3	
Betaine mg	0.3		0	BFSN	4		0.4	0.2	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	735		0	NC	4		956	478	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8823		0	BFSN	4		11469	5735	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	14704		0	NC	4		19116	9558	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	19697		0	BFSN	4		25607	12803	
Vitamin E (alpha-tocopherol) mg	0.92		0	BFSN	4		1.19	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	882.0		0	BFSN	4		1146.6	573.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11236

Kale, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.063		0		1		0.082	0.041	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		0		1		0.003	0.001	
13:0....g									
14:0....g	0.002		0		1		0.003	0.001	
15:0....g									
16:0....g	0.053		0		1		0.069	0.034	
17:0....g									
18:0....g	0.002		0		1		0.003	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.047	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.044	0.022	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0		1		0.306	0.153	
18:2 undifferentiated....g	0.096		0		1		0.125	0.062	
18:3 undifferentiated....g	0.125		0		1		0.163	0.081	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001	0.001	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.046	0.023	
Threonine....g	0.127		0		1		0.165	0.083	
Isoleucine....g	0.170		0		1		0.221	0.111	
Leucine....g	0.199		0		1		0.259	0.129	
Lysine....g	0.170		0		1		0.221	0.111	
Methionine....g	0.027		0		1		0.035	0.018	
Cystine....g	0.038		0		1		0.049	0.025	
Phenylalanine....g	0.146		0		1		0.190	0.095	
Tyrosine....g	0.101		0		1		0.131	0.066	
Valine....g	0.156		0		1		0.203	0.101	
Arginine....g	0.158		0		1		0.205	0.103	
Histidine....g	0.060		0		1		0.078	0.039	
Alanine....g	0.143		0		1		0.186	0.093	
Aspartic acid....g	0.254		0		1		0.330	0.165	
Glutamic acid....g	0.323		0		1		0.420	0.210	
Glycine....g	0.137		0		1		0.178	0.089	
Proline....g	0.169		0		1		0.220	0.110	
Serine....g	0.120		0		1		0.156	0.078	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11236
Kale, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, chopped

Measure 2 = 65g: .5 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11235
Kale, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.12	0.360	10		1		85.65	258.78	
Energy kcal	28		0	NC	4		26	80	
Energy kJ	117				4		110	333	
Protein (N x 6.25) g	2.66	0.183	10		1		2.50	7.55	
Total lipid (fat) g	0.46	0.083	8		1		0.43	1.31	
Ash g	0.88	0.046	10		1		0.83	2.50	
Carbohydrate, by difference g	4.90		0	NC	4		4.61	13.92	
Fiber, total dietary g	2.0		0		4		1.9	5.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	136	7.142	10		1		128	386	
Iron, Fe mg	0.93	0.132	10		1		0.87	2.64	
Magnesium, Mg mg	18	0.775	3		1		17	51	
Phosphorus, P mg	29	1.707	3		1		27	82	
Potassium, K mg	333	12.736	3		1		313	946	
Sodium, Na mg	15	3.230	3		1		14	43	
Zinc, Zn mg	0.18	0.018	3		1		0.17	0.51	
Copper, Cu mg	0.046	0.012	3		1		0.043	0.131	
Manganese, Mn mg	0.443	0.032	3		1		0.416	1.258	
Selenium, Se µg	0.9		0	CAZN	4		0.8	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	39.3	2.754	9		1		36.9	111.6	
Thiamin mg	0.056	0.011	8		1		0.053	0.159	
Riboflavin mg	0.112	0.015	10		1		0.105	0.318	
Niacin mg	0.698	0.125	10		1		0.656	1.982	
Pantothenic acid mg	0.052		1		1		0.049	0.148	
Vitamin B-6 mg	0.090		1		1		0.085	0.256	
Folate, total µg	17		0		1		16	47	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		16	47	
Folate, DFE µg	17		0	NC	4		16	47	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	313	20.841	10		1		294	888	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	6253	416.821	10		1		5878	17759	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11235
Kale, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.059		0		1		0.055	0.168	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		0		1		0.002	0.006	
13:0....g									
14:0....g	0.002		0		1		0.002	0.006	
15:0....g									
16:0....g	0.049		0		1		0.046	0.139	
17:0....g									
18:0....g	0.002		0		1		0.002	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		1		0.032	0.097	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.032		0		1		0.030	0.091	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.219		0		1		0.206	0.622	
18:2 undifferentiated....g	0.090		0		1		0.085	0.256	
18:3 undifferentiated....g	0.117		0		1		0.110	0.332	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001	0.003	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.030	0.091	
Threonine....g	0.119		0		1		0.112	0.338	
Isoleucine....g	0.159		0		1		0.149	0.452	
Leucine....g	0.186		0		1		0.175	0.528	
Lysine....g	0.159		0		1		0.149	0.452	
Methionine....g	0.026		0		1		0.024	0.074	
Cystine....g	0.035		0		1		0.033	0.099	
Phenylalanine....g	0.136		0		1		0.128	0.386	
Tyrosine....g	0.094		0		1		0.088	0.267	
Valine....g	0.145		0		1		0.136	0.412	
Arginine....g	0.148		0		1		0.139	0.420	
Histidine....g	0.056		0		1		0.053	0.159	
Alanine....g	0.134		0		1		0.126	0.381	
Aspartic acid....g	0.238		0		1		0.224	0.676	
Glutamic acid....g	0.301		0		1		0.283	0.855	
Glycine....g	0.128		0		1		0.120	0.364	
Proline....g	0.158		0		1		0.149	0.449	
Serine....g	0.112		0		1		0.105	0.318	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11235
Kale, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: .333 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11233
Kale, raw
Brassica oleracea (Acephala Group)

Refuse: 28% Stem ends, tough stems and tough midrib parts

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.04	0.443	6	JA	6		13.45		
Energy kcal	49		0	NC	4		8		
Energy kJ	207		0	NC	4		33		
Protein (N x 6.25) g	4.28		2	JA	6		0.68		
Total lipid (fat) g	0.93		2	JA	6		0.15		
Ash g	2.01		1	JA	6		0.32		
Carbohydrate, by difference g	8.75		0	NC	4		1.40		
Fiber, total dietary g	3.6		0	BFSN	4		0.6		
Sugars, total g	2.26		0	BFSN	4		0.36		
Starch g									
Minerals:									
Calcium, Ca mg	150		2	JA	6		24		
Iron, Fe mg	1.47		2	JA	6		0.24		
Magnesium, Mg mg	47		2	JA	6		7		
Phosphorus, P mg	92		2	JA	6		15		
Potassium, K mg	491	16.414	6	JA	6		79		
Sodium, Na mg	38	11.413	6	JA	6		6		
Zinc, Zn mg	0.56		2	JA	6		0.09		
Copper, Cu mg	1.499		2	JA	6		0.240		
Manganese, Mn mg	0.659		1	JA	6		0.105		
Selenium, Se µg	0.9		0	CAZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	120.0		1		1		19.2		
Thiamin mg	0.110		1		1		0.018		
Riboflavin mg	0.130		1		1		0.021		
Niacin mg	1.000		1		1		0.160		
Pantothenic acid mg	0.091		0		1		0.015		
Vitamin B-6 mg	0.271		1		1		0.043		
Folate, total µg	141		1	JA	6		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	141		1	JA	6		23		
Folate, DFE µg	141		0	NC	4		23		
Choline, total mg	0.8		0	BFSN	4		0.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	500		0	AS	1		80		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	5927	1215.090	4	A	1		948		
Carotene, alpha µg	54		1	A	1		9		
Cryptoxanthin, beta µg	81		1	A	1		13		
Vitamin A, IU IU	9990		0	AS	1		1598		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	8198		1	A	1		1312		
Vitamin E (alpha-tocopherol) mg	1.54		0	BFSN	4		0.25		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	704.8		1	A	1		112.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11233
Kale, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.091		0		1		0.015		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		0		1		0.000		
13:0....g									
14:0....g	0.003		0		1		0.000		
15:0....g									
16:0....g	0.076		0		1		0.012		
17:0....g									
18:0....g	0.004		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.052		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.049		0		1		0.008		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.338		0		1		0.054		
18:2 undifferentiated....g	0.138		0		1		0.022		
18:3 undifferentiated....g	0.180		0		1		0.029		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 cup 1" pieces, loosely packed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11792
Kale, scotch, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.20		0		1		118.56		
Energy kcal	28		0	NC	4		37		
Energy kJ	118		0	NC	4		153		
Protein (N x 6.25) g	1.90		0		1		2.47		
Total lipid (fat) g	0.41		0		1		0.53		
Ash g	0.87		0		1		1.13		
Carbohydrate, by difference g	5.62		0	NC	4		7.31		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	132		0		1		172		
Iron, Fe mg	1.93		0		1		2.51		
Magnesium, Mg mg	57		0		1		74		
Phosphorus, P mg	38		0		1		49		
Potassium, K mg	274		0		1		356		
Sodium, Na mg	281		0		4		365		
Zinc, Zn mg	0.24		0		1		0.31		
Copper, Cu mg	0.156		0		1		0.203		
Manganese, Mn mg	0.417		0		1		0.542		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	52.8		0		1		68.6		
Thiamin mg	0.040		0		1		0.052		
Riboflavin mg	0.039		0		1		0.051		
Niacin mg	0.792		0		1		1.030		
Pantothenic acid mg	0.048		0		1		0.062		
Vitamin B-6 mg	0.139		0		1		0.181		
Folate, total µg	13		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		1		17		
Folate, DFE µg	13		0	NC	4		17		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	100		0		4		130		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1994		0		4		2592		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11792
Kale, scotch, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.053		0		1		0.069		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.044		0		1		0.057		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.039		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.036		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.196		0		1		0.255		
18:2 undifferentiated....g	0.080		0		1		0.104		
18:3 undifferentiated....g	0.104		0		1		0.135		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.030		
Threonine....g	0.085		0		1		0.111		
Isoleucine....g	0.113		0		1		0.147		
Leucine....g	0.132		0		1		0.172		
Lysine....g	0.113		0		1		0.147		
Methionine....g	0.018		0		1		0.023		
Cystine....g	0.025		0		1		0.033		
Phenylalanine....g	0.097		0		1		0.126		
Tyrosine....g	0.067		0		1		0.087		
Valine....g	0.104		0		1		0.135		
Arginine....g	0.105		0		1		0.137		
Histidine....g	0.040		0		1		0.052		
Alanine....g	0.095		0		1		0.124		
Aspartic acid....g	0.169		0		1		0.220		
Glutamic acid....g	0.215		0		1		0.280		
Glycine....g	0.091		0		1		0.118		
Proline....g	0.112		0		1		0.146		
Serine....g	0.080		0		1		0.104		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11792

Kale, scotch, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 130g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11623
Kale, scotch, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.20		0		1		118.56		
Energy kcal	28		0	NC	4		36		
Energy kJ	117				4		152		
Protein (N x 6.25) g	1.90		0		1		2.47		
Total lipid (fat) g	0.41		0		1		0.53		
Ash g	0.87		0		1		1.13		
Carbohydrate, by difference g	5.63		0	NC	4		7.32		
Fiber, total dietary g	1.2		0	BFSN	4		1.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	132		0		1		172		
Iron, Fe mg	1.93		0		1		2.51		
Magnesium, Mg mg	57		0		1		74		
Phosphorus, P mg	38		0		1		49		
Potassium, K mg	274		0		1		356		
Sodium, Na mg	45		0		1		59		
Zinc, Zn mg	0.24		0		1		0.31		
Copper, Cu mg	0.156		0		1		0.203		
Manganese, Mn mg	0.417		0		1		0.542		
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	52.8		0		1		68.6		
Thiamin mg	0.040		0		1		0.052		
Riboflavin mg	0.039		0		1		0.051		
Niacin mg	0.792		0		1		1.030		
Pantothenic acid mg	0.048		0		1		0.062		
Vitamin B-6 mg	0.139		0		1		0.181		
Folate, total µg	13		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		1		17		
Folate, DFE µg	13		0	NC	4		17		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	100		0		1		130		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1994		0		1		2592		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11623
Kale, scotch, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.053		0		1		0.069		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.044		0		1		0.057		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.039		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.036		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.196		0		1		0.255		
18:2 undifferentiated....g	0.080		0		1		0.104		
18:3 undifferentiated....g	0.104		0		1		0.135		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.030		
Threonine....g	0.085		0		1		0.111		
Isoleucine....g	0.113		0		1		0.147		
Leucine....g	0.132		0		1		0.172		
Lysine....g	0.113		0		1		0.147		
Methionine....g	0.018		0		1		0.023		
Cystine....g	0.025		0		1		0.033		
Phenylalanine....g	0.097		0		1		0.126		
Tyrosine....g	0.067		0		1		0.087		
Valine....g	0.104		0		1		0.135		
Arginine....g	0.105		0		1		0.137		
Histidine....g	0.040		0		1		0.052		
Alanine....g	0.095		0		1		0.124		
Aspartic acid....g	0.169		0		1		0.220		
Glutamic acid....g	0.215		0		1		0.280		
Glycine....g	0.091		0		1		0.118		
Proline....g	0.112		0		1		0.146		
Serine....g	0.080		0		1		0.104		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11623

Kale, scotch, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 130g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11622
Kale, scotch, raw
Brassica napus (Pabularia Group)

Refuse: 39% Stems, tough part of midribs

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.00		1		1		58.29		
Energy kcal	42		0	NC	4		28		
Energy kJ	176				4		118		
Protein (N x 6.25) g	2.80		1		1		1.88		
Total lipid (fat) g	0.60		1		1		0.40		
Ash g	1.28		0		1		0.86		
Carbohydrate, by difference g	8.32		0	NC	4		5.57		
Fiber, total dietary g	1.7		0	BFSN	4		1.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	205		1		1		137		
Iron, Fe mg	3.00		1		1		2.01		
Magnesium, Mg mg	88		1		1		59		
Phosphorus, P mg	62		1		1		42		
Potassium, K mg	450		1		1		302		
Sodium, Na mg	70		1		1		47		
Zinc, Zn mg	0.37		0		1		0.25		
Copper, Cu mg	0.243		0		1		0.163		
Manganese, Mn mg	0.648		0		1		0.434		
Selenium, Se µg	0.9		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	130.0		1		1		87.1		
Thiamin mg	0.070		1		1		0.047		
Riboflavin mg	0.060		1		1		0.040		
Niacin mg	1.300		1		1		0.871		
Pantothenic acid mg	0.076		0		1		0.051		
Vitamin B-6 mg	0.227		0		1		0.152		
Folate, total µg	28		0		4		19		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	28		0		4		19		
Folate, DFE µg	28		0	NC	4		19		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	155		1		1		104		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3100		1		1		2077		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11622
Kale, scotch, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.078		0		1		0.052		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		0		1		0.001		
13:0....g									
14:0....g	0.003		0		1		0.002		
15:0....g									
16:0....g	0.065		0		1		0.044		
17:0....g									
18:0....g	0.003		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0		1		0.030		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.042		0		1		0.028		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.289		0		1		0.194		
18:2 undifferentiated....g	0.118		0		1		0.079		
18:3 undifferentiated....g	0.154		0		1		0.103		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.001		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.023		
Threonine....g	0.125		0		1		0.084		
Isoleucine....g	0.168		0		1		0.113		
Leucine....g	0.196		0		1		0.131		
Lysine....g	0.168		0		1		0.113		
Methionine....g	0.027		0		1		0.018		
Cystine....g	0.037		0		1		0.025		
Phenylalanine....g	0.143		0		1		0.096		
Tyrosine....g	0.099		0		1		0.066		
Valine....g	0.153		0		1		0.103		
Arginine....g	0.156		0		1		0.105		
Histidine....g	0.059		0		1		0.040		
Alanine....g	0.141		0		1		0.094		
Aspartic acid....g	0.250		0		1		0.168		
Glutamic acid....g	0.318		0		1		0.213		
Glycine....g	0.135		0		1		0.090		
Proline....g	0.166		0		1		0.111		
Serine....g	0.118		0		1		0.079		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11622
Kale, scotch, raw

Common Measures:
Measure 1 = 67g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11237
Kanpyo, (dried gourd strips)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.97		2		1		1.26	5.39	
Energy kcal	258		0	NC	4		16	70	
Energy kJ	1079		0		4		68	291	
Protein (N x 6.25) g	8.58		0		1		0.54	2.32	
Total lipid (fat) g	0.56		0		1		0.04	0.15	
Ash g	5.86		0		1		0.37	1.58	
Carbohydrate, by difference g	65.03		0	NC	4		4.10	17.56	
Fiber, total dietary g	9.8		0	BFSN	4		0.6	2.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	280		1		1		18	76	
Iron, Fe mg	5.12		1		1		0.32	1.38	
Magnesium, Mg mg	125		1		1		8	34	
Phosphorus, P mg	188		1		1		12	51	
Potassium, K mg	1582		1		1		100	427	
Sodium, Na mg	15		1		1		1	4	
Zinc, Zn mg	5.86		0		1		0.37	1.58	
Copper, Cu mg	0.433		0		4		0.027	0.117	
Manganese, Mn mg	1.137		0		4		0.072	0.307	
Selenium, Se µg	2.6		0	BFSN	4		0.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		1		1		0.0	0.1	
Thiamin mg	0.000		1		1		0.000	0.000	
Riboflavin mg	0.044		1		1		0.003	0.012	
Niacin mg	2.900		1		1		0.183	0.783	
Pantothenic acid mg	2.553		0		4		0.161	0.689	
Vitamin B-6 mg	0.532		0		4		0.034	0.144	
Folate, total µg	61		0		4		4	16	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	61		0		4		4	16	
Folate, DFE µg	61		0	NC	4		4	16	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11237
Kanpyo, (dried gourd strips)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.045		0		1		0.003	0.012	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.032		0		1		0.002	0.009	
17:0....g									
18:0....g	0.013		0		1		0.001	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.103		0		1		0.006	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.103		0		1		0.006	0.028	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.244		0		1		0.015	0.066	
18:2 undifferentiated....g	0.244		0		1		0.015	0.066	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.3g: 1 strip

Measure 2 = 27g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11793
Kohlrabi, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.30		0		1		149.00		
Energy kcal	29		0	NC	4		48		
Energy kJ	121		0		4		200		
Protein (N x 6.25) g	1.80		0		1		2.97		
Total lipid (fat) g	0.11		0		1		0.18		
Ash g	1.10		0		1		1.82		
Carbohydrate, by difference g	6.69		0	NC	4		11.04		
Fiber, total dietary g	1.1		1	A	1		1.8		
Sugars, total g	2.80		0	BFSN	4		4.62		
Starch g									
Minerals:									
Calcium, Ca mg	25		0		1		41		
Iron, Fe mg	0.40		0		1		0.66		
Magnesium, Mg mg	19		0		1		31		
Phosphorus, P mg	45		0		1		74		
Potassium, K mg	340		0		1		561		
Sodium, Na mg	257		0		4		424		
Zinc, Zn mg	0.31		0		4		0.51		
Copper, Cu mg	0.132		0		4		0.218		
Manganese, Mn mg	0.142		0		4		0.234		
Selenium, Se µg	0.8		0	BFSN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	54.0		0		1		89.1		
Thiamin mg	0.040		0		1		0.066		
Riboflavin mg	0.020		0		1		0.033		
Niacin mg	0.390		0		1		0.644		
Pantothenic acid mg	0.160		0		4		0.264		
Vitamin B-6 mg	0.154		0		4		0.254		
Folate, total µg	12		0		4		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12		0		4		20		
Folate, DFE µg	12		0	NC	4		20		
Choline, total mg	13.2		0	BFSY	4		21.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		3		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	21		0	BFSY	4		35		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	35		0	NC	4		58		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.52		0	BFSN	4		0.85		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11793
Kohlrabi, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.014		0		1		0.023		
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.012		0		1		0.020		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.013		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.053		0		1		0.087		
18:2 undifferentiated....g	0.022		0		1		0.036		
18:3 undifferentiated....g	0.028		0		1		0.046		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.018		
Threonine....g	0.052		0		1		0.086		
Isoleucine....g	0.083		0		1		0.137		
Leucine....g	0.071		0		1		0.117		
Lysine....g	0.059		0		1		0.097		
Methionine....g	0.014		0		1		0.023		
Cystine....g	0.007		0		1		0.012		
Phenylalanine....g	0.041		0		1		0.068		
Tyrosine....g									
Valine....g	0.053		0		1		0.087		
Arginine....g	0.111		0		1		0.183		
Histidine....g	0.020		0		1		0.033		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11793
Kohlrabi, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11242
Kohlrabi, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.30		0		1		149.00		
Energy kcal	29		0	NC	4		48		
Energy kJ	121		0		4		200		
Protein (N x 6.25) g	1.80		0		1		2.97		
Total lipid (fat) g	0.11		0		1		0.18		
Ash g	1.10		0		1		1.82		
Carbohydrate, by difference g	6.69		0	NC	4		11.04		
Fiber, total dietary g	1.1		0		4		1.8		
Sugars, total g	2.80		0	BFSN	4		4.62		
Starch g									
Minerals:									
Calcium, Ca mg	25		0		1		41		
Iron, Fe mg	0.40		0		1		0.66		
Magnesium, Mg mg	19		0		1		31		
Phosphorus, P mg	45		0		1		74		
Potassium, K mg	340		0		1		561		
Sodium, Na mg	21		0		1		35		
Zinc, Zn mg	0.31		0		4		0.51		
Copper, Cu mg	0.132		0		4		0.218		
Manganese, Mn mg	0.142		0		4		0.234		
Selenium, Se µg	0.8		0	BFSN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	54.0		0		1		89.1		
Thiamin mg	0.040		0		1		0.066		
Riboflavin mg	0.020		0		1		0.033		
Niacin mg	0.390		0		1		0.644		
Pantothenic acid mg	0.160		0		4		0.264		
Vitamin B-6 mg	0.154		0		4		0.254		
Folate, total µg	12		0		4		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12		0		4		20		
Folate, DFE µg	12		0	NC	4		20		
Choline, total mg	13.2		0	BFSY	4		21.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		3		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	21		0	BFSY	4		35		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	35		0	NC	4		58		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.52		0	BFSN	4		0.85		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11242

Kohlrabi, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.014		0		1		0.023		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.012		0		1		0.020		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.013		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.053		0		1		0.087		
18:2 undifferentiated....g	0.022		0		1		0.036		
18:3 undifferentiated....g	0.028		0		1		0.046		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.018		
Threonine....g	0.052		0		1		0.086		
Isoleucine....g	0.083		0		1		0.137		
Leucine....g	0.071		0		1		0.117		
Lysine....g	0.059		0		1		0.097		
Methionine....g	0.014		0		1		0.023		
Cystine....g	0.007		0		1		0.012		
Phenylalanine....g	0.041		0		1		0.068		
Tyrosine....g									
Valine....g	0.053		0		1		0.087		
Arginine....g	0.111		0		1		0.183		
Histidine....g	0.020		0		1		0.033		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11242
Kohlrabi, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11241
Kohlrabi, raw
Brassica oleracea (Gongylodes Group)

Refuse: 54% Leaves, stems and parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.00		1		1		122.85	14.56	
Energy kcal	27		0	NC	4		36	4	
Energy kJ	113		0		4		153	18	
Protein (N x 6.25) g	1.70		1		1		2.30	0.27	
Total lipid (fat) g	0.10		1		1		0.14	0.02	
Ash g	1.00		0		1		1.35	0.16	
Carbohydrate, by difference g	6.20		0	NC	4		8.37	0.99	
Fiber, total dietary g	3.6		0		4		4.9	0.6	
Sugars, total g	2.60		0	O	4		3.51	0.42	
Starch g									
Minerals:									
Calcium, Ca mg	24		1		1		32	4	
Iron, Fe mg	0.40		1		1		0.54	0.06	
Magnesium, Mg mg	19		1		1		26	3	
Phosphorus, P mg	46		1		1		62	7	
Potassium, K mg	350		1		1		473	56	
Sodium, Na mg	20		1		1		27	3	
Zinc, Zn mg	0.03		0		4		0.04	0.00	
Copper, Cu mg	0.129		0		4		0.174	0.021	
Manganese, Mn mg	0.139		0		4		0.188	0.022	
Selenium, Se µg	0.7		0	CAZN	4		0.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	62.0		1		1		83.7	9.9	
Thiamin mg	0.050		1		1		0.068	0.008	
Riboflavin mg	0.020		1		1		0.027	0.003	
Niacin mg	0.400		1		1		0.540	0.064	
Pantothenic acid mg	0.165		0		1		0.223	0.026	
Vitamin B-6 mg	0.150		0		1		0.203	0.024	
Folate, total µg	16		0		4		22	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		4		22	3	
Folate, DFE µg	16		0	NC	4		22	3	
Choline, total mg	12.3		0	BFSN	4		16.6	2.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	NC	4		2	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	22		0	O	4		29	3	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	36		0	NC	4		49	6	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.48		0	O	4		0.65	0.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.1		0	O	4		0.1	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11241
Kohlrabi, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.013		0		1		0.018	0.002	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.011		0		1		0.015	0.002	
17:0....g									
18:0....g	0.001		0		1		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.009	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.009	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0		1		0.065	0.008	
18:2 undifferentiated....g	0.020		0		1		0.027	0.003	
18:3 undifferentiated....g	0.026		0		1		0.035	0.004	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		2		1		0.014	0.002	
Threonine....g	0.049		2		1		0.066	0.008	
Isoleucine....g	0.078		2		1		0.105	0.012	
Leucine....g	0.067		2		1		0.090	0.011	
Lysine....g	0.056		2		1		0.076	0.009	
Methionine....g	0.013		2		1		0.018	0.002	
Cystine....g	0.007		2		1		0.009	0.001	
Phenylalanine....g	0.039		2		1		0.053	0.006	
Tyrosine....g									
Valine....g	0.050		2		1		0.068	0.008	
Arginine....g	0.105		2		1		0.142	0.017	
Histidine....g	0.019		2		1		0.026	0.003	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11241
Kohlrabi, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 16g: 1 slice

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11794
Lambsquarters, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.90		0		1		160.02		
Energy kcal	32		0	NC	4		58		
Energy kJ	134		0		4		241		
Protein (N x 6.25) g	3.20		0		1		5.76		
Total lipid (fat) g	0.70		0		1		1.26		
Ash g	2.20		0		1		3.96		
Carbohydrate, by difference g	5.00		0	NC	4		9.00		
Fiber, total dietary g	2.1		0	BFZN	4		3.8		
Sugars, total g	0.62		0	BFZN	4		1.11		
Starch g									
Minerals:									
Calcium, Ca mg	258		0		1		464		
Iron, Fe mg	0.70		0		1		1.26		
Magnesium, Mg mg	23		0		4		41		
Phosphorus, P mg	45		0		1		81		
Potassium, K mg	288		0		4		518		
Sodium, Na mg	265		0		4		477		
Zinc, Zn mg	0.30		0		4		0.54		
Copper, Cu mg	0.197		0		4		0.355		
Manganese, Mn mg	0.525		0		4		0.945		
Selenium, Se µg	0.9		0	CAZN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	37.0		0		1		66.6		
Thiamin mg	0.100		0		1		0.180		
Riboflavin mg	0.260		0		1		0.468		
Niacin mg	0.900		0		1		1.620		
Pantothenic acid mg	0.062		0		4		0.112		
Vitamin B-6 mg	0.174		0		4		0.313		
Folate, total µg	14		0		4		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	14		0		4		24		
Folate, DFE µg	14		0	NC	4		24		
Choline, total mg	0.5		0	BFSN	4		1.0		
Betaine mg	0.3		0	BFSN	4		0.6		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	391		0	NC	4		703		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4688		0	BFZN	4		8438		
Carotene, alpha µg	4		0	BFZN	4		8		
Cryptoxanthin, beta µg	0		0	BFZN	4		0		
Vitamin A, IU IU	7816		0	NC	4		14069		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	1857		0	BFZN	4		3343		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	494.2		0	BFZN	4		889.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11794

Lambsquarters, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.052		0		1		0.094		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.041		0		1		0.074		
17:0....g									
18:0....g	0.004		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0		1		0.236		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.101		0		1		0.182		
20:1....g	0.011		0		1		0.020		
22:1 undifferentiated....g	0.018		0		1		0.032		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.307		0		1		0.553		
18:2 undifferentiated....g	0.274		0		1		0.493		
18:3 undifferentiated....g	0.032		0		1		0.058		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.002		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.052		
Threonine....g	0.124		0		1		0.223		
Isoleucine....g	0.193		0		1		0.347		
Leucine....g	0.267		0		1		0.481		
Lysine....g	0.270		0		1		0.486		
Methionine....g	0.037		0		1		0.067		
Cystine....g	0.068		0		1		0.122		
Phenylalanine....g	0.126		0		1		0.227		
Tyrosine....g	0.134		0		1		0.241		
Valine....g	0.172		0		1		0.310		
Arginine....g	0.193		0		1		0.347		
Histidine....g	0.088		0		1		0.158		
Alanine....g	0.245		0		1		0.441		
Aspartic acid....g	0.329		0		1		0.592		
Glutamic acid....g	0.397		0		1		0.715		
Glycine....g	0.190		0		1		0.342		
Proline....g	0.170		0		1		0.306		
Serine....g	0.152		0		1		0.274		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11794
Lambsquarters, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11245
Lambsquarters, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.90		0		1		160.02		
Energy kcal	32		0	NC	4		58		
Energy kJ	134		0		4		241		
Protein (N x 6.25) g	3.20		0		1		5.76		
Total lipid (fat) g	0.70		0		1		1.26		
Ash g	2.20		0		1		3.96		
Carbohydrate, by difference g	5.00		0	NC	4		9.00		
Fiber, total dietary g	2.1		0		4		3.8		
Sugars, total g	0.62		0	BFSN	4		1.11		
Starch g									
Minerals:									
Calcium, Ca mg	258		0		1		464		
Iron, Fe mg	0.70		0		1		1.26		
Magnesium, Mg mg	23		0		4		41		
Phosphorus, P mg	45		0		1		81		
Potassium, K mg	288		0		4		518		
Sodium, Na mg	29		0		4		52		
Zinc, Zn mg	0.30		0		4		0.54		
Copper, Cu mg	0.197		0		4		0.355		
Manganese, Mn mg	0.525		0		4		0.945		
Selenium, Se µg	0.9		0	CAZN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	37.0		0		1		66.6		
Thiamin mg	0.100		0		1		0.180		
Riboflavin mg	0.260		0		1		0.468		
Niacin mg	0.900		0		1		1.620		
Pantothenic acid mg	0.062		0		4		0.112		
Vitamin B-6 mg	0.174		0		4		0.313		
Folate, total µg	14		0		4		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	14		0		4		24		
Folate, DFE µg	14		0	NC	4		24		
Choline, total mg	0.5		0	BFSN	4		1.0		
Betaine mg	0.3		0	BFSN	4		0.6		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	391		0	NC	4		703		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4688		0	BFSN	4		8438		
Carotene, alpha µg	4		0	BFSN	4		8		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	7816		0	NC	4		14069		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	1857		0	BFSN	4		3343		
Vitamin E (alpha-tocopherol) mg	1.85		0	BFSN	4		3.34		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	494.2		0	BFSN	4		889.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11245

Lambsquarters, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.052		0		1		0.094		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.041		0		1		0.074		
17:0....g									
18:0....g	0.004		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.131		0		1		0.236		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.101		0		1		0.182		
20:1....g	0.011		0		1		0.020		
22:1 undifferentiated....g	0.018		0		1		0.032		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.307		0		1		0.553		
18:2 undifferentiated....g	0.274		0		1		0.493		
18:3 undifferentiated....g	0.032		0		1		0.058		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.002		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.052		
Threonine....g	0.124		0		1		0.223		
Isoleucine....g	0.193		0		1		0.347		
Leucine....g	0.267		0		1		0.481		
Lysine....g	0.270		0		1		0.486		
Methionine....g	0.037		0		1		0.067		
Cystine....g	0.068		0		1		0.122		
Phenylalanine....g	0.126		0		1		0.227		
Tyrosine....g	0.134		0		1		0.241		
Valine....g	0.172		0		1		0.310		
Arginine....g	0.193		0		1		0.347		
Histidine....g	0.088		0		1		0.158		
Alanine....g	0.245		0		1		0.441		
Aspartic acid....g	0.329		0		1		0.592		
Glutamic acid....g	0.397		0		1		0.715		
Glycine....g	0.190		0		1		0.342		
Proline....g	0.170		0		1		0.306		
Serine....g	0.152		0		1		0.274		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11245

Lambsquarters, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11244
Lambsquarters, raw
Chenopodium album

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.30		0		1				
Energy kcal	43		0	NC	4				
Energy kJ	180				4				
Protein (N x 6.25) g	4.20		0		1				
Total lipid (fat) g	0.80		0		1				
Ash g	3.40		0		1				
Carbohydrate, by difference g	7.30		0	NC	4				
Fiber, total dietary g	4.0		0		4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	309		0		1				
Iron, Fe mg	1.20		0		1				
Magnesium, Mg mg	34		0		4				
Phosphorus, P mg	72		0		1				
Potassium, K mg	452		0		4				
Sodium, Na mg	43		0		4				
Zinc, Zn mg	0.44		0		4				
Copper, Cu mg	0.293		0		4				
Manganese, Mn mg	0.782		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	80.0		0		1				
Thiamin mg	0.160		0		1				
Riboflavin mg	0.440		0		1				
Niacin mg	1.200		0		1				
Pantothenic acid mg	0.092		0		4				
Vitamin B-6 mg	0.274		0		4				
Folate, total µg	30		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	30		0		4				
Folate, DFE µg	30		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	580		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	11600		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11244
Lambsquarters, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.059		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1				
15:0....g									
16:0....g	0.047		0		1				
17:0....g									
18:0....g	0.005		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.150		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1				
17:1....g									
18:1 undifferentiated....g	0.115		0		1				
20:1....g	0.013		0		1				
22:1 undifferentiated....g	0.020		0		1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.351		0		1				
18:2 undifferentiated....g	0.313		0		1				
18:3 undifferentiated....g	0.036		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.002		0		1				
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		2		1				
Threonine....g	0.163		2		1				
Isoleucine....g	0.253		2		1				
Leucine....g	0.350		2		1				
Lysine....g	0.354		3		1				
Methionine....g	0.049		3		1				
Cystine....g	0.089		1		1				
Phenylalanine....g	0.166		2		1				
Tyrosine....g	0.175		1		1				
Valine....g	0.226		2		1				
Arginine....g	0.253		1		1				
Histidine....g	0.116		1		1				
Alanine....g	0.322		1		1				
Aspartic acid....g	0.431		1		1				
Glutamic acid....g	0.521		1		1				
Glycine....g	0.249		1		1				
Proline....g	0.223		1		1				
Serine....g	0.200		1		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11244
Lambsquarters, raw

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11795

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.80		0		1		112.59	23.61	
Energy kcal	31		0	NC	4		38	8	
Energy kJ	130		0		4		161	34	
Protein (N x 6.25) g	0.81		0		1		1.00	0.21	
Total lipid (fat) g	0.20		0		1		0.25	0.05	
Ash g	0.57		0		1		0.71	0.15	
Carbohydrate, by difference g	7.62		0	NC	4		9.45	1.98	
Fiber, total dietary g	1.0		0	BFSN	4		1.2	0.3	
Sugars, total g	2.11		0	BFSN	4		2.62	0.55	
Starch g									
Minerals:									
Calcium, Ca mg	30		0		1		37	8	
Iron, Fe mg	1.10		0		1		1.36	0.29	
Magnesium, Mg mg	14		0		1		17	4	
Phosphorus, P mg	17		0		1		21	4	
Potassium, K mg	87		0		1		108	23	
Sodium, Na mg	246		0		4		305	64	
Zinc, Zn mg	0.06		0		4		0.07	0.02	
Copper, Cu mg	0.062		0		4		0.077	0.016	
Manganese, Mn mg	0.247		0		4		0.306	0.064	
Selenium, Se µg	0.5		0	BFSN	4		0.6	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2		0		1		5.2	1.1	
Thiamin mg	0.026		0		1		0.032	0.007	
Riboflavin mg	0.020		0		1		0.025	0.005	
Niacin mg	0.200		0		1		0.248	0.052	
Pantothenic acid mg	0.072		0		4		0.089	0.019	
Vitamin B-6 mg	0.113		0		4		0.140	0.029	
Folate, total µg	24		0		1		30	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	24		0		1		30	6	
Folate, DFE µg	24		0	NC	4		30	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	41		0	NC	4		50	11	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	487		0	BFSY	4		604	127	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	812		0	NC	4		1007	211	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	925		0	BFSY	4		1148	241	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.62	0.13	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	25.4		0	BFSN	4		31.5	6.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11795

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.033	0.007	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.025		0		1		0.031	0.007	
17:0....g									
18:0....g	0.001		0		1		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.004	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.004	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.111		0		1		0.138	0.029	
18:2 undifferentiated....g	0.045		0		1		0.056	0.012	
18:3 undifferentiated....g	0.066		0		1		0.082	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.007	0.002	
Threonine....g	0.034		0		1		0.042	0.009	
Isoleucine....g	0.028		0		1		0.035	0.007	
Leucine....g	0.052		0		1		0.064	0.014	
Lysine....g	0.042		0		1		0.052	0.011	
Methionine....g	0.010		0		1		0.012	0.003	
Cystine....g	0.014		0		1		0.017	0.004	
Phenylalanine....g	0.030		0		1		0.037	0.008	
Tyrosine....g	0.022		0		1		0.027	0.006	
Valine....g	0.031		0		1		0.038	0.008	
Arginine....g	0.042		0		1		0.052	0.011	
Histidine....g	0.014		0		1		0.017	0.004	
Alanine....g	0.040		0		1		0.050	0.010	
Aspartic acid....g	0.076		0		1		0.094	0.020	
Glutamic acid....g	0.123		0		1		0.153	0.032	
Glycine....g	0.037		0		1		0.046	0.010	
Proline....g	0.036		0		1		0.045	0.009	
Serine....g	0.050		0		1		0.062	0.013	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11795

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 124g: 1 leek

Measure 2 = 26g: .25 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11247

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.80		0		1		112.59	23.61	
Energy kcal	31		0	NC	4		38	8	
Energy kJ	130		0		4		161	34	
Protein (N x 6.25) g	0.81		0		1		1.00	0.21	
Total lipid (fat) g	0.20		0		1		0.25	0.05	
Ash g	0.57		0		1		0.71	0.15	
Carbohydrate, by difference g	7.62		0	NC	4		9.45	1.98	
Fiber, total dietary g	1.0		0	BFSN	4		1.2	0.3	
Sugars, total g	2.11		0	BFSN	4		2.62	0.55	
Starch g									
Minerals:									
Calcium, Ca mg	30		0		1		37	8	
Iron, Fe mg	1.10		0		1		1.36	0.29	
Magnesium, Mg mg	14		0		1		17	4	
Phosphorus, P mg	17		0		1		21	4	
Potassium, K mg	87		0		1		108	23	
Sodium, Na mg	10		0		1		12	3	
Zinc, Zn mg	0.06		0		4		0.07	0.02	
Copper, Cu mg	0.062		0		4		0.077	0.016	
Manganese, Mn mg	0.247		0		4		0.306	0.064	
Selenium, Se µg	0.5		0	BFSN	4		0.6	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2		0		1		5.2	1.1	
Thiamin mg	0.026		0		1		0.032	0.007	
Riboflavin mg	0.020		0		1		0.025	0.005	
Niacin mg	0.200		0		1		0.248	0.052	
Pantothenic acid mg	0.072		0		4		0.089	0.019	
Vitamin B-6 mg	0.113		0		4		0.140	0.029	
Folate, total µg	24		0		1		30	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	24		0		1		30	6	
Folate, DFE µg	24		0	NC	4		30	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	41		0	NC	4		50	11	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	487		0	BFSY	4		604	127	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	812		0	NC	4		1007	211	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	925		0	BFSY	4		1148	241	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.62	0.13	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	25.4		0	BFSN	4		31.5	6.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11247

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.033	0.007	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.025		0		1		0.031	0.007	
17:0....g									
18:0....g	0.001		0		1		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.004	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.004	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.111		0		1		0.138	0.029	
18:2 undifferentiated....g	0.045		0		1		0.056	0.012	
18:3 undifferentiated....g	0.066		0		1		0.082	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.007	0.002	
Threonine....g	0.034		0		1		0.042	0.009	
Isoleucine....g	0.028		0		1		0.035	0.007	
Leucine....g	0.052		0		1		0.064	0.014	
Lysine....g	0.042		0		1		0.052	0.011	
Methionine....g	0.010		0		1		0.012	0.003	
Cystine....g	0.014		0		1		0.017	0.004	
Phenylalanine....g	0.030		0		1		0.037	0.008	
Tyrosine....g	0.022		0		1		0.027	0.006	
Valine....g	0.031		0		1		0.038	0.008	
Arginine....g	0.042		0		1		0.052	0.011	
Histidine....g	0.014		0		1		0.017	0.004	
Alanine....g	0.040		0		1		0.050	0.010	
Aspartic acid....g	0.076		0		1		0.094	0.020	
Glutamic acid....g	0.123		0		1		0.153	0.032	
Glycine....g	0.037		0		1		0.046	0.010	
Proline....g	0.036		0		1		0.045	0.009	
Serine....g	0.050		0		1		0.062	0.013	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11247

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 124g: 1 leek

Measure 2 = 26g: .25 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11246

Leeks, (bulb and lower leaf-portion), raw

Allium ampeloprasum

Refuse: 56% Tops, root end and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.00		1		1		73.87	73.87	4.98
Energy kcal	61		0	NC	4		54	54	4
Energy kJ	255		0		4		227	227	15
Protein (N x 6.25) g	1.50		1		1		1.34	1.34	0.09
Total lipid (fat) g	0.30		1		1		0.27	0.27	0.02
Ash g	1.05		0		1		0.93	0.93	0.06
Carbohydrate, by difference g	14.15		0	NC	4		12.59	12.59	0.85
Fiber, total dietary g	1.8		0		4		1.6	1.6	0.1
Sugars, total g	3.90		0	T	4		3.47	3.47	0.23
Starch g									
Minerals:									
Calcium, Ca mg	59		1		1		53	53	4
Iron, Fe mg	2.10		1		1		1.87	1.87	0.13
Magnesium, Mg mg	28		1		1		25	25	2
Phosphorus, P mg	35		1		1		31	31	2
Potassium, K mg	180		1		1		160	160	11
Sodium, Na mg	20		1		1		18	18	1
Zinc, Zn mg	0.12		0		4		0.11	0.11	0.01
Copper, Cu mg	0.120		0		4		0.107	0.107	0.007
Manganese, Mn mg	0.481		0		4		0.428	0.428	0.029
Selenium, Se µg	1.0		0	BFSN	4		0.9	0.9	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	12.0		1		1		10.7	10.7	0.7
Thiamin mg	0.060		1		1		0.053	0.053	0.004
Riboflavin mg	0.030		1		1		0.027	0.027	0.002
Niacin mg	0.400		1		1		0.356	0.356	0.024
Pantothenic acid mg	0.140		0		4		0.125	0.125	0.008
Vitamin B-6 mg	0.233		0		4		0.207	0.207	0.014
Folate, total µg	64		0		1		57	57	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	64		0		1		57	57	4
Folate, DFE µg	64		0	NC	4		57	57	4
Choline, total mg	9.5		0	BFSN	4		8.5	8.5	0.6
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	83		0	NC	4		74	74	5
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1000		0	T	4		890	890	60
Carotene, alpha µg	0		0	T	4		0	0	0
Cryptoxanthin, beta µg	0		0	T	4		0	0	0
Vitamin A, IU IU	1667		0	NC	4		1483	1483	100
Lycopene µg	0		0	T	4		0	0	0
Lutein + zeaxanthin µg	1900		0	T	4		1691	1691	114
Vitamin E (alpha-tocopherol) mg	0.92		0	O	4		0.82	0.82	0.06
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	47.0		0	T	4		41.8	41.8	2.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11246

Leeks, (bulb and lower leaf-portion), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.040		0		1		0.036	0.036	0.002
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.038		1		1		0.034	0.034	0.002
17:0....g									
18:0....g	0.002		1		1		0.002	0.002	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.004	0.004	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.004		1		1		0.004	0.004	0.000
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.166		0		1		0.148	0.148	0.010
18:2 undifferentiated....g	0.067		1		1		0.060	0.060	0.004
18:3 undifferentiated....g	0.099		1		1		0.088	0.088	0.006
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		5		1		0.011	0.011	0.001
Threonine....g	0.063		9		1		0.056	0.056	0.004
Isoleucine....g	0.052		9		1		0.046	0.046	0.003
Leucine....g	0.096		9		1		0.085	0.085	0.006
Lysine....g	0.078		12		1		0.069	0.069	0.005
Methionine....g	0.018		12		1		0.016	0.016	0.001
Cystine....g	0.025		7		1		0.022	0.022	0.002
Phenylalanine....g	0.055		9		1		0.049	0.049	0.003
Tyrosine....g	0.041		8		1		0.036	0.036	0.002
Valine....g	0.056		9		1		0.050	0.050	0.003
Arginine....g	0.078		9		1		0.069	0.069	0.005
Histidine....g	0.025		9		1		0.022	0.022	0.002
Alanine....g	0.074		8		1		0.066	0.066	0.004
Aspartic acid....g	0.140		8		1		0.125	0.125	0.008
Glutamic acid....g	0.226		8		1		0.201	0.201	0.014
Glycine....g	0.069		8		1		0.061	0.061	0.004
Proline....g	0.066		8		1		0.059	0.059	0.004
Serine....g	0.092		8		1		0.082	0.082	0.006
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11246
Leeks, (bulb and lower leaf-portion), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 cup

Measure 2 = 89g: 1 leek

Measure 3 = 6.0g: 1 slice

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11624
Leeks, (bulb and lower-leaf portion), freeze-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.00		1		1		0.00	0.02	
Energy kcal	321		0	NC	4		1	3	
Energy kJ	1344		0	NC	4		3	11	
Protein (N x 6.25) g	15.20		1		1		0.03	0.12	
Total lipid (fat) g	2.10		1		1		0.00	0.02	
Ash g	6.05		0		1		0.01	0.05	
Carbohydrate, by difference g	74.65		0	NC	4		0.15	0.60	
Fiber, total dietary g	10.4		0	BFSN	4		0.0	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	360		1		1		1	3	
Iron, Fe mg	7.60		1		1		0.02	0.06	
Magnesium, Mg mg	161		0		1		0	1	
Phosphorus, P mg	346		1		1		1	3	
Potassium, K mg	2400		1		1		5	19	
Sodium, Na mg	35		1		1		0	0	
Zinc, Zn mg	0.66		0		4		0.00	0.01	
Copper, Cu mg	0.657		0		4		0.001	0.005	
Manganese, Mn mg	2.634		0		4		0.005	0.021	
Selenium, Se µg	5.7		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	118.0		1		1		0.2	0.9	
Thiamin mg	0.800		1		1		0.002	0.006	
Riboflavin mg	0.400		1		1		0.001	0.003	
Niacin mg	3.500		1		1		0.007	0.028	
Pantothenic acid mg	0.767		0		4		0.002	0.006	
Vitamin B-6 mg	1.209		0		4		0.002	0.010	
Folate, total µg	366		0		1		1	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	366		0		1		1	3	
Folate, DFE µg	366		0	NC	4		1	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	14		1		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	277		1		1		1	2	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11624

Leeks, (bulb and lower-leaf portion), freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.279		0		1		0.001	0.002	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.265		0		1		0.001	0.002	
17:0....g									
18:0....g	0.015		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0		1		0.000	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.000	0.000	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.161		0		1		0.002	0.009	
18:2 undifferentiated....g	0.470		0		1		0.001	0.004	
18:3 undifferentiated....g	0.691		0		1		0.001	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.117		0		1		0.000	0.001	
Threonine....g	0.640		0		1		0.001	0.005	
Isoleucine....g	0.525		0		1		0.001	0.004	
Leucine....g	0.973		0		1		0.002	0.008	
Lysine....g	0.786		0		1		0.002	0.006	
Methionine....g	0.180		0		1		0.000	0.001	
Cystine....g	0.253		0		1		0.001	0.002	
Phenylalanine....g	0.559		0		1		0.001	0.004	
Tyrosine....g	0.413		0		1		0.001	0.003	
Valine....g	0.572		0		1		0.001	0.005	
Arginine....g	0.790		0		1		0.002	0.006	
Histidine....g	0.253		0		1		0.001	0.002	
Alanine....g	0.749		0		1		0.001	0.006	
Aspartic acid....g	1.420		0		1		0.003	0.011	
Glutamic acid....g	2.293		0		1		0.005	0.018	
Glycine....g	0.698		0		1		0.001	0.006	
Proline....g	0.674		0		1		0.001	0.005	
Serine....g	0.936		0		1		0.002	0.007	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11624

Leeks, (bulb and lower-leaf portion), freeze-dried

Common Measures:

Measure 1 = 0.2g: 1 tbsp

Measure 2 = 0.8g: .25 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11972

Lemon grass (citronella), raw

Collinsonia canadensis

Refuse: 35% Tough stem

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.58		2	A	1		47.29	3.39	
Energy kcal	99		0	NC	4		66	5	
Energy kJ	414		0	NC	4		277	20	
Protein (N x 6.25) g	1.82		2	A	1		1.22	0.09	
Total lipid (fat) g	0.49		2	A	1		0.33	0.02	
Ash g	1.80		2	A	1		1.21	0.09	
Carbohydrate, by difference g	25.31		0	NC	4		16.96	1.21	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	65		2	A	1		44	3	
Iron, Fe mg	8.17		2	A	1		5.47	0.39	
Magnesium, Mg mg	60		2	A	1		40	3	
Phosphorus, P mg	101		2	A	1		68	5	
Potassium, K mg	723		2	A	1		484	35	
Sodium, Na mg	6		2	A	1		4	0	
Zinc, Zn mg	2.23		2	A	1		1.49	0.11	
Copper, Cu mg	0.266		2	A	1		0.178	0.013	
Manganese, Mn mg	5.224		2	A	1		3.500	0.251	
Selenium, Se µg	0.7		0	CAZN	4		0.5	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		2	A	1		1.7	0.1	
Thiamin mg	0.065		2	A	1		0.044	0.003	
Riboflavin mg	0.135		2	A	1		0.090	0.006	
Niacin mg	1.101		2	A	1		0.738	0.053	
Pantothenic acid mg	0.050		2	A	1		0.034	0.002	
Vitamin B-6 mg	0.080		2	A	1		0.054	0.004	
Folate, total µg	75		2	A	1		50	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	75		2	A	1		50	4	
Folate, DFE µg	75		0	NC	4		50	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	3		2	A	1		2	0	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	6		0	AS	1		4	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11972
Lemon grass (citronella), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.119		1	A	1		0.080	0.006	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		1	A	1		0.001	0.000	
15:0....g									
16:0....g	0.083		1	A	1		0.056	0.004	
17:0....g									
18:0....g	0.012		1	A	1		0.008	0.001	
20:0....g	0.005		1	A	1		0.003	0.000	
22:0....g	0.009		1	A	1		0.006	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	0.054		1	A	1		0.036	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.012		1	A	1		0.008	0.001	
17:1....g									
18:1 undifferentiated....g	0.042		1	A	1		0.028	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		1	A	1		0.114	0.008	
18:2 undifferentiated....g	0.138		1	A	1		0.092	0.007	
18:3 undifferentiated....g	0.031		1	A	1		0.021	0.001	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		1	Z	7		0	0	
Phytosterols....mg	6		1	A	1		4	0	
Stigmasterol....mg	1		1	A	1		0	0	
Campesterol....mg	1		1	A	1		1	0	
Beta-sitosterol....mg	4		1	A	1		3	0	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 cup

Measure 2 = 4.8g: 1 tbsp

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11926
Lentils, sprouted, cooked, stir-fried, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.70		1		1				
Energy kcal	101		0	NC	4				
Energy kJ	423		0	NC	4				
Protein (N x 6.25) g	8.80		1		1				
Total lipid (fat) g	0.45		0		1				
Ash g	0.80		1		1				
Carbohydrate, by difference g	21.25		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	14		1		1				
Iron, Fe mg	3.10		1		1				
Magnesium, Mg mg	35		0		1				
Phosphorus, P mg	153		0		1				
Potassium, K mg	284		0		1				
Sodium, Na mg	246		0		4				
Zinc, Zn mg	1.60		1		1				
Copper, Cu mg	0.337		0		1				
Manganese, Mn mg	0.502		0		1				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	12.6		0		1				
Thiamin mg	0.220		1		1				
Riboflavin mg	0.090		1	A	1				
Niacin mg	1.200		1	A	1				
Pantothenic acid mg	0.571		1	A	1				
Vitamin B-6 mg	0.164		0	BFZN	4				
Folate, total µg	67		0	BFZN	4				
Folic acid µg	0		0	Z	7				
Folate, food µg	67		0	BFZN	4				
Folate, DFE µg	67		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	2		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	41		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11926

Lentils, sprouted, cooked, stir-fried, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.053		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.047		0		1				
17:0....g									
18:0....g	0.005		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.095		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.095		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1				
18:2 undifferentiated....g	0.166		0		1				
18:3 undifferentiated....g	0.035		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.322		0		1				
Isoleucine....g	0.320		0		1				
Leucine....g	0.617		0		1				
Lysine....g	0.698		0		1				
Methionine....g	0.103		0		1				
Cystine....g	0.328		0		1				
Phenylalanine....g	0.434		0		1				
Tyrosine....g	0.248		0		1				
Valine....g	0.391		0		1				
Arginine....g	0.600		0		1				
Histidine....g	0.252		0		1				
Alanine....g	0.349		0		1				
Aspartic acid....g	1.407		0		1				
Glutamic acid....g	1.235		0		1				
Glycine....g	0.313		0		1				
Proline....g	0.349		0		1				
Serine....g	0.486		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11926

Lentils, sprouted, cooked, stir-fried, with salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11249
Lentils, sprouted, cooked, stir-fried, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.70		1		1				
Energy kcal	101		0	NC	4				
Energy kJ	423				4				
Protein (N x 6.25) g	8.80		1		1				
Total lipid (fat) g	0.45		0		1				
Ash g	0.80		1		1				
Carbohydrate, by difference g	21.25		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	14		1		1				
Iron, Fe mg	3.10		1		1				
Magnesium, Mg mg	35		0		1				
Phosphorus, P mg	153		0		1				
Potassium, K mg	284		0		1				
Sodium, Na mg	10		0		4				
Zinc, Zn mg	1.60		1		1				
Copper, Cu mg	0.337		0		1				
Manganese, Mn mg	0.502		0		1				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	12.6		0		1				
Thiamin mg	0.220		1		1				
Riboflavin mg	0.090		1		1				
Niacin mg	1.200		1		1				
Pantothenic acid mg	0.571		0		1				
Vitamin B-6 mg	0.164		0		4				
Folate, total µg	67		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	67		0		4				
Folate, DFE µg	67		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	2		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	41		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11249

Lentils, sprouted, cooked, stir-fried, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.053		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.047		0		1				
17:0....g									
18:0....g	0.005		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.095		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.095		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1				
18:2 undifferentiated....g	0.166		0		1				
18:3 undifferentiated....g	0.035		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.322		0		1				
Isoleucine....g	0.320		0		1				
Leucine....g	0.617		0		1				
Lysine....g	0.698		0		1				
Methionine....g	0.103		0		1				
Cystine....g	0.328		0		1				
Phenylalanine....g	0.434		0		1				
Tyrosine....g	0.248		0		1				
Valine....g	0.391		0		1				
Arginine....g	0.600		0		1				
Histidine....g	0.252		0		1				
Alanine....g	0.349		0		1				
Aspartic acid....g	1.407		0		1				
Glutamic acid....g	1.235		0		1				
Glycine....g	0.313		0		1				
Proline....g	0.349		0		1				
Serine....g	0.486		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11249

Lentils, sprouted, cooked, stir-fried, without salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11248
Lentils, sprouted, raw
Lens culinaris

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.34	2.389	9		1		51.85		
Energy kcal	106		0	NC	4		82		
Energy kJ	444				4		341		
Protein (N x 6.25) g	8.96	0.605	9		1		6.90		
Total lipid (fat) g	0.55	0.031	9		1		0.42		
Ash g	1.00	0.075	9		1		0.77		
Carbohydrate, by difference g	22.14		0	NC	4		17.05		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	0.652	9		1		19		
Iron, Fe mg	3.21	0.268	9		1		2.47		
Magnesium, Mg mg	37	2.682	9		1		28		
Phosphorus, P mg	173	11.944	9		1		133		
Potassium, K mg	322	22.831	9		1		248		
Sodium, Na mg	11	5.382	9		1		8		
Zinc, Zn mg	1.51	0.120	9		1		1.16		
Copper, Cu mg	0.352	0.020	9		1		0.271		
Manganese, Mn mg	0.506	0.034	9		1		0.390		
Selenium, Se µg	0.6		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	16.5	1.709	9		1		12.7		
Thiamin mg	0.228	0.020	9		1		0.176		
Riboflavin mg	0.128	0.012	9		1		0.099		
Niacin mg	1.128	0.073	9		1		0.869		
Pantothenic acid mg	0.578	0.028	9		1		0.445		
Vitamin B-6 mg	0.190	0.009	9		1		0.146		
Folate, total µg	100	9.967	9		1		77		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	100	9.967	9		1		77		
Folate, DFE µg	100		0	NC	4		77		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2	0.408	9		1		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	45	8.159	9		1		35		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11248
Lentils, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.057		0		1		0.044		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.052		1		1		0.040		
17:0....g									
18:0....g	0.006		1		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.104		0		1		0.080		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.104		1		1		0.080		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.219		0		1		0.169		
18:2 undifferentiated....g	0.181		1		1		0.139		
18:3 undifferentiated....g	0.038		1		1		0.029		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.328		1		1		0.253		
Isoleucine....g	0.326		1		1		0.251		
Leucine....g	0.628		1		1		0.484		
Lysine....g	0.712		1		1		0.548		
Methionine....g	0.105		1		1		0.081		
Cystine....g	0.334		1		1		0.257		
Phenylalanine....g	0.442		1		1		0.340		
Tyrosine....g	0.252		1		1		0.194		
Valine....g	0.399		1		1		0.307		
Arginine....g	0.611		1		1		0.470		
Histidine....g	0.257		1		1		0.198		
Alanine....g	0.356		1		1		0.274		
Aspartic acid....g	1.433		1		1		1.103		
Glutamic acid....g	1.258		1		1		0.969		
Glycine....g	0.319		1		1		0.246		
Proline....g	0.356		1		1		0.274		
Serine....g	0.495		1		1		0.381		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11248
Lentils, sprouted, raw

Common Measures:
Measure 1 = 77g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

Lactuca sativa var. capitata

Refuse: 26% Outer leaves and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.63	0.306	8	A	1		52.60	155.87	14.34
Energy kcal	13		0	NC	4		7	21	2
Energy kJ	55		0	NC	4		30	89	8
Protein (N x 6.25) g	1.35	0.096	8	A	1		0.74	2.20	0.20
Total lipid (fat) g	0.22	0.037	8	A	1		0.12	0.35	0.03
Ash g	0.57	0.037	8	A	1		0.31	0.93	0.09
Carbohydrate, by difference g	2.23		0	NC	4		1.23	3.64	0.34
Fiber, total dietary g	1.1	0.229	4	A	1		0.6	1.7	0.2
Sugars, total g	0.94		0	AS	1		0.52	1.53	0.14
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.43	0.090	4	A	1		0.24	0.70	0.06
Fructose g	0.51	0.087	4	A	1		0.28	0.83	0.08
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	35	4.110	8	A	1		19	57	5
Iron, Fe mg	1.24	0.254	8	A	1		0.68	2.02	0.19
Magnesium, Mg mg	13	1.379	8	A	1		7	20	2
Phosphorus, P mg	33	1.389	8	A	1		18	53	5
Potassium, K mg	238	20.187	8	A	1		131	388	36
Sodium, Na mg	5	2.818	4		1		3	8	1
Zinc, Zn mg	0.20	0.012	8	A	1		0.11	0.32	0.03
Copper, Cu mg	0.016	0.002	8	A	1		0.009	0.026	0.002
Manganese, Mn mg	0.179	0.029	8	A	1		0.099	0.293	0.027
Selenium, Se µg	0.6	0.143	8	A	1		0.3	1.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7	0.717	8	A	1		2.0	6.0	0.5
Thiamin mg	0.057	0.005	8	A	1		0.031	0.093	0.009
Riboflavin mg	0.062	0.005	8	A	1		0.034	0.101	0.009
Niacin mg	0.357	0.025	8	A	1		0.197	0.583	0.054
Pantothenic acid mg	0.150	0.009	8	A	1		0.082	0.244	0.022
Vitamin B-6 mg	0.082	0.013	8	A	1		0.045	0.133	0.012
Folate, total µg	73	25.427	3		1		40	119	11
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	73	25.427	3		1		40	119	11
Folate, DFE µg	73		0	NC	4		40	119	11
Choline, total mg	8.4		0	AS	1		4.6	13.8	1.3
Betaine mg	0.1		2	A	1		0.0	0.1	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	166		0	AS	1		91	270	25
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1987		2	A	1		1093	3239	298
Carotene, alpha µg	0		2	A	1		0	0	0
Cryptoxanthin, beta µg	0		2	A	1		0	0	0
Vitamin A, IU IU	3312		0	AS	1		1822	5398	497
Lycopene µg	0		2	A	1		0	0	0
Lutein + zeaxanthin µg	1223		2	A	1		673	1994	184
Vitamin E (alpha-tocopherol) mg	0.18	0.051	4	A	1		0.10	0.30	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.27	0.026	4	A	1		0.15	0.45	0.04
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02	0.007	4	A	1		0.01	0.03	0.00
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	102.3	9.891	8	A	1		56.3	166.8	15.3
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.016	0.047	0.004
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.026		0		1		0.014	0.042	0.004
17:0....g									
18:0....g	0.003		0		1		0.002	0.005	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.004	0.013	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.001	0.003	0.000
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.003	0.010	0.001
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.117		0		1		0.064	0.191	0.018
18:2 undifferentiated....g	0.034		0		1		0.019	0.055	0.005
18:3 undifferentiated....g	0.083		0		1		0.046	0.135	0.012
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0	A	1		0.007	0.021	0.002
Threonine....g	0.041		0	A	1		0.023	0.067	0.006
Isoleucine....g	0.039		0	A	1		0.022	0.064	0.006
Leucine....g	0.071		0	A	1		0.039	0.116	0.011
Lysine....g	0.056		0	A	1		0.031	0.092	0.008
Methionine....g	0.014		0	A	1		0.008	0.023	0.002
Cystine....g	0.009		0	A	1		0.005	0.015	0.001
Phenylalanine....g	0.053		0	A	1		0.029	0.086	0.008
Tyrosine....g	0.019		0	A	1		0.010	0.030	0.003
Valine....g	0.054		0	A	1		0.030	0.088	0.008
Arginine....g	0.051		0	A	1		0.028	0.084	0.008
Histidine....g	0.017		0	A	1		0.009	0.028	0.003
Alanine....g	0.054		0	A	1		0.029	0.087	0.008

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.142		0	A	1		0.078	0.232	0.021
Glutamic acid....g	0.206		0	A	1		0.113	0.335	0.031
Glycine....g	0.044		0	A	1		0.024	0.071	0.007
Proline....g	0.037		0	A	1		0.020	0.060	0.006
Serine....g	0.046		0	A	1		0.025	0.075	0.007
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup, shredded or chopped

Measure 2 = 163g: 1 head (5" dia)

Measure 3 = 15.0g: 1 leaf, large

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11251

Lettuce, cos or romaine, raw

Lactuca sativa var. logifolia

Refuse: 6% Core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.61	0.094	12	JA	6		44.47	5.68	26.49
Energy kcal	17		0	NC	4		8	1	5
Energy kJ	72		0	NC	4		34	4	20
Protein (N x 6.25) g	1.23	0.043	12	JO	11		0.58	0.07	0.34
Total lipid (fat) g	0.30	0.017	10	JA	6		0.14	0.02	0.08
Ash g	0.58	0.015	12	JA	6		0.27	0.03	0.16
Carbohydrate, by difference g	3.29		0	NC	4		1.55	0.20	0.92
Fiber, total dietary g	2.1	0.179	11	JA	6		1.0	0.1	0.6
Sugars, total g	1.19	0.137	4	A	1		0.56	0.07	0.33
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.39	0.084	4	A	1		0.18	0.02	0.11
Fructose g	0.80	0.058	4	A	1		0.38	0.05	0.22
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	33	0.733	11	JA	6		15	2	9
Iron, Fe mg	0.97	0.079	11	JA	6		0.45	0.06	0.27
Magnesium, Mg mg	14	0.301	11	JA	6		6	1	4
Phosphorus, P mg	30	0.644	11	JA	6		14	2	8
Potassium, K mg	247	8.320	11	JA	6		116	15	69
Sodium, Na mg	8	0.657	4		1		4	0	2
Zinc, Zn mg	0.23	0.013	11	JA	6		0.11	0.01	0.06
Copper, Cu mg	0.048	0.004	9	JA	6		0.023	0.003	0.013
Manganese, Mn mg	0.155	0.017	11	JA	6		0.073	0.009	0.043
Selenium, Se µg	0.4	0.063	7	A	1		0.2	0.0	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0	0.401	12	JA	6		1.9	0.2	1.1
Thiamin mg	0.072	0.002	11	JA	6		0.034	0.004	0.020
Riboflavin mg	0.067	0.003	12	JA	6		0.031	0.004	0.019
Niacin mg	0.313	0.006	12	JA	6		0.147	0.019	0.088
Pantothenic acid mg	0.142	0.008	12	JA	6		0.067	0.009	0.040
Vitamin B-6 mg	0.074	0.003	12	JA	6		0.035	0.004	0.021
Folate, total µg	136	32.743	7		1		64	8	38
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	136	32.743	7		1		64	8	38
Folate, DFE µg	136		0	NC	4		64	8	38
Choline, total mg	9.9	0.381	3	AS	1		4.7	0.6	2.8
Betaine mg	0.1	0.000	3	A	1		0.0	0.0	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	436		0	AS	1		205	26	122
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5226	510.272	6	A	1		2456	314	1463
Carotene, alpha µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU IU	8710		0	AS	1		4094	523	2439
Lycopene µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin µg	2312	331.464	6	A	1		1087	139	647
Vitamin E (alpha-tocopherol) mg	0.13	0.027	5	A	1		0.06	0.01	0.04
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.003	5	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.36	0.052	5	A	1		0.17	0.02	0.10
Tocopherol, delta mg	0.01	0.000	5	A	1		0.01	0.00	0.00
Tocotrienol, alpha mg	0.04	0.010	5	A	1		0.02	0.00	0.01
Tocotrienol, beta mg	0.00	0.000	5	A	1		0.00	0.00	0.00

NDB No. 11251
Lettuce, cos or romaine, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	5	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	102.5	7.222	8	A	1		48.2	6.1	28.7
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.039		0	NC	4		0.018	0.002	0.011
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.035		0		1		0.016	0.002	0.010
17:0....g									
18:0....g	0.005		0		1		0.002	0.000	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0	NC	4		0.006	0.001	0.003
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.001	0.000	0.001
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.004	0.001	0.003
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0	NC	4		0.075	0.010	0.045
18:2 undifferentiated....g	0.047		0		1		0.022	0.003	0.013
18:3 undifferentiated....g	0.113		0		1		0.053	0.007	0.032
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	JA	6		0.005	0.001	0.003
Threonine....g	0.043		0	JA	6		0.020	0.003	0.012
Isoleucine....g	0.045		0	JA	6		0.021	0.003	0.013
Leucine....g	0.076		0	JA	6		0.036	0.005	0.021
Lysine....g	0.064		0	JA	6		0.030	0.004	0.018
Methionine....g	0.015		0	JA	6		0.007	0.001	0.004
Cystine....g	0.006		0	JA	6		0.003	0.000	0.002
Phenylalanine....g	0.065		0	JA	6		0.031	0.004	0.018
Tyrosine....g	0.025		0	JA	6		0.012	0.001	0.007
Valine....g	0.055		0	JA	6		0.026	0.003	0.015
Arginine....g	0.054		0	JA	6		0.025	0.003	0.015
Histidine....g	0.021		0	JA	6		0.010	0.001	0.006
Alanine....g	0.056		0	JA	6		0.026	0.003	0.016

NDB No. 11251
Lettuce, cos or romaine, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.139		0	JA	6		0.065	0.008	0.039
Glutamic acid....g	0.178		0	JA	6		0.084	0.011	0.050
Glycine....g	0.049		0	JA	6		0.023	0.003	0.014
Proline....g	0.045		0	JA	6		0.021	0.003	0.013
Serine....g	0.050		0	JA	6		0.024	0.003	0.014
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 cup shredded

Measure 2 = 6.0g: 1 leaf inner

Measure 3 = 28g: 1 leaf outer

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11253

Lettuce, green leaf, raw

Lactuca sativa var. crispa

Refuse: 36% Outer leaves, core and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.98	0.140	14	A	1		34.19	341.94	4.56
Energy kcal	15		0	NC	4		5	54	1
Energy kJ	62		0	NC	4		22	224	3
Protein g	1.36	0.059	8	A	1		0.49	4.91	0.07
Total lipid (fat) g	0.15	0.015	8	A	1		0.06	0.56	0.01
Ash g	0.62	0.044	8	A	1		0.22	2.24	0.03
Carbohydrate, by difference g	2.87		0	NC	4		1.03	10.35	0.14
Fiber, total dietary g	1.3	0.019	4	A	1		0.5	4.6	0.1
Sugars, total g	0.78	0.040	4	A	1		0.28	2.82	0.04
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.36	0.024	4	A	1		0.13	1.28	0.02
Fructose g	0.43	0.029	4	A	1		0.15	1.53	0.02
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	36	2.118	8	A	1		13	129	2
Iron, Fe mg	0.86	0.118	8	A	1		0.31	3.10	0.04
Magnesium, Mg mg	13	1.313	8	A	1		5	46	1
Phosphorus, P mg	29	2.492	8	A	1		10	104	1
Potassium, K mg	194	10.367	8	A	1		70	699	9
Sodium, Na mg	28	4.917	8	A	1		10	100	1
Zinc, Zn mg	0.18	0.012	8	A	1		0.07	0.66	0.01
Copper, Cu mg	0.029	0.004	8	A	1		0.010	0.104	0.001
Manganese, Mn mg	0.250	0.024	8	A	1		0.090	0.902	0.012
Selenium, Se µg	0.6	0.145	8	A	1		0.2	2.2	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	9.2	0.521	8	A	1		3.3	33.0	0.4
Thiamin mg	0.070	0.003	8	A	1		0.025	0.252	0.003
Riboflavin mg	0.080	0.003	8	A	1		0.029	0.289	0.004
Niacin mg	0.375	0.031	8	A	1		0.135	1.352	0.018
Pantothenic acid mg	0.134	0.005	8	A	1		0.048	0.484	0.006
Vitamin B-6 mg	0.090	0.016	8	A	1		0.032	0.324	0.004
Folate, total µg	38	2.194	8	A	1		14	136	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	38	2.194	8	A	1		14	136	2
Folate, DFE µg	38		0	NC	4		14	136	2
Choline, total mg	13.6		0	BFSN	4		4.9	48.9	0.7
Betaine mg	0.2		0	BFSN	4		0.1	0.8	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	370		0	AS	1		133	1333	18
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	4443	418.138	6	A	1		1599	15995	213
Carotene, alpha µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU IU	7405		0	AS	1		2666	26658	355
Lycopene µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin µg	1730		2	A	1		623	6228	83
Vitamin E (alpha-tocopherol) mg	0.22	0.018	8	A	1		0.08	0.78	0.01
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	8	A	1		0.00	0.01	0.00
Tocopherol, gamma mg	0.41	0.027	8	A	1		0.15	1.49	0.02
Tocopherol, delta mg	0.02	0.003	8	A	1		0.01	0.07	0.00
Tocotrienol, alpha mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	8	A	1		0.00	0.00	0.00

NDB No. 11253
Lettuce, green leaf, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	8	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	126.3	4.765	8	A	1		45.5	454.6	6.1
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.020		0	NC	4		0.007	0.072	0.001
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.018		0		1		0.006	0.065	0.001
17:0....g									
18:0....g	0.002		0		1		0.001	0.007	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.002	0.022	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.001	0.006	0.000
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.002	0.017	0.000
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.082		0	NC	4		0.030	0.296	0.004
18:2 undifferentiated....g	0.024		0		1		0.009	0.087	0.001
18:3 undifferentiated....g	0.058		0		1		0.021	0.209	0.003
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	38		0		1		14	137	2
Amino Acids:									
Tryptophan....g	0.009		0		1		0.003	0.032	0.000
Threonine....g	0.059		0		1		0.021	0.212	0.003
Isoleucine....g	0.084		0		1		0.030	0.302	0.004
Leucine....g	0.079		0		1		0.028	0.284	0.004
Lysine....g	0.084		0		1		0.030	0.302	0.004
Methionine....g	0.016		0		1		0.006	0.058	0.001
Cystine....g	0.016		0		1		0.006	0.058	0.001
Phenylalanine....g	0.055		0		1		0.020	0.198	0.003
Tyrosine....g	0.032		0		1		0.012	0.115	0.002
Valine....g	0.070		0		1		0.025	0.252	0.003
Arginine....g	0.071		0		1		0.026	0.256	0.003
Histidine....g	0.022		0		1		0.008	0.079	0.001
Alanine....g	0.056		0		1		0.020	0.202	0.003

NDB No. 11253
Lettuce, green leaf, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.142		0		1		0.051	0.511	0.007
Glutamic acid....g	0.182		0		1		0.066	0.655	0.009
Glycine....g	0.057		0		1		0.021	0.205	0.003
Proline....g	0.048		0		1		0.017	0.173	0.002
Serine....g	0.039		0		1		0.014	0.140	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 cup shredded

Measure 2 = 360g: 1 head

Measure 3 = 4.8g: 1 leaf inner

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11252

Lettuce, iceberg (includes crisphead types), raw

Lactuca sativa var. capitata

Refuse: 5% Core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.64	0.110	44	JO	11		68.86	54.51	722.05
Energy kcal	14		0	NC	4		10	8	105
Energy kJ	58		0	NC	4		42	33	441
Protein (N x 6.25) g	0.90	0.034	23	JO	11		0.65	0.51	6.80
Total lipid (fat) g	0.14	0.010	30	JO	11		0.10	0.08	1.06
Ash g	0.36	0.018	23	JA	6		0.26	0.20	2.68
Carbohydrate, by difference g	2.97		0	NC	4		2.14	1.69	22.41
Fiber, total dietary g	1.2	0.052	14	JA	6		0.8	0.7	8.7
Sugars, total g	1.97		0	NC	4		1.42	1.12	14.85
Sucrose g	0.05	0.013	8	JA	6		0.04	0.03	0.40
Glucose (dextrose) g	0.91	0.061	8	JA	6		0.65	0.52	6.85
Fructose g	1.00	0.060	8	JA	6		0.72	0.57	7.57
Lactose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose g	0.00	0.000	5	JA	6		0.00	0.00	0.03
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	18	0.430	98	JA	6		13	10	133
Iron, Fe mg	0.41	0.041	97	JA	6		0.29	0.23	3.08
Magnesium, Mg mg	7	0.173	99	JA	6		5	4	56
Phosphorus, P mg	20	0.404	98	JA	6		14	11	147
Potassium, K mg	141	3.016	98	JA	6		101	80	1063
Sodium, Na mg	10	0.544	91	JA	6		7	6	77
Zinc, Zn mg	0.15	0.004	93	JA	6		0.11	0.08	1.10
Copper, Cu mg	0.025	0.002	86	JA	6		0.018	0.014	0.188
Manganese, Mn mg	0.125	0.004	89	JA	6		0.090	0.071	0.941
Selenium, Se µg	0.1	0.025	63	JA	6		0.1	0.1	0.8
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8	0.167	23	JA	6		2.0	1.6	21.1
Thiamin mg	0.041	0.003	23	JA	6		0.030	0.023	0.311
Riboflavin mg	0.025	0.001	23	JA	6		0.018	0.014	0.190
Niacin mg	0.123	0.015	13	JA	6		0.089	0.070	0.930
Pantothenic acid mg	0.091	0.015	13	JA	6		0.066	0.052	0.688
Vitamin B-6 mg	0.042	0.002	23	JA	6		0.030	0.024	0.316
Folate, total µg	29	3.832	23	JA	6		21	17	221
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	29	3.832	23	JA	6		21	17	221
Folate, DFE µg	29		0	NC	4		21	17	221
Choline, total mg	6.7		0	AS	1		4.8	3.8	50.6
Betaine mg	0.1		2	A	1		0.1	0.0	0.6
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	25		0	AS	1		18	14	189
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	299	4.178	53	A	1		215	171	2260
Carotene, alpha µg	4	0.000	51	A	1		3	2	28
Cryptoxanthin, beta µg	0	0.000	51	A	1		0	0	0
Vitamin A, IU IU	502		0	AS	1		361	286	3789
Lycopene µg	0	0.000	9	A	1		0	0	0
Lutein + zeaxanthin µg	277	25.027	9	A	1		199	158	2091
Vitamin E (alpha-tocopherol) mg	0.18	0.016	13	JO	11		0.13	0.10	1.39
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	13	JO	11		0.00	0.00	0.00
Tocopherol, gamma mg	0.09	0.013	13	JO	11		0.06	0.05	0.68
Tocopherol, delta mg	0.00	0.002	13	JO	11		0.00	0.00	0.02
Tocotrienol, alpha mg	0.01	0.000	7	JO	11		0.01	0.00	0.06
Tocotrienol, beta mg	0.00	0.000	7	JO	11		0.00	0.00	0.00

NDB No. 11252

Lettuce, iceberg (includes crisphead types), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	7	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	7	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	24.1	2.330	8	A	1		17.3	13.7	181.9
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.018		0	NC	4		0.013	0.011	0.139
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.016		0		1		0.012	0.009	0.122
17:0....g									
18:0....g	0.002		0		1		0.002	0.001	0.017
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.004	0.003	0.045
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	0.011
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.003	0.003	0.033
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.074		0	NC	4		0.053	0.042	0.557
18:2 undifferentiated....g	0.021		0		1		0.015	0.012	0.161
18:3 undifferentiated....g	0.052		0		1		0.038	0.030	0.395
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	10		0		1		7	6	76
Amino Acids:									
Tryptophan....g	0.009		0	JA	6		0.006	0.005	0.065
Threonine....g	0.025		0	JA	6		0.018	0.014	0.190
Isoleucine....g	0.018		0	JA	6		0.013	0.010	0.133
Leucine....g	0.025		0	JA	6		0.018	0.014	0.190
Lysine....g	0.024		0	JA	6		0.017	0.013	0.178
Methionine....g	0.005		0	JA	6		0.004	0.003	0.039
Cystine....g	0.005		0	JA	6		0.004	0.003	0.039
Phenylalanine....g	0.023		0	JA	6		0.017	0.013	0.174
Tyrosine....g	0.007		0	JA	6		0.005	0.004	0.055
Valine....g	0.024		0	JA	6		0.017	0.013	0.178
Arginine....g	0.015		0	JA	6		0.010	0.008	0.110
Histidine....g	0.009		0	JA	6		0.006	0.005	0.065
Alanine....g	0.025		0	JA	6		0.018	0.014	0.190

NDB No. 11252
Lettuce, iceberg (includes crisphead types), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.125		0	JA	6		0.090	0.071	0.947
Glutamic acid....g	0.194		0	JA	6		0.140	0.111	1.466
Glycine....g	0.015		0	JA	6		0.011	0.008	0.111
Proline....g	0.010		0	JA	6		0.007	0.006	0.074
Serine....g	0.025		0	JA	6		0.018	0.014	0.190
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: 1 cup shredded

Measure 2 = 57g: 1 cup, chopped (1/2" pieces, loosely packed)

Measure 3 = 755g: 1 head, large

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11257

Lettuce, red leaf, raw

Lactuca sativa var. crispa

Refuse: 20% Core and damaged outer leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.64	0.170	8	A	1		26.78	2.49	16.26
Energy kcal	16		0	NC	4		5	0	3
Energy kJ	68		0	NC	4		19	2	12
Protein g	1.33	0.026	8	A	1		0.37	0.03	0.23
Total lipid (fat) g	0.22	0.033	8	A	1		0.06	0.01	0.04
Ash g	0.55	0.025	8	A	1		0.15	0.01	0.09
Carbohydrate, by difference g	2.26		0	NC	4		0.63	0.06	0.38
Fiber, total dietary g	0.9	0.253	4	A	1		0.3	0.0	0.2
Sugars, total g	0.48	0.054	4	A	1		0.14	0.01	0.08
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.20	0.026	4	A	1		0.06	0.01	0.03
Fructose g	0.28	0.029	4	A	1		0.08	0.01	0.05
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	33	2.597	8	A	1		9	1	6
Iron, Fe mg	1.20	0.306	8	A	1		0.34	0.03	0.20
Magnesium, Mg mg	12	1.065	8	A	1		3	0	2
Phosphorus, P mg	28	2.657	8	A	1		8	1	5
Potassium, K mg	187	15.381	8	A	1		52	5	32
Sodium, Na mg	25	3.557	8	A	1		7	1	4
Zinc, Zn mg	0.20	0.020	8	A	1		0.06	0.01	0.03
Copper, Cu mg	0.028	0.004	8	A	1		0.008	0.001	0.005
Manganese, Mn mg	0.203	0.019	8	A	1		0.057	0.005	0.035
Selenium, Se µg	1.5	0.905	4	A	1		0.4	0.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7	0.643	8	A	1		1.0	0.1	0.6
Thiamin mg	0.064	0.003	8	A	1		0.018	0.002	0.011
Riboflavin mg	0.077	0.002	8	A	1		0.021	0.002	0.013
Niacin mg	0.321	0.009	8	A	1		0.090	0.008	0.055
Pantothenic acid mg	0.144	0.008	8	A	1		0.040	0.004	0.025
Vitamin B-6 mg	0.100	0.019	8	A	1		0.028	0.003	0.017
Folate, total µg	36	2.090	8	A	1		10	1	6
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	36	2.090	8	A	1		10	1	6
Folate, DFE µg	36		0	NC	4		10	1	6
Choline, total mg	11.8		0	AS	1		3.3	0.3	2.0
Betaine mg	0.2		1	A	1		0.1	0.0	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	375		0	AS	1		105	10	64
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	4495	536.758	6	A	1		1259	117	764
Carotene, alpha µg	0	0.000	6	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	0
Vitamin A, IU IU	7492		0	AS	1		2098	195	1274
Lycopene µg	0	0.000	6	A	1		0	0	0
Lutein + zeaxanthin µg	1724		2	A	1		483	45	293
Vitamin E (alpha-tocopherol) mg	0.15	0.055	4	A	1		0.04	0.00	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.24	0.052	4	A	1		0.07	0.01	0.04
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01	0.007	4	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 11257
Lettuce, red leaf, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	140.3	16.093	8	A	1		39.3	3.6	23.9
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.017		0	NC	4		0.005	0.000	0.003
4:0....g	0.000		0	BFSN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFSN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFSN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFSN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFSN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.016		0	BFSN	4		0.004	0.000	0.003
17:0....g									
18:0....g	0.002		0	BFSN	4		0.001	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.002	0.000	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFSN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.004		0	BFSN	4		0.001	0.000	0.001
20:1....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0	NC	4		0.020	0.002	0.012
18:2 undifferentiated....g	0.021		0	BFSN	4		0.006	0.001	0.004
18:3 undifferentiated....g	0.051		0	BFSN	4		0.014	0.001	0.009
18:4....g	0.000		0	BFSN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0	A	1		0.006	0.001	0.004
Threonine....g	0.048		0	A	1		0.013	0.001	0.008
Isoleucine....g	0.038		0	A	1		0.011	0.001	0.006
Leucine....g	0.070		0	A	1		0.020	0.002	0.012
Lysine....g	0.045		0	A	1		0.013	0.001	0.008
Methionine....g	0.016		0	A	1		0.004	0.000	0.003
Cystine....g	0.009		0	A	1		0.003	0.000	0.002
Phenylalanine....g	0.067		0	A	1		0.019	0.002	0.011
Tyrosine....g	0.029		0	A	1		0.008	0.001	0.005
Valine....g	0.048		0	A	1		0.013	0.001	0.008
Arginine....g	0.041		0	A	1		0.012	0.001	0.007
Histidine....g	0.019		0	A	1		0.005	0.000	0.003
Alanine....g	0.051		0	A	1		0.014	0.001	0.009

NDB No. 11257
Lettuce, red leaf, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.140		0	A	1		0.039	0.004	0.024
Glutamic acid....g	0.155		0	A	1		0.043	0.004	0.026
Glycine....g	0.048		0	A	1		0.013	0.001	0.008
Proline....g	0.038		0	A	1		0.011	0.001	0.006
Serine....g	0.044		0	A	1		0.012	0.001	0.008
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup shredded

Measure 2 = 2.6g: 1 leaf inner

Measure 3 = 17g: 1 leaf outer

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11715

Lima beans, immature seeds, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.17	0.243	106	A	1		201.30	368.51	
Energy kcal	71		0	NC	4		176	322	
Energy kJ	297		0		4		737	1349	
Protein (N x 6.25) g	4.07	0.068	109	A	1		10.09	18.48	
Total lipid (fat) g	0.29	0.016	107	A	1		0.72	1.32	
Ash g	1.14	0.039	108	A	1		2.83	5.18	
Carbohydrate, by difference g	13.33		0	NC	4		33.06	60.52	
Fiber, total dietary g	3.6		0	A	1		8.9	16.3	
Sugars, total g	0.93		0	BFSN	4		2.32	4.24	
Starch g									
Minerals:									
Calcium, Ca mg	28	0.908	115	A	1		69	127	
Iron, Fe mg	1.61	0.062	115	A	1		3.99	7.31	
Magnesium, Mg mg	34	0.578	82		1		84	154	
Phosphorus, P mg	71	1.541	120		1		176	322	
Potassium, K mg	285	7.240	106	A	1		707	1294	
Sodium, Na mg	4	1.263	4	A	1		10	18	
Zinc, Zn mg	0.64	0.019	44		1		1.59	2.91	
Copper, Cu mg	0.162	0.008	44		1		0.402	0.735	
Manganese, Mn mg	0.700	0.051	6		1		1.736	3.178	
Selenium, Se µg	1.1		0	BFSN	4		2.7	5.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.7	0.261	145		1		21.6	39.5	
Thiamin mg	0.029	0.001	134		1		0.072	0.132	
Riboflavin mg	0.043	0.000	134		1		0.107	0.195	
Niacin mg	0.532	0.012	140		1		1.319	2.415	
Pantothenic acid mg	0.095	0.006	6		1		0.236	0.431	
Vitamin B-6 mg	0.062	0.003	6		1		0.154	0.281	
Folate, total µg	16		0		4		40	73	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		4		40	73	
Folate, DFE µg	16		0	NC	4		40	73	
Choline, total mg	25.3		0	BFSN	4		62.8	114.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		19	34	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	90		0	O	4		223	409	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	150		0	NC	4		372	681	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	O	4		0.72	1.32	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.6		0	BFSN	4		8.8	16.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11715

Lima beans, immature seeds, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.066		0	BFFN	4		0.164	0.300	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0	BFFN	4		0.002	0.005	
15:0....g									
16:0....g	0.057		0	BFFN	4		0.141	0.259	
17:0....g									
18:0....g	0.007		0	BFFN	4		0.017	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0	BFFN	4		0.040	0.073	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		0	BFFN	4		0.040	0.073	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.139		0	BFFN	4		0.345	0.631	
18:2 undifferentiated....g	0.094		0	BFFN	4		0.233	0.427	
18:3 undifferentiated....g	0.045		0	BFFN	4		0.112	0.204	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0	BFPN	4		0.134	0.245	
Threonine....g	0.173		0	BFPN	4		0.429	0.785	
Isoleucine....g	0.261		0	BFPN	4		0.647	1.185	
Leucine....g	0.319		0	BFPN	4		0.791	1.448	
Lysine....g	0.268		0	BFPN	4		0.665	1.217	
Methionine....g	0.040		0	BFPN	4		0.099	0.182	
Cystine....g	0.049		0	BFPN	4		0.122	0.222	
Phenylalanine....g	0.200		0	BFPN	4		0.496	0.908	
Tyrosine....g	0.131		0	BFPN	4		0.325	0.595	
Valine....g	0.254		0	BFPN	4		0.630	1.153	
Arginine....g	0.272		0	BFPN	4		0.675	1.235	
Histidine....g	0.138		0	BFPN	4		0.342	0.627	
Alanine....g	0.154		0	BFPN	4		0.382	0.699	
Aspartic acid....g	0.436		0	BFPN	4		1.081	1.979	
Glutamic acid....g	0.523		0	BFPN	4		1.297	2.374	
Glycine....g	0.163		0	BFPN	4		0.404	0.740	
Proline....g	0.068		0	BFPN	4		0.169	0.309	
Serine....g	0.254		0	BFPN	4		0.630	1.153	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11715

Lima beans, immature seeds, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 248g: 1 cup

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11033

Lima beans, immature seeds, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.17	0.243	106	A	1		100.65	368.51	
Energy kcal	71		0	NC	4		88	322	
Energy kJ	297		0		4		368	1349	
Protein (N x 6.25) g	4.07	0.068	109	A	1		5.05	18.48	
Total lipid (fat) g	0.29	0.016	107	A	1		0.36	1.32	
Ash g	1.14	0.039	108	A	1		1.41	5.18	
Carbohydrate, by difference g	13.33		0	NC	4		16.53	60.52	
Fiber, total dietary g	3.6		0	A	1		4.5	16.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	28	0.908	115	A	1		35	127	
Iron, Fe mg	1.61	0.062	115	A	1		2.00	7.31	
Magnesium, Mg mg	34	0.578	82		1		42	154	
Phosphorus, P mg	71	1.541	120		1		88	322	
Potassium, K mg	285	7.240	106	A	1		353	1294	
Sodium, Na mg	252	8.572	37	A	1		312	1144	
Zinc, Zn mg	0.64	0.019	44		1		0.79	2.91	
Copper, Cu mg	0.162	0.008	44		1		0.201	0.735	
Manganese, Mn mg	0.700	0.051	6		1		0.868	3.178	
Selenium, Se µg	1.1		0	BFSN	4		1.4	5.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.3	0.402	117	A	1		9.1	33.1	
Thiamin mg	0.029	0.001	134		1		0.036	0.132	
Riboflavin mg	0.043	0.000	134		1		0.053	0.195	
Niacin mg	0.532	0.012	140		1		0.660	2.415	
Pantothenic acid mg	0.095	0.006	6		1		0.118	0.431	
Vitamin B-6 mg	0.062	0.003	6		1		0.077	0.281	
Folate, total µg	16		0		4		20	73	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		4		20	73	
Folate, DFE µg	16		0	NC	4		20	73	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8	0.410	122	A	1		9	34	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	150	8.200	122	A	1		186	681	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11033

Lima beans, immature seeds, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.066		0	BFFN	4		0.082	0.300	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0	Z	7		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.005	
15:0....g									
16:0....g	0.057		0	BFFN	4		0.071	0.259	
17:0....g									
18:0....g	0.007		0		1		0.009	0.032	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0	BFFN	4		0.020	0.073	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		0	BFFN	4		0.020	0.073	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.139		0	BFFN	4		0.172	0.631	
18:2 undifferentiated....g	0.094		0	BFFN	4		0.117	0.427	
18:3 undifferentiated....g	0.045		0	BFFN	4		0.056	0.204	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.054		0	BFPN	4		0.067	0.245	
Threonine....g	0.173		0	BFPN	4		0.215	0.785	
Isoleucine....g	0.261		0	BFPN	4		0.324	1.185	
Leucine....g	0.319		0	BFPN	4		0.396	1.448	
Lysine....g	0.268		0	BFPN	4		0.332	1.217	
Methionine....g	0.040		0	BFPN	4		0.050	0.182	
Cystine....g	0.049		0	BFPN	4		0.061	0.222	
Phenylalanine....g	0.200		0	BFPN	4		0.248	0.908	
Tyrosine....g	0.131		0	BFPN	4		0.162	0.595	
Valine....g	0.254		0	BFPN	4		0.315	1.153	
Arginine....g	0.272		0	BFPN	4		0.337	1.235	
Histidine....g	0.138		0	BFPN	4		0.171	0.627	
Alanine....g	0.154		0	BFPN	4		0.191	0.699	
Aspartic acid....g	0.436		0	BFPN	4		0.541	1.979	
Glutamic acid....g	0.523		0	BFPN	4		0.649	2.374	
Glycine....g	0.163		0	BFPN	4		0.202	0.740	
Proline....g	0.068		0	BFPN	4		0.084	0.309	
Serine....g	0.254		0	BFPN	4		0.315	1.153	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11033

Lima beans, immature seeds, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: .5 cup

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11714
Lima beans, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.17	0.946	12		1		114.19		
Energy kcal	123		0	NC	4		209		
Energy kJ	515		0		4		875		
Protein (N x 6.25) g	6.81	0.110	12		1		11.58		
Total lipid (fat) g	0.32	0.043	12		1		0.54		
Ash g	2.06	0.052	12		1		3.50		
Carbohydrate, by difference g	23.64		0	NC	4		40.19		
Fiber, total dietary g	5.3		0		4		9.0		
Sugars, total g	1.63		0	BFSN	4		2.77		
Starch g									
Minerals:									
Calcium, Ca mg	32	1.150	12		1		54		
Iron, Fe mg	2.45	0.082	12		1		4.17		
Magnesium, Mg mg	74	1.821	12		1		126		
Phosphorus, P mg	130	5.484	12		1		221		
Potassium, K mg	570	11.768	12		1		969		
Sodium, Na mg	253		0		4		430		
Zinc, Zn mg	0.79	0.032	12		1		1.34		
Copper, Cu mg	0.305	0.012	12		1		0.519		
Manganese, Mn mg	1.252	0.097	12		1		2.128		
Selenium, Se µg	2.0		0	BFSN	4		3.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.1	0.660	12		1		17.2		
Thiamin mg	0.140	0.002	12		1		0.238		
Riboflavin mg	0.096	0.001	12		1		0.163		
Niacin mg	1.040	0.033	12		1		1.768		
Pantothenic acid mg	0.257	0.014	12		1		0.437		
Vitamin B-6 mg	0.193	0.013	12		1		0.328		
Folate, total µg	26		0		4		45		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	26		0		4		45		
Folate, DFE µg	26		0	NC	4		45		
Choline, total mg	44.1		0	BFSY	4		75.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	19		0	NC	4		31		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	222		0	O	4		377		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	370		0	NC	4		629		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.14		0	NR	4		0.24		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	6.2		0	BFSN	4		10.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11714

Lima beans, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		1		0.124		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.064		0		1		0.109		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.032		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.154		0		1		0.262		
18:2 undifferentiated....g	0.104		0		1		0.177		
18:3 undifferentiated....g	0.050		0		1		0.085		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.089		0		1		0.151		
Threonine....g	0.289		0		1		0.491		
Isoleucine....g	0.438		0		1		0.745		
Leucine....g	0.535		0		1		0.910		
Lysine....g	0.450		0		1		0.765		
Methionine....g	0.068		0		1		0.116		
Cystine....g	0.083		0		1		0.141		
Phenylalanine....g	0.336		0		1		0.571		
Tyrosine....g	0.219		0		1		0.372		
Valine....g	0.425		0		1		0.723		
Arginine....g	0.456		0		1		0.775		
Histidine....g	0.231		0		1		0.393		
Alanine....g	0.258		0		1		0.439		
Aspartic acid....g	0.731		0		1		1.243		
Glutamic acid....g	0.877		0		1		1.491		
Glycine....g	0.273		0		1		0.464		
Proline....g	0.101		0		1		0.172		
Serine....g	0.425		0		1		0.723		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	NR	4		0		

NDB No. 11714

Lima beans, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11032

Lima beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.17	0.946	12		1		114.19		
Energy kcal	123		0	NC	4		209		
Energy kJ	515		0		4		875		
Protein (N x 6.25) g	6.81	0.110	12		1		11.58		
Total lipid (fat) g	0.32	0.043	12		1		0.54		
Ash g	2.06	0.052	12		1		3.50		
Carbohydrate, by difference g	23.64		0	NC	4		40.19		
Fiber, total dietary g	5.4		0	BFSN	4		9.2		
Sugars, total g	1.63		0	BFSN	4		2.77		
Starch g									
Minerals:									
Calcium, Ca mg	32	1.150	12		1		54		
Iron, Fe mg	2.45	0.082	12		1		4.17		
Magnesium, Mg mg	74	1.821	12		1		126		
Phosphorus, P mg	130	5.484	12		1		221		
Potassium, K mg	570	11.768	12		1		969		
Sodium, Na mg	17	0.519	4		1		29		
Zinc, Zn mg	0.79	0.032	12		1		1.34		
Copper, Cu mg	0.305	0.012	12		1		0.519		
Manganese, Mn mg	1.252	0.097	12		1		2.128		
Selenium, Se µg	2.0		0	BFSN	4		3.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.1	0.660	12		1		17.2		
Thiamin mg	0.140	0.002	12		1		0.238		
Riboflavin mg	0.096	0.001	12		1		0.163		
Niacin mg	1.040	0.033	12		1		1.768		
Pantothenic acid mg	0.257	0.014	12		1		0.437		
Vitamin B-6 mg	0.193	0.013	12		1		0.328		
Folate, total µg	26		0		4		45		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	26		0		4		45		
Folate, DFE µg	26		0	NC	4		45		
Choline, total mg	44.1		0	BFSY	4		75.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	15		0	NC	4		26		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	182		0	O	4		309		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	303		0	NC	4		516		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.14		0	O	4		0.24		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	6.2		0	BFSN	4		10.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11032

Lima beans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		1		0.124		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.064		0		1		0.109		
17:0....g									
18:0....g	0.008		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.032		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.154		0		1		0.262		
18:2 undifferentiated....g	0.104		0		1		0.177		
18:3 undifferentiated....g	0.050		0		1		0.085		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.089		0		1		0.151		
Threonine....g	0.289		0		1		0.491		
Isoleucine....g	0.438		0		1		0.745		
Leucine....g	0.535		0		1		0.910		
Lysine....g	0.450		0		1		0.765		
Methionine....g	0.068		0		1		0.116		
Cystine....g	0.083		0		1		0.141		
Phenylalanine....g	0.336		0		1		0.571		
Tyrosine....g	0.219		0		1		0.372		
Valine....g	0.425		0		1		0.723		
Arginine....g	0.456		0		1		0.775		
Histidine....g	0.231		0		1		0.393		
Alanine....g	0.258		0		1		0.439		
Aspartic acid....g	0.731		0		1		1.243		
Glutamic acid....g	0.877		0		1		1.491		
Glycine....g	0.273		0		1		0.464		
Proline....g	0.101		0		1		0.172		
Serine....g	0.425		0		1		0.723		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11032

Lima beans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11716

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.35	0.438	6		1		130.23	225.01	
Energy kcal	105		0	NC	4		189	327	
Energy kJ	439		0		4		791	1366	
Protein (N x 6.25) g	6.65	0.468	6		1		11.97	20.68	
Total lipid (fat) g	0.30	0.051	6		1		0.54	0.93	
Ash g	1.25	0.056	6		1		2.25	3.89	
Carbohydrate, by difference g	19.45		0	NC	4		35.01	60.49	
Fiber, total dietary g	4.8		0	BFSN	4		8.6	14.9	
Sugars, total g	1.37		0	BFSN	4		2.47	4.26	
Starch g									
Minerals:									
Calcium, Ca mg	28	1.613	6		1		50	87	
Iron, Fe mg	1.96	0.087	6		1		3.53	6.10	
Magnesium, Mg mg	56	0.839	6		1		101	174	
Phosphorus, P mg	112	2.260	6		1		202	348	
Potassium, K mg	411	24.148	6		1		740	1278	
Sodium, Na mg	265		0		4		477	824	
Zinc, Zn mg	0.55	0.023	6		1		0.99	1.71	
Copper, Cu mg	0.197	0.020	6		1		0.355	0.613	
Manganese, Mn mg	0.813	0.054	6		1		1.463	2.528	
Selenium, Se µg	1.7		0	BFSN	4		3.1	5.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.8		0		1		10.4	18.0	
Thiamin mg	0.070	0.002	6		1		0.126	0.218	
Riboflavin mg	0.055	0.000	6		1		0.099	0.171	
Niacin mg	0.770	0.040	6		1		1.386	2.395	
Pantothenic acid mg	0.177	0.009	6		1		0.319	0.550	
Vitamin B-6 mg	0.115	0.009	6		1		0.207	0.358	
Folate, total µg	16		0		4		28	48	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		4		28	48	
Folate, DFE µg	16		0	NC	4		28	48	
Choline, total mg	37.2		0	BFSN	4		66.9	115.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		15	26	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	100		0	O	4		180	312	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	167		0	NC	4		301	519	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.64		0	O	4		1.15	1.99	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	5.2		0	BFSN	4		9.4	16.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11716

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.068		0		1		0.122	0.211	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002	0.003	
15:0....g									
16:0....g	0.060		0		1		0.108	0.187	
17:0....g									
18:0....g	0.008		0		1		0.014	0.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.031	0.053	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.017		0		1		0.031	0.053	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.145		0		1		0.261	0.451	
18:2 undifferentiated....g	0.098		0		1		0.176	0.305	
18:3 undifferentiated....g	0.047		0		1		0.085	0.146	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.087		0		1		0.157	0.271	
Threonine....g	0.282		0		1		0.508	0.877	
Isoleucine....g	0.428		0		1		0.770	1.331	
Leucine....g	0.522		0		1		0.940	1.623	
Lysine....g	0.439		0		1		0.790	1.365	
Methionine....g	0.066		0		1		0.119	0.205	
Cystine....g	0.081		0		1		0.146	0.252	
Phenylalanine....g	0.328		0		1		0.590	1.020	
Tyrosine....g	0.214		0		1		0.385	0.666	
Valine....g	0.415		0		1		0.747	1.291	
Arginine....g	0.445		0		1		0.801	1.384	
Histidine....g	0.226		0		1		0.407	0.703	
Alanine....g	0.252		0		1		0.454	0.784	
Aspartic acid....g	0.714		0		1		1.285	2.221	
Glutamic acid....g	0.857		0		1		1.543	2.665	
Glycine....g	0.266		0		1		0.479	0.827	
Proline....g	0.099		0		1		0.178	0.308	
Serine....g	0.415		0		1		0.747	1.291	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11716

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 311g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11040

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.35	0.438	6		1		130.23	225.01	
Energy kcal	105		0	NC	4		189	327	
Energy kJ	439		0		4		791	1366	
Protein (N x 6.25) g	6.65	0.468	6		1		11.97	20.68	
Total lipid (fat) g	0.30	0.051	6		1		0.54	0.93	
Ash g	1.25	0.056	6		1		2.25	3.89	
Carbohydrate, by difference g	19.45		0	NC	4		35.01	60.49	
Fiber, total dietary g	4.8		0	BFSN	4		8.6	14.9	
Sugars, total g	1.37		0	BFSN	4		2.47	4.26	
Starch g									
Minerals:									
Calcium, Ca mg	28	1.613	6		1		50	87	
Iron, Fe mg	1.96	0.087	6		1		3.53	6.10	
Magnesium, Mg mg	56	0.839	6		1		101	174	
Phosphorus, P mg	112	2.260	6		1		202	348	
Potassium, K mg	411	24.148	6		1		740	1278	
Sodium, Na mg	29	5.185	6		1		52	90	
Zinc, Zn mg	0.55	0.023	6		1		0.99	1.71	
Copper, Cu mg	0.197	0.020	6		1		0.355	0.613	
Manganese, Mn mg	0.813	0.054	6		1		1.463	2.528	
Selenium, Se µg	1.7		0	BFSN	4		3.1	5.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.8		0		1		10.4	18.0	
Thiamin mg	0.070	0.002	6		1		0.126	0.218	
Riboflavin mg	0.055	0.000	6		1		0.099	0.171	
Niacin mg	0.770	0.040	6		1		1.386	2.395	
Pantothenic acid mg	0.177	0.009	6		1		0.319	0.550	
Vitamin B-6 mg	0.115	0.009	6		1		0.207	0.358	
Folate, total µg	16		0		4		28	48	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		4		28	48	
Folate, DFE µg	16		0	NC	4		28	48	
Choline, total mg	37.2		0	BFSN	4		66.9	115.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		15	26	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	100		0	O	4		180	312	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	167		0	NC	4		301	519	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.64		0	O	4		1.15	1.99	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	5.2		0	BFSN	4		9.4	16.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11040

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.068		0		1		0.122	0.211	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.003	
15:0....g									
16:0....g	0.060		0		1		0.108	0.187	
17:0....g									
18:0....g	0.008		0		1		0.014	0.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.031	0.053	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.017		0		1		0.031	0.053	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.145		0		1		0.261	0.451	
18:2 undifferentiated....g	0.098		0		1		0.176	0.305	
18:3 undifferentiated....g	0.047		0		1		0.085	0.146	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.087		0		1		0.157	0.271	
Threonine....g	0.282		0		1		0.508	0.877	
Isoleucine....g	0.428		0		1		0.770	1.331	
Leucine....g	0.522		0		1		0.940	1.623	
Lysine....g	0.439		0		1		0.790	1.365	
Methionine....g	0.066		0		1		0.119	0.205	
Cystine....g	0.081		0		1		0.146	0.252	
Phenylalanine....g	0.328		0		1		0.590	1.020	
Tyrosine....g	0.214		0		1		0.385	0.666	
Valine....g	0.415		0		1		0.747	1.291	
Arginine....g	0.445		0		1		0.801	1.384	
Histidine....g	0.226		0		1		0.407	0.703	
Alanine....g	0.252		0		1		0.454	0.784	
Aspartic acid....g	0.714		0		1		1.285	2.221	
Glutamic acid....g	0.857		0		1		1.543	2.665	
Glycine....g	0.266		0		1		0.479	0.827	
Proline....g	0.099		0		1		0.178	0.308	
Serine....g	0.415		0		1		0.747	1.291	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11040

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 311g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11039
Lima beans, immature seeds, frozen, baby, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.46	0.458	71		1		107.35	185.91	
Energy kcal	132		0	NC	4		217	376	
Energy kJ	554		0	NC	4		908	1573	
Protein (N x 6.25) g	7.59	0.117	67		1		12.45	21.56	
Total lipid (fat) g	0.44	0.036	66		1		0.72	1.25	
Ash g	1.37	0.040	64		1		2.25	3.89	
Carbohydrate, by difference g	25.14		0	NC	4		41.23	71.40	
Fiber, total dietary g	6.0		0		1		9.8	17.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	35	1.184	66		1		57	99	
Iron, Fe mg	2.21	0.074	66		1		3.62	6.28	
Magnesium, Mg mg	50	2.105	20		1		82	142	
Phosphorus, P mg	104	2.598	26		1		171	295	
Potassium, K mg	452	22.645	29		1		741	1284	
Sodium, Na mg	52	9.084	28		1		85	148	
Zinc, Zn mg	0.63	0.025	19		1		1.03	1.79	
Copper, Cu mg	0.128	0.014	20		1		0.210	0.364	
Manganese, Mn mg	0.702	0.036	19		1		1.151	1.994	
Selenium, Se µg	2.1		0	BFSN	4		3.4	6.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.3		0		1		13.6	23.6	
Thiamin mg	0.114	0.005	67		1		0.187	0.324	
Riboflavin mg	0.075	0.008	67		1		0.123	0.213	
Niacin mg	1.023	0.068	67		1		1.678	2.905	
Pantothenic acid mg	0.187	0.020	9		1		0.307	0.531	
Vitamin B-6 mg	0.160	0.010	15		1		0.262	0.454	
Folate, total µg	28		0		4		45	78	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	28		0		4		45	78	
Folate, DFE µg	28		0	NC	4		45	78	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	9	0.750	55		1		15	27	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	189	14.989	55		1		310	537	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11039

Lima beans, immature seeds, frozen, baby, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.102		0		1		0.167	0.290	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.003	
15:0....g									
16:0....g	0.089		0		1		0.146	0.253	
17:0....g									
18:0....g	0.011		0		1		0.018	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		1		0.043	0.074	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.026		0		1		0.043	0.074	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.216		0		1		0.354	0.613	
18:2 undifferentiated....g	0.146		0		1		0.239	0.415	
18:3 undifferentiated....g	0.070		0		1		0.115	0.199	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0		1		0.164	0.284	
Threonine....g	0.322		0		1		0.528	0.914	
Isoleucine....g	0.488		0		1		0.800	1.386	
Leucine....g	0.597		0		1		0.979	1.695	
Lysine....g	0.502		0		1		0.823	1.426	
Methionine....g	0.075		0		1		0.123	0.213	
Cystine....g	0.092		0		1		0.151	0.261	
Phenylalanine....g	0.374		0		1		0.613	1.062	
Tyrosine....g	0.244		0		1		0.400	0.693	
Valine....g	0.474		0		1		0.777	1.346	
Arginine....g	0.508		0		1		0.833	1.443	
Histidine....g	0.258		0		1		0.423	0.733	
Alanine....g	0.288		0		1		0.472	0.818	
Aspartic acid....g	0.815		0		1		1.337	2.315	
Glutamic acid....g	0.978		0		1		1.604	2.778	
Glycine....g	0.304		0		1		0.499	0.863	
Proline....g	0.113		0		1		0.185	0.321	
Serine....g	0.474		0		1		0.777	1.346	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11039

Lima beans, immature seeds, frozen, baby, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 164g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11717

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.98		2		1		124.06	226.95	
Energy kcal	103		0	NC	4		174	319	
Energy kJ	429		0	NC	4		729	1334	
Protein (N x 6.25) g	6.07		0		1		10.32	18.88	
Total lipid (fat) g	0.34		0		1		0.58	1.06	
Ash g	1.30		0		1		2.21	4.04	
Carbohydrate, by difference g	19.32		0	NC	4		32.84	60.07	
Fiber, total dietary g	5.3		0	BFSN	4		9.0	16.5	
Sugars, total g	1.34		0	NC	4		2.28	4.17	
Sucrose g	1.13		2		1		1.92	3.51	
Glucose (dextrose) g	0.00		1		1		0.00	0.00	
Fructose g	0.21		1		1		0.36	0.65	
Lactose g	0.00		1		1		0.00	0.00	
Maltose g	0.00		1		1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	30	0.755	47		1		50	92	
Iron, Fe mg	1.82	0.049	48		1		3.10	5.67	
Magnesium, Mg mg	42	1.080	48		1		72	132	
Phosphorus, P mg	97	2.072	47		1		164	300	
Potassium, K mg	304	11.889	48		1		516	945	
Sodium, Na mg	289		0		4		491	899	
Zinc, Zn mg	0.74	0.026	48		1		1.26	2.31	
Copper, Cu mg	0.170	0.004	47		1		0.289	0.528	
Manganese, Mn mg	0.648	0.018	48		1		1.101	2.015	
Selenium, Se µg	0.6	0.168	43		1		0.9	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.8		0		1		21.8	39.8	
Thiamin mg	0.074		0		1		0.126	0.230	
Riboflavin mg	0.061		0		1		0.104	0.190	
Niacin mg	1.069		0		1		1.817	3.325	
Pantothenic acid mg	0.163		0		1		0.277	0.507	
Vitamin B-6 mg	0.122		0		1		0.207	0.379	
Folate, total µg	21		0		4		36	66	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		4		36	66	
Folate, DFE µg	21		0	NC	4		36	66	
Choline, total mg	36.3		0	BFSN	4		61.7	112.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0	NC	4		16	30	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	114		0	O	4		194	355	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	190		0	NC	4		323	591	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	O	4		0.49	0.90	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11717

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.131	0.239	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002	0.003	
15:0....g									
16:0....g	0.067		0		1		0.114	0.208	
17:0....g									
18:0....g	0.008		0		1		0.014	0.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.034	0.062	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.020		0		1		0.034	0.062	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.163		0		1		0.277	0.507	
18:2 undifferentiated....g	0.110		0		1		0.187	0.342	
18:3 undifferentiated....g	0.053		0		1		0.090	0.165	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.136	0.249	
Threonine....g	0.257		0		1		0.437	0.799	
Isoleucine....g	0.390		0		1		0.663	1.213	
Leucine....g	0.477		0		1		0.811	1.483	
Lysine....g	0.401		0		1		0.682	1.247	
Methionine....g	0.060		0		1		0.102	0.187	
Cystine....g	0.074		0		1		0.126	0.230	
Phenylalanine....g	0.299		0		1		0.508	0.930	
Tyrosine....g	0.195		0		1		0.332	0.606	
Valine....g	0.379		0		1		0.644	1.179	
Arginine....g	0.406		0		1		0.690	1.263	
Histidine....g	0.206		0		1		0.350	0.641	
Alanine....g	0.230		0		1		0.391	0.715	
Aspartic acid....g	0.652		0		1		1.108	2.028	
Glutamic acid....g	0.782		0		1		1.329	2.432	
Glycine....g	0.243		0		1		0.413	0.756	

NDB No. 11717

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.090		0		1		0.153	0.280	
Serine....g	0.379		0		1		0.644	1.179	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 311g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.98		2		1		124.06	226.95	
Energy kcal	103		0	NC	4		174	319	
Energy kJ	429		0	NC	4		729	1334	
Protein (N x 6.25) g	6.07		0		1		10.32	18.88	
Total lipid (fat) g	0.34		0		1		0.58	1.06	
Ash g	1.30		0		1		2.21	4.04	
Carbohydrate, by difference g	19.32		0	NC	4		32.84	60.07	
Fiber, total dietary g	5.3		0	BFSN	4		9.0	16.5	
Sugars, total g	1.34		0	NC	4		2.28	4.17	
Sucrose g	1.13		2		1		1.92	3.51	
Glucose (dextrose) g	0.00		1		1		0.00	0.00	
Fructose g	0.21		1		1		0.36	0.65	
Lactose g	0.00		1		1		0.00	0.00	
Maltose g	0.00		1		1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	30	0.755	47		1		50	92	
Iron, Fe mg	1.82	0.049	48		1		3.10	5.67	
Magnesium, Mg mg	42	1.080	48		1		72	132	
Phosphorus, P mg	97	2.072	47		1		164	300	
Potassium, K mg	304	11.889	48		1		516	945	
Sodium, Na mg	69	3.926	48		1		118	215	
Zinc, Zn mg	0.74	0.026	48		1		1.26	2.31	
Copper, Cu mg	0.170	0.004	47		1		0.289	0.528	
Manganese, Mn mg	0.648	0.018	48		1		1.101	2.015	
Selenium, Se µg	0.6	0.168	43		1		0.9	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.8		0		1		21.8	39.8	
Thiamin mg	0.074		0		1		0.126	0.230	
Riboflavin mg	0.061		0		1		0.104	0.190	
Niacin mg	1.069		0		1		1.817	3.325	
Pantothenic acid mg	0.163		0		1		0.277	0.507	
Vitamin B-6 mg	0.122		0		1		0.207	0.379	
Folate, total µg	21		0		4		36	66	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		4		36	66	
Folate, DFE µg	21		0	NC	4		36	66	
Choline, total mg	36.3		0	BFSN	4		61.7	112.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0	NC	4		16	30	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	114		0	O	4		194	355	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	190		0	NC	4		323	591	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	O	4		0.49	0.90	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	5.1		1		1		8.7	15.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.131	0.239	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.003	
15:0....g									
16:0....g	0.067		0		1		0.114	0.208	
17:0....g									
18:0....g	0.008		0		1		0.014	0.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.034	0.062	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.020		0		1		0.034	0.062	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.163		0		1		0.277	0.507	
18:2 undifferentiated....g	0.110		0		1		0.187	0.342	
18:3 undifferentiated....g	0.053		0		1		0.090	0.165	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.080		0		1		0.136	0.249	
Threonine....g	0.257		0		1		0.437	0.799	
Isoleucine....g	0.390		0		1		0.663	1.213	
Leucine....g	0.477		0		1		0.811	1.483	
Lysine....g	0.401		0		1		0.682	1.247	
Methionine....g	0.060		0		1		0.102	0.187	
Cystine....g	0.074		0		1		0.126	0.230	
Phenylalanine....g	0.299		0		1		0.508	0.930	
Tyrosine....g	0.195		0		1		0.332	0.606	
Valine....g	0.379		0		1		0.644	1.179	
Arginine....g	0.406		0		1		0.690	1.263	
Histidine....g	0.206		0		1		0.350	0.641	
Alanine....g	0.230		0		1		0.391	0.715	
Aspartic acid....g	0.652		0		1		1.108	2.028	
Glutamic acid....g	0.782		0		1		1.329	2.432	
Glycine....g	0.243		0		1		0.413	0.756	

NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.090		0		1		0.153	0.280	
Serine....g	0.379		0		1		0.644	1.179	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 311g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11037

Lima beans, immature seeds, frozen, fordhook, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.05	0.399	22		1		115.28	204.62	
Energy kcal	106		0	NC	4		170	301	
Energy kJ	444		0		4		710	1260	
Protein (N x 6.25) g	6.40	0.102	22		1		10.24	18.18	
Total lipid (fat) g	0.35	0.048	22		1		0.56	0.99	
Ash g	1.37	0.068	22		1		2.19	3.89	
Carbohydrate, by difference g	19.83		0	NC	4		31.73	56.32	
Fiber, total dietary g	5.5		0		1		8.8	15.6	
Sugars, total g	1.39		0	BFSN	4		2.22	3.94	
Starch g									
Minerals:									
Calcium, Ca mg	24	1.258	22		1		38	68	
Iron, Fe mg	1.51	0.107	22		1		2.42	4.29	
Magnesium, Mg mg	38	3.183	8		1		61	108	
Phosphorus, P mg	74	4.267	10		1		118	210	
Potassium, K mg	478	20.340	8		1		765	1358	
Sodium, Na mg	58	18.654	8		1		93	165	
Zinc, Zn mg	0.49	0.032	7		1		0.78	1.39	
Copper, Cu mg	0.062	0.020	8		1		0.099	0.176	
Manganese, Mn mg	0.345	0.015	7		1		0.552	0.980	
Selenium, Se µg	1.7	0.548	3	A	1		2.7	4.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	19.3	0.828	15		1		30.9	54.8	
Thiamin mg	0.092	0.006	22		1		0.147	0.261	
Riboflavin mg	0.067	0.002	22		1		0.107	0.190	
Niacin mg	1.187	0.070	22		1		1.899	3.371	
Pantothenic acid mg	0.191		1		1		0.306	0.542	
Vitamin B-6 mg	0.136	0.018	5		1		0.218	0.386	
Folate, total µg	32		0		4		51	91	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	32		0		4		51	91	
Folate, DFE µg	32		0	NC	4		51	91	
Choline, total mg	37.6		0	BFSN	4		60.1	106.7	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	11		0	NC	4		18	32	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	134		0	O	4		214	380	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	223		0	NC	4		357	633	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.72		0	O	4		1.15	2.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	5.3		0	BFSN	4		8.4	15.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11037

Lima beans, immature seeds, frozen, fordhook, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.081		0		1		0.130	0.230	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.002	0.003	
15:0....g									
16:0....g	0.071		0		1		0.114	0.202	
17:0....g									
18:0....g	0.009		0		1		0.014	0.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.034	0.060	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.034	0.060	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.172		0		1		0.275	0.488	
18:2 undifferentiated....g	0.116		0		1		0.186	0.329	
18:3 undifferentiated....g	0.056		0		1		0.090	0.159	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.084		0		1		0.134	0.239	
Threonine....g	0.271		0		1		0.434	0.770	
Isoleucine....g	0.412		0		1		0.659	1.170	
Leucine....g	0.503		0		1		0.805	1.429	
Lysine....g	0.423		0		1		0.677	1.201	
Methionine....g	0.063		0		1		0.101	0.179	
Cystine....g	0.078		0		1		0.125	0.222	
Phenylalanine....g	0.315		0		1		0.504	0.895	
Tyrosine....g	0.206		0		1		0.330	0.585	
Valine....g	0.399		0		1		0.638	1.133	
Arginine....g	0.428		0		1		0.685	1.216	
Histidine....g	0.217		0		1		0.347	0.616	
Alanine....g	0.243		0		1		0.389	0.690	
Aspartic acid....g	0.687		0		1		1.099	1.951	
Glutamic acid....g	0.824		0		1		1.318	2.340	
Glycine....g	0.256		0		1		0.410	0.727	
Proline....g	0.095		0		1		0.152	0.270	
Serine....g	0.399		0		1		0.638	1.133	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11037

Lima beans, immature seeds, frozen, fordhook, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11031

Lima beans, immature seeds, raw

Phaseolus lunatus

Refuse: 56% Pods and imperfect beans

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.24		13		1		109.57		
Energy kcal	113		0	NC	4		176		
Energy kJ	473		0	NC	4		738		
Protein (N x 6.25) g	6.84		10		1		10.67		
Total lipid (fat) g	0.86		10		1		1.34		
Ash g	1.89	0.158	8		1		2.95		
Carbohydrate, by difference g	20.17		0	NC	4		31.47		
Fiber, total dietary g	4.9		0		4		7.6		
Sugars, total g	1.48		0	BFSN	4		2.30		
Starch g									
Minerals:									
Calcium, Ca mg	34		10		1		53		
Iron, Fe mg	3.14		10		1		4.90		
Magnesium, Mg mg	58		8		1		90		
Phosphorus, P mg	136		8		1		212		
Potassium, K mg	467		10		1		729		
Sodium, Na mg	8		6		1		12		
Zinc, Zn mg	0.78	0.046	6		1		1.22		
Copper, Cu mg	0.318	0.022	6		1		0.496		
Manganese, Mn mg	1.215	0.108	6		1		1.895		
Selenium, Se µg	1.8		0	BFSN	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	23.4		8		1		36.5		
Thiamin mg	0.217		10		1		0.339		
Riboflavin mg	0.103		10		1		0.161		
Niacin mg	1.474		10		1		2.299		
Pantothenic acid mg	0.247	0.011	6		1		0.385		
Vitamin B-6 mg	0.204	0.009	6		1		0.318		
Folate, total µg	34		0		4		53		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	34		0		4		53		
Folate, DFE µg	34		0	NC	4		53		
Choline, total mg	40.0		0	BFSN	4		62.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	10		0	NC	4		16		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	126		0	BFSN	4		196		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	209		0	NC	4		326		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.50		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	5.6		0	BFSN	4		8.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11031
Lima beans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.198		0		1		0.309		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		2		1		0.003		
15:0....g									
16:0....g	0.173		3		1		0.270		
17:0....g									
18:0....g	0.022		3		1		0.034		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.050		0		1		0.078		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.050		3		1		0.078		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.419		0		1		0.654		
18:2 undifferentiated....g	0.283		3		1		0.441		
18:3 undifferentiated....g	0.136		3		1		0.212		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.090		32		1		0.140		
Threonine....g	0.290		32		1		0.452		
Isoleucine....g	0.440		32		1		0.686		
Leucine....g	0.538		32		1		0.839		
Lysine....g	0.452		32		1		0.705		
Methionine....g	0.068		32		1		0.106		
Cystine....g	0.083		4		1		0.129		
Phenylalanine....g	0.337		32		1		0.526		
Tyrosine....g	0.220		4		1		0.343		
Valine....g	0.427		32		1		0.666		
Arginine....g	0.458		29		1		0.714		
Histidine....g	0.232		32		1		0.362		
Alanine....g	0.260		1		1		0.406		
Aspartic acid....g	0.735		1		1		1.147		
Glutamic acid....g	0.881		1		1		1.374		
Glycine....g	0.274		1		1		0.427		
Proline....g	0.102		1		1		0.159		
Serine....g	0.427		1		1		0.666		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11031
Lima beans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11796
Lotus root, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.42		1		1		48.85	72.46	
Energy kcal	66		0	NC	4		40	59	
Energy kJ	278		0	NC	4		167	248	
Protein (N x 6.25) g	1.58		1		1		0.95	1.41	
Total lipid (fat) g	0.07		1		1		0.04	0.06	
Ash g	0.91		1		1		0.55	0.81	
Carbohydrate, by difference g	16.02		0	NC	4		9.61	14.26	
Fiber, total dietary g	3.1		1	A	1		1.9	2.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		1		1		16	23	
Iron, Fe mg	0.90		1		1		0.54	0.80	
Magnesium, Mg mg	22		1		1		13	20	
Phosphorus, P mg	78		1		1		47	69	
Potassium, K mg	363		1		1		218	323	
Sodium, Na mg	281		0		4		169	250	
Zinc, Zn mg	0.33		0		4		0.20	0.29	
Copper, Cu mg	0.217		0		4		0.130	0.193	
Manganese, Mn mg	0.220		0		4		0.132	0.196	
Selenium, Se µg	0.6		0	BFSN	4		0.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	27.4		0		1		16.4	24.4	
Thiamin mg	0.127		0		1		0.076	0.113	
Riboflavin mg	0.010		0		1		0.006	0.009	
Niacin mg	0.300		0		1		0.180	0.267	
Pantothenic acid mg	0.302		0		4		0.181	0.269	
Vitamin B-6 mg	0.218		0		4		0.131	0.194	
Folate, total µg	8		0		4		5	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		4		5	7	
Folate, DFE µg	8		0	NC	4		5	7	
Choline, total mg	25.4		0	BFSY	4		15.2	22.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11796

Lotus root, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.021		0		1		0.013	0.019	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.020		0		1		0.012	0.018	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.008	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.006	0.009	
20:1....g	0.002		0		1		0.001	0.002	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.008	0.012	
18:2 undifferentiated....g	0.010		0		1		0.006	0.009	
18:3 undifferentiated....g	0.004		0		1		0.002	0.004	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.007	0.011	
Threonine....g	0.031		0		1		0.019	0.028	
Isoleucine....g	0.033		0		1		0.020	0.029	
Leucine....g	0.042		0		1		0.025	0.037	
Lysine....g	0.057		0		1		0.034	0.051	
Methionine....g	0.014		0		1		0.008	0.012	
Cystine....g	0.014		0		1		0.008	0.012	
Phenylalanine....g	0.028		0		1		0.017	0.025	
Tyrosine....g	0.017		0		1		0.010	0.015	
Valine....g	0.034		0		1		0.020	0.030	
Arginine....g	0.053		0		1		0.032	0.047	
Histidine....g	0.023		0		1		0.014	0.020	
Alanine....g	0.033		0		1		0.020	0.029	
Aspartic acid....g	0.223		0		1		0.134	0.198	
Glutamic acid....g	0.084		0		1		0.050	0.075	
Glycine....g	0.095		0		1		0.057	0.085	
Proline....g	0.082		0		1		0.049	0.073	
Serine....g	0.037		0		1		0.022	0.033	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11796

Lotus root, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 60g: .5 cup

Measure 2 = 89g: 10 slices (2-1/2" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11255
Lotus root, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.42		1		1		48.85	72.46	
Energy kcal	66		0	NC	4		40	59	
Energy kJ	278		0	NC	4		167	248	
Protein (N x 6.25) g	1.58		1		1		0.95	1.41	
Total lipid (fat) g	0.07		1		1		0.04	0.06	
Ash g	0.91		1		1		0.55	0.81	
Carbohydrate, by difference g	16.02		0	NC	4		9.61	14.26	
Fiber, total dietary g	3.1		0		1		1.9	2.8	
Sugars, total g	0.50		0	O	4		0.30	0.45	
Starch g									
Minerals:									
Calcium, Ca mg	26		1		1		16	23	
Iron, Fe mg	0.90		1		1		0.54	0.80	
Magnesium, Mg mg	22		1		1		13	20	
Phosphorus, P mg	78		1		1		47	69	
Potassium, K mg	363		1		1		218	323	
Sodium, Na mg	45		1		1		27	40	
Zinc, Zn mg	0.33		0		4		0.20	0.29	
Copper, Cu mg	0.217		0		4		0.130	0.193	
Manganese, Mn mg	0.220		0		4		0.132	0.196	
Selenium, Se µg	0.6		0	BFSN	4		0.4	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	27.4		0		1		16.4	24.4	
Thiamin mg	0.127		0		1		0.076	0.113	
Riboflavin mg	0.010		0		1		0.006	0.009	
Niacin mg	0.300		0		1		0.180	0.267	
Pantothenic acid mg	0.302		0		4		0.181	0.269	
Vitamin B-6 mg	0.218		0		4		0.131	0.194	
Folate, total µg	8		0		4		5	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		4		5	7	
Folate, DFE µg	8		0	NC	4		5	7	
Choline, total mg	25.4		0	BFSY	4		15.2	22.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.01		0	O	4		0.01	0.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.1		0	O	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11255

Lotus root, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.021		0		1		0.013	0.019	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.020		0		1		0.012	0.018	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.008	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.006	0.009	
20:1....g	0.002		0		1		0.001	0.002	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0		1		0.008	0.012	
18:2 undifferentiated....g	0.010		0		1		0.006	0.009	
18:3 undifferentiated....g	0.004		0		1		0.002	0.004	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.007	0.011	
Threonine....g	0.031		0		1		0.019	0.028	
Isoleucine....g	0.033		0		1		0.020	0.029	
Leucine....g	0.042		0		1		0.025	0.037	
Lysine....g	0.057		0		1		0.034	0.051	
Methionine....g	0.014		0		1		0.008	0.012	
Cystine....g	0.014		0		1		0.008	0.012	
Phenylalanine....g	0.028		0		1		0.017	0.025	
Tyrosine....g	0.017		0		1		0.010	0.015	
Valine....g	0.034		0		1		0.020	0.030	
Arginine....g	0.053		0		1		0.032	0.047	
Histidine....g	0.023		0		1		0.014	0.020	
Alanine....g	0.033		0		1		0.020	0.029	
Aspartic acid....g	0.223		0		1		0.134	0.198	
Glutamic acid....g	0.084		0		1		0.050	0.075	
Glycine....g	0.095		0		1		0.057	0.085	
Proline....g	0.082		0		1		0.049	0.073	
Serine....g	0.037		0		1		0.022	0.033	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11255
Lotus root, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: .5 cup

Measure 2 = 89g: 10 slices (2-1/2" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11254
Lotus root, raw
Nelumbo nucifera

Refuse: 21% Skins and ends of lobes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.10		2		1		64.07	90.97	
Energy kcal	74		0	NC	4		60	85	
Energy kJ	311		0	NC	4		252	357	
Protein (N x 6.25) g	2.60		1		1		2.11	2.99	
Total lipid (fat) g	0.10		1		1		0.08	0.12	
Ash g	0.97		0		1		0.79	1.12	
Carbohydrate, by difference g	17.23		0	NC	4		13.96	19.81	
Fiber, total dietary g	4.9		0		4		4.0	5.6	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	45		1		1		36	52	
Iron, Fe mg	1.16		2		1		0.94	1.33	
Magnesium, Mg mg	23		2		1		19	26	
Phosphorus, P mg	100		1		1		81	115	
Potassium, K mg	556		2		1		450	639	
Sodium, Na mg	40		2		1		32	46	
Zinc, Zn mg	0.39		0		4		0.32	0.45	
Copper, Cu mg	0.257		0		4		0.208	0.296	
Manganese, Mn mg	0.261		0		4		0.211	0.300	
Selenium, Se µg	0.7		0	CAZN	4		0.6	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	44.0		1		1		35.6	50.6	
Thiamin mg	0.160		1		1		0.130	0.184	
Riboflavin mg	0.220		1		1		0.178	0.253	
Niacin mg	0.400		1		1		0.324	0.460	
Pantothenic acid mg	0.377		0		4		0.305	0.434	
Vitamin B-6 mg	0.258		0		4		0.209	0.297	
Folate, total µg	13		0		4		10	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0		4		10	15	
Folate, DFE µg	13		0	NC	4		10	15	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11254
Lotus root, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.030		0		1		0.024	0.035	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.028		0		1		0.023	0.032	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.016	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.011	0.016	
20:1....g	0.002		0		1		0.002	0.002	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.016	0.023	
18:2 undifferentiated....g	0.014		0		1		0.011	0.016	
18:3 undifferentiated....g	0.006		0		1		0.005	0.007	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		4		1		0.016	0.023	
Threonine....g	0.051		3		1		0.041	0.059	
Isoleucine....g	0.054		3		1		0.044	0.062	
Leucine....g	0.069		3		1		0.056	0.079	
Lysine....g	0.094		4		1		0.076	0.108	
Methionine....g	0.022		4		1		0.018	0.025	
Cystine....g	0.022		2		1		0.018	0.025	
Phenylalanine....g	0.047		3		1		0.038	0.054	
Tyrosine....g	0.029		2		1		0.023	0.033	
Valine....g	0.055		3		1		0.045	0.063	
Arginine....g	0.088		2		1		0.071	0.101	
Histidine....g	0.038		2		1		0.031	0.044	
Alanine....g	0.054		2		1		0.044	0.062	
Aspartic acid....g	0.369		2		1		0.299	0.424	
Glutamic acid....g	0.139		2		1		0.113	0.160	
Glycine....g	0.156		2		1		0.126	0.179	
Proline....g	0.136		2		1		0.110	0.156	
Serine....g	0.060		2		1		0.049	0.069	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	NR	4		0	0	

NDB No. 11254
Lotus root, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 81g: 10 slices (2-1/2" dia)

Measure 2 = 115g: 1 root (9-1/2" long)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11986
Malabar spinach, cooked

Refuse: 30% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.50		2	A	1		40.70	15.73	
Energy kcal	23		0	NC	4		10	4	
Energy kJ	96				4		42	16	
Protein (N x 6.25) g	2.98		2	A	1		1.31	0.51	
Total lipid (fat) g	0.78		2	A	1		0.34	0.13	
Ash g	1.04		2	A	1		0.46	0.18	
Carbohydrate, by difference g	2.71		0	NC	4		1.19	0.46	
Fiber, total dietary g	2.1		2	A	1		0.9	0.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	124		2	A	1		55	21	
Iron, Fe mg	1.48		2	A	1		0.65	0.25	
Magnesium, Mg mg	48		2	A	1		21	8	
Phosphorus, P mg	36		2	A	1		16	6	
Potassium, K mg	256		2	A	1		113	44	
Sodium, Na mg	55		2	A	1		24	9	
Zinc, Zn mg	0.30		2	A	1		0.13	0.05	
Copper, Cu mg	0.111		1	A	1		0.049	0.019	
Manganese, Mn mg	0.255		2	A	1		0.112	0.043	
Selenium, Se µg	0.9		0	CAZN	4		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.9		1	A	1		2.6	1.0	
Thiamin mg	0.106		2	A	1		0.047	0.018	
Riboflavin mg	0.129		2	A	1		0.057	0.022	
Niacin mg	0.787		2	A	1		0.346	0.134	
Pantothenic acid mg	0.135		2	A	1		0.059	0.023	
Vitamin B-6 mg	0.086		2	A	1		0.038	0.015	
Folate, total µg	114		2	A	1		50	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	114		2	A	1		50	19	
Folate, DFE µg	114		0	NC	4		50	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	58		1	A	1		25	10	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1158		1	A	1		510	197	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11986
Malabar spinach, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 cup

Measure 2 = 17g: 1 bunch

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11927
Mountain yam, hawaii, cooked, steamed, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.14		2		1		111.85		
Energy kcal	82		0	NC	4		119		
Energy kJ	344		0	NC	4		499		
Protein (N x 6.25) g	1.73		1		1		2.51		
Total lipid (fat) g	0.08		1		1		0.12		
Ash g	1.06		1		1		1.54		
Carbohydrate, by difference g	19.99		0	NC	4		28.99		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		1		1		12		
Iron, Fe mg	0.43		1		1		0.62		
Magnesium, Mg mg	10		1		1		15		
Phosphorus, P mg	40		1		1		58		
Potassium, K mg	495		1		1		718		
Sodium, Na mg	248		0		4		360		
Zinc, Zn mg	0.32		0		4		0.46		
Copper, Cu mg	0.129		0		4		0.187		
Manganese, Mn mg	0.283		0		4		0.410		
Selenium, Se µg	0.9		0	BFSN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0		
Thiamin mg	0.086		1		1		0.125		
Riboflavin mg	0.014		1		1		0.020		
Niacin mg	0.130		1		1		0.189		
Pantothenic acid mg	0.480		0		4		0.696		
Vitamin B-6 mg	0.209		0		4		0.303		
Folate, total µg	12		0		4		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12		0		4		18		
Folate, DFE µg	12		0	NC	4		18		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11927
Mountain yam, hawaii, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.018		0		1		0.026		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.015		0		1		0.022		
17:0....g									
18:0....g	0.001		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.004		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.036		0		1		0.052		
18:2 undifferentiated....g	0.030		0		1		0.044		
18:3 undifferentiated....g	0.006		0		1		0.009		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.020		
Threonine....g	0.061		0		1		0.088		
Isoleucine....g	0.059		0		1		0.086		
Leucine....g	0.109		0		1		0.158		
Lysine....g	0.067		0		1		0.097		
Methionine....g	0.023		0		1		0.033		
Cystine....g	0.021		0		1		0.030		
Phenylalanine....g	0.080		0		1		0.116		
Tyrosine....g	0.046		0		1		0.067		
Valine....g	0.070		0		1		0.102		
Arginine....g	0.144		0		1		0.209		
Histidine....g	0.038		0		1		0.055		
Alanine....g	0.071		0		1		0.103		
Aspartic acid....g	0.175		0		1		0.254		
Glutamic acid....g	0.205		0		1		0.297		
Glycine....g	0.060		0		1		0.087		
Proline....g	0.061		0		1		0.088		
Serine....g	0.092		0		1		0.133		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11927

Mountain yam, hawaii, cooked, steamed, with salt

Common Measures:

Measure 1 = 145g: 1 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate**3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11259
Mountain yam, hawaii, cooked, steamed, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.14		2		1		111.85		
Energy kcal	82		0	NC	4		119		
Energy kJ	343				4		497		
Protein (N x 6.25) g	1.73		1		1		2.51		
Total lipid (fat) g	0.08		1		1		0.12		
Ash g	1.06		1		1		1.54		
Carbohydrate, by difference g	20.00		0	NC	4		29.00		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		1		1		12		
Iron, Fe mg	0.43		1		1		0.62		
Magnesium, Mg mg	10		1		1		15		
Phosphorus, P mg	40		1		1		58		
Potassium, K mg	495		1		1		718		
Sodium, Na mg	12		1		1		17		
Zinc, Zn mg	0.32		0		4		0.46		
Copper, Cu mg	0.129		0		4		0.187		
Manganese, Mn mg	0.283		0		4		0.410		
Selenium, Se µg	0.9		0	BFSN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0		
Thiamin mg	0.086		1		1		0.125		
Riboflavin mg	0.014		1		1		0.020		
Niacin mg	0.130		1		1		0.189		
Pantothenic acid mg	0.480		0		4		0.696		
Vitamin B-6 mg	0.209		0		4		0.303		
Folate, total µg	12		0		4		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12		0		4		18		
Folate, DFE µg	12		0	NC	4		18		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		1		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11259

Mountain yam, hawaii, cooked, steamed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.018		0		1		0.026		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.015		0		1		0.022		
17:0....g									
18:0....g	0.001		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.004		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.036		0		1		0.052		
18:2 undifferentiated....g	0.030		0		1		0.044		
18:3 undifferentiated....g	0.006		0		1		0.009		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.020		
Threonine....g	0.061		0		1		0.088		
Isoleucine....g	0.059		0		1		0.086		
Leucine....g	0.109		0		1		0.158		
Lysine....g	0.067		0		1		0.097		
Methionine....g	0.023		0		1		0.033		
Cystine....g	0.021		0		1		0.030		
Phenylalanine....g	0.080		0		1		0.116		
Tyrosine....g	0.046		0		1		0.067		
Valine....g	0.070		0		1		0.102		
Arginine....g	0.144		0		1		0.209		
Histidine....g	0.038		0		1		0.055		
Alanine....g	0.071		0		1		0.103		
Aspartic acid....g	0.175		0		1		0.254		
Glutamic acid....g	0.205		0		1		0.297		
Glycine....g	0.060		0		1		0.087		
Proline....g	0.061		0		1		0.088		
Serine....g	0.092		0		1		0.133		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11259

Mountain yam, hawaii, cooked, steamed, without salt

Common Measures:

Measure 1 = 145g: 1 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate**3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11258
Mountain yam, hawaii, raw
Dioscorea pentaphylla

Refuse: 17% Ends and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.44	1.745	4		1		55.38	342.05	
Energy kcal	67		0	NC	4		46	281	
Energy kJ	280		0		4		191	1177	
Protein (N x 6.25) g	1.34		1		1		0.91	5.63	
Total lipid (fat) g	0.10		1		1		0.07	0.42	
Ash g	0.82		1		1		0.56	3.44	
Carbohydrate, by difference g	16.30		0	NC	4		11.08	68.46	
Fiber, total dietary g	2.5		0	BFSN	4		1.7	10.5	
Sugars, total g	0.31		0	BFSN	4		0.21	1.28	
Starch g									
Minerals:									
Calcium, Ca mg	26		1		1		18	109	
Iron, Fe mg	0.44		1		1		0.30	1.85	
Magnesium, Mg mg	12		2		1		8	50	
Phosphorus, P mg	34		1		1		23	143	
Potassium, K mg	418		2		1		284	1756	
Sodium, Na mg	13		2		1		9	55	
Zinc, Zn mg	0.27		0		4		0.18	1.13	
Copper, Cu mg	0.110		0		4		0.075	0.462	
Manganese, Mn mg	0.242		0		4		0.165	1.016	
Selenium, Se µg	0.7		0	CAZN	4		0.5	2.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		1		1		1.8	10.9	
Thiamin mg	0.102		2		1		0.069	0.428	
Riboflavin mg	0.019		2		1		0.013	0.080	
Niacin mg	0.481		2		1		0.327	2.020	
Pantothenic acid mg	0.433		0		4		0.294	1.819	
Vitamin B-6 mg	0.179		0		4		0.122	0.752	
Folate, total µg	14		0		4		10	59	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		4		10	59	
Folate, DFE µg	14		0	NC	4		10	59	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		2		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.14	0.89	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.0	6.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11258
Mountain yam, hawaii, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.022		0		1		0.015	0.092	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.020		0		1		0.014	0.084	
17:0....g									
18:0....g	0.002		0		1		0.001	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.003	0.017	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.003	0.017	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.045		0		1		0.031	0.189	
18:2 undifferentiated....g	0.038		0		1		0.026	0.160	
18:3 undifferentiated....g	0.007		0		1		0.005	0.029	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.007	0.046	
Threonine....g	0.047		0		1		0.032	0.197	
Isoleucine....g	0.045		0		1		0.031	0.189	
Leucine....g	0.084		0		1		0.057	0.353	
Lysine....g	0.052		0		1		0.035	0.218	
Methionine....g	0.018		0		1		0.012	0.076	
Cystine....g	0.016		0		1		0.011	0.067	
Phenylalanine....g	0.062		0		1		0.042	0.260	
Tyrosine....g	0.035		0		1		0.024	0.147	
Valine....g	0.054		0		1		0.037	0.227	
Arginine....g	0.112		0		1		0.076	0.470	
Histidine....g	0.030		0		1		0.020	0.126	
Alanine....g	0.055		0		1		0.037	0.231	
Aspartic acid....g	0.136		0		1		0.092	0.571	
Glutamic acid....g	0.159		0		1		0.108	0.668	
Glycine....g	0.046		0		1		0.031	0.193	
Proline....g	0.048		0		1		0.033	0.202	
Serine....g	0.071		0		1		0.048	0.298	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11258
Mountain yam, hawaii, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 68g: .5 cup, cubes

Measure 2 = 420g: 1 yam

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11718

Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.39		1		1		115.80		
Energy kcal	19		0	NC	4		23		
Energy kJ	78		0	NC	4		96		
Protein (N x 6.25) g	2.03		0		1		2.52		
Total lipid (fat) g	0.09		0		1		0.11		
Ash g	0.89		0	O	4		1.10		
Carbohydrate, by difference g	3.60		0	NC	4		4.46		
Fiber, total dietary g	0.8		0		4		1.0		
Sugars, total g	2.84		0	BFSN	4		3.53		
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		15		
Iron, Fe mg	0.65		0		1		0.81		
Magnesium, Mg mg	14		1		1		17		
Phosphorus, P mg	28		0		1		35		
Potassium, K mg	101		1		1		125		
Sodium, Na mg	246		0		4		305		
Zinc, Zn mg	0.47		0		1		0.58		
Copper, Cu mg	0.122		0		1		0.151		
Manganese, Mn mg	0.140		0		1		0.174		
Selenium, Se µg	0.6		0	BFZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.4		0		1		14.1		
Thiamin mg	0.050		0		1		0.062		
Riboflavin mg	0.102		0		1		0.126		
Niacin mg	0.817		0		1		1.013		
Pantothenic acid mg	0.243		0		1		0.301		
Vitamin B-6 mg	0.054		0		4		0.067		
Folate, total µg	29		0		4		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	29		0		4		36		
Folate, DFE µg	29		0	NC	4		36		
Choline, total mg	9.9		0	BFSY	4		12.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4		0	BFSY	4		5		
Carotene, alpha µg	4		0	BFSY	4		5		
Cryptoxanthin, beta µg	4		0	BFSY	4		5		
Vitamin A, IU IU	13		0	NC	4		16		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	22.7		0	BFSN	4		28.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11718

Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.025		0		1		0.031		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.018		0		1		0.022		
17:0....g									
18:0....g	0.005		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.015		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.032		0		1		0.040		
18:2 undifferentiated....g	0.023		0		1		0.029		
18:3 undifferentiated....g	0.009		0		1		0.011		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.035		
Threonine....g	0.058		0		1		0.072		
Isoleucine....g	0.098		0		1		0.122		
Leucine....g	0.130		0		1		0.161		
Lysine....g	0.123		0		1		0.153		
Methionine....g	0.025		0		1		0.031		
Cystine....g	0.012		0		1		0.015		
Phenylalanine....g	0.086		0		1		0.107		
Tyrosine....g	0.038		0		1		0.047		
Valine....g	0.097		0		1		0.120		
Arginine....g	0.146		0		1		0.181		
Histidine....g	0.052		0		1		0.064		
Alanine....g	0.073		0		1		0.091		
Aspartic acid....g	0.355		0		1		0.440		
Glutamic acid....g	0.120		0		1		0.149		
Glycine....g	0.046		0		1		0.057		
Proline....g									
Serine....g	0.024		0		1		0.030		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11718

Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11044

Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.39		1		1		115.80		
Energy kcal	21		0	NC	4		26		
Energy kJ	88		0		4		109		
Protein (N x 6.25) g	2.03		0		1		2.52		
Total lipid (fat) g	0.09		0		1		0.11		
Ash g	0.30		1		1		0.37		
Carbohydrate, by difference g	4.19		0	NC	4		5.20		
Fiber, total dietary g	0.8		0		4		1.0		
Sugars, total g	2.84		0	BFSN	4		3.53		
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		15		
Iron, Fe mg	0.65		0		1		0.81		
Magnesium, Mg mg	14		1		1		17		
Phosphorus, P mg	28		0		1		35		
Potassium, K mg	101		1		1		125		
Sodium, Na mg	10		1		1		12		
Zinc, Zn mg	0.47		0		1		0.58		
Copper, Cu mg	0.122		0		1		0.151		
Manganese, Mn mg	0.140		0		1		0.174		
Selenium, Se µg	0.6		0	BFZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.4		0		1		14.1		
Thiamin mg	0.050		0		1		0.062		
Riboflavin mg	0.102		0		1		0.126		
Niacin mg	0.817		0		1		1.013		
Pantothenic acid mg	0.243		0		1		0.301		
Vitamin B-6 mg	0.054		0		4		0.067		
Folate, total µg	29		0		4		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	29		0		4		36		
Folate, DFE µg	29		0	NC	4		36		
Choline, total mg	9.9		0	BFSY	4		12.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4		0	BFSY	4		5		
Carotene, alpha µg	4		0	BFSY	4		5		
Cryptoxanthin, beta µg	4		0	BFSY	4		5		
Vitamin A, IU IU	13		0	NC	4		16		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.07		0	BFSN	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	22.7		0	BFSN	4		28.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11044

Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.025		0		1		0.031		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.018		0		1		0.022		
17:0....g									
18:0....g	0.005		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.015		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.032		0		1		0.040		
18:2 undifferentiated....g	0.023		0		1		0.029		
18:3 undifferentiated....g	0.009		0		1		0.011		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.035		
Threonine....g	0.058		0		1		0.072		
Isoleucine....g	0.098		0		1		0.122		
Leucine....g	0.130		0		1		0.161		
Lysine....g	0.123		0		1		0.153		
Methionine....g	0.025		0		1		0.031		
Cystine....g	0.012		0		1		0.015		
Phenylalanine....g	0.086		0		1		0.107		
Tyrosine....g	0.038		0		1		0.047		
Valine....g	0.097		0		1		0.120		
Arginine....g	0.146		0		1		0.181		
Histidine....g	0.052		0		1		0.064		
Alanine....g	0.073		0		1		0.091		
Aspartic acid....g	0.355		0		1		0.440		
Glutamic acid....g	0.120		0		1		0.149		
Glycine....g	0.046		0		1		0.057		
Proline....g									
Serine....g	0.024		0		1		0.030		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11044

Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11045
Mung beans, mature seeds, sprouted, cooked, stir-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.30		1		1		104.53		
Energy kcal	50		0	NC	4		62		
Energy kJ	209				4		259		
Protein (N x 6.25) g	4.30		1		1		5.33		
Total lipid (fat) g	0.21		0		1		0.26		
Ash g	0.60		1		1		0.74		
Carbohydrate, by difference g	10.59		0	NC	4		13.13		
Fiber, total dietary g	1.9		0	BFSN	4		2.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		1		1		16		
Iron, Fe mg	1.90		1		1		2.36		
Magnesium, Mg mg	33		0		4		41		
Phosphorus, P mg	79		0		4		98		
Potassium, K mg	219		0		4		272		
Sodium, Na mg	9		0		4		11		
Zinc, Zn mg	0.90		1		1		1.12		
Copper, Cu mg	0.255		0		4		0.316		
Manganese, Mn mg	0.292		0		4		0.362		
Selenium, Se µg	0.6		0	BFZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		1		1		19.8		
Thiamin mg	0.140		1		1		0.174		
Riboflavin mg	0.180		1		1		0.223		
Niacin mg	1.200		1		1		1.488		
Pantothenic acid mg	0.559		0		4		0.693		
Vitamin B-6 mg	0.130		0		4		0.161		
Folate, total µg	70		0		4		86		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	70		0		4		86		
Folate, DFE µg	70		0	NC	4		86		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0		4		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	31		0		4		38		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11045

Mung beans, mature seeds, sprouted, cooked, stir-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0		1		0.048		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.027		0		1		0.033		
17:0....g									
18:0....g	0.009		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.056		0		1		0.069		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.056		0		1		0.069		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.068		0		1		0.084		
18:2 undifferentiated....g	0.058		0		1		0.072		
18:3 undifferentiated....g	0.011		0		1		0.014		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.072		
Threonine....g	0.122		0		1		0.151		
Isoleucine....g	0.207		0		1		0.257		
Leucine....g	0.275		0		1		0.341		
Lysine....g	0.261		0		1		0.324		
Methionine....g	0.053		0		1		0.066		
Cystine....g	0.026		0		1		0.032		
Phenylalanine....g	0.183		0		1		0.227		
Tyrosine....g	0.081		0		1		0.100		
Valine....g	0.204		0		1		0.253		
Arginine....g	0.309		0		1		0.383		
Histidine....g	0.109		0		1		0.135		
Alanine....g	0.155		0		1		0.192		
Aspartic acid....g	0.752		0		1		0.932		
Glutamic acid....g	0.253		0		1		0.314		
Glycine....g	0.098		0		1		0.122		
Proline....g									
Serine....g	0.052		0		1		0.064		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11045

Mung beans, mature seeds, sprouted, cooked, stir-fried

Common Measures:

Measure 1 = 124g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11043

Mung beans, mature seeds, sprouted, raw

Vigna radiata

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.40	1.586	8		1		94.02	307.36	
Energy kcal	30		0	NC	4		31	102	
Energy kJ	126		0	NC	4		131	429	
Protein (N x 6.25) g	3.04	0.466	8		1		3.16	10.34	
Total lipid (fat) g	0.18	0.045	8		1		0.19	0.61	
Ash g	0.44	0.065	8		1		0.46	1.50	
Carbohydrate, by difference g	5.94		0	NC	4		6.18	20.20	
Fiber, total dietary g	1.8		0		1		1.9	6.1	
Sugars, total g	4.13		0	O	4		4.30	14.04	
Starch g									
Minerals:									
Calcium, Ca mg	13	1.966	8		1		14	44	
Iron, Fe mg	0.91	0.351	8		1		0.95	3.09	
Magnesium, Mg mg	21	3.384	8		1		22	71	
Phosphorus, P mg	54	8.476	8		1		56	184	
Potassium, K mg	149	23.307	8		1		155	507	
Sodium, Na mg	6	1.449	4		1		6	20	
Zinc, Zn mg	0.41	0.052	8		1		0.43	1.39	
Copper, Cu mg	0.164	0.058	8		1		0.171	0.558	
Manganese, Mn mg	0.188	0.049	8		1		0.196	0.639	
Selenium, Se µg	0.6		0	BFZN	4		0.6	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.2	1.861	8		1		13.7	44.9	
Thiamin mg	0.084	0.014	8		1		0.087	0.286	
Riboflavin mg	0.124	0.020	8		1		0.129	0.422	
Niacin mg	0.749	0.064	8		1		0.779	2.547	
Pantothenic acid mg	0.380	0.082	4		1		0.395	1.292	
Vitamin B-6 mg	0.088	0.012	8		1		0.092	0.299	
Folate, total µg	61	6.866	16		1		63	207	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	61	6.866	16		1		63	207	
Folate, DFE µg	61		0	NC	4		63	207	
Choline, total mg	14.4		0	BFZN	4		15.0	49.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	4	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	6		0	O	4		7	21	
Carotene, alpha µg	6		0	O	4		7	21	
Cryptoxanthin, beta µg	6		0	O	4		7	21	
Vitamin A, IU IU	21		0	NC	4		22	71	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	O	4		0.10	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	33.0		0	T	4		34.3	112.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11043
Mung beans, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.046		0		1		0.048	0.156	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.032		0		1		0.033	0.109	
17:0....g									
18:0....g	0.008		0		1		0.008	0.027	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.023	0.075	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.023	0.075	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.058		0		1		0.060	0.197	
18:2 undifferentiated....g	0.042		0		1		0.044	0.143	
18:3 undifferentiated....g	0.016		0		1		0.017	0.054	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	15		0		1		16	51	
Amino Acids:									
Tryptophan....g	0.037		4		1		0.038	0.126	
Threonine....g	0.078		4		1		0.081	0.265	
Isoleucine....g	0.132		4		1		0.137	0.449	
Leucine....g	0.175		4		1		0.182	0.595	
Lysine....g	0.166		4		1		0.173	0.564	
Methionine....g	0.034		3		1		0.035	0.116	
Cystine....g	0.017		1		1		0.018	0.058	
Phenylalanine....g	0.117		4		1		0.122	0.398	
Tyrosine....g	0.052		2		1		0.054	0.177	
Valine....g	0.130		4		1		0.135	0.442	
Arginine....g	0.197		2		1		0.205	0.670	
Histidine....g	0.070		2		1		0.073	0.238	
Alanine....g	0.099		1		1		0.103	0.337	
Aspartic acid....g	0.479		1		1		0.498	1.629	
Glutamic acid....g	0.161		1		1		0.167	0.547	
Glycine....g	0.063		1		1		0.066	0.214	
Proline....g									
Serine....g	0.033		1		1		0.034	0.112	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11043
Mung beans, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 104g: 1 cup

Measure 2 = 340g: 1 package (12 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11938
Mushroom, white, exposed to ultraviolet light, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.45	0.238	56	JO	11		64.72	88.75	21.26
Energy kcal	22		0	NC	4		16	21	5
Energy kJ	93		0	NC	4		65	89	21
Protein (N x 6.25) g	3.09	0.106	33	JO	11		2.17	2.97	0.71
Adjusted Protein g	2.18	0.084	30	JO	11		1.52	2.09	0.50
Total lipid (fat) g	0.34	0.032	33	JO	11		0.24	0.33	0.08
Ash g	0.85	0.029	29	JO	11		0.59	0.81	0.20
Carbohydrate, by difference g	3.26		0	NC	4		2.28	3.13	0.75
Fiber, total dietary g	1.0	0.461	3	JO	11		0.7	1.0	0.2
Sugars, total g	1.98	0.547	5	JO	11		1.38	1.90	0.45
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.48	0.428	8	JO	11		1.04	1.42	0.34
Fructose g	0.17	0.134	8	JO	11		0.12	0.17	0.04
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	3	0.268	52	JO	11		2	3	1
Iron, Fe mg	0.50	0.105	58	JA	6		0.35	0.48	0.11
Magnesium, Mg mg	9	0.320	42	JA	6		6	9	2
Phosphorus, P mg	86	3.909	43	JO	11		60	82	20
Potassium, K mg	318	11.125	48	JA	6		223	305	73
Sodium, Na mg	5	0.648	38	JO	11		3	5	1
Zinc, Zn mg	0.52	0.040	62	JO	11		0.37	0.50	0.12
Copper, Cu mg	0.318	0.019	53	JO	11		0.223	0.306	0.073
Manganese, Mn mg	0.047	0.005	40	JO	11		0.033	0.045	0.011
Selenium, Se µg	9.3	1.279	23	JO	11		6.5	8.9	2.1
Vitamins:									
Vitamin C, total ascorbic acid mg	2.1	0.640	24	JA	6		1.4	2.0	0.5
Thiamin mg	0.081	0.007	17	JO	11		0.056	0.077	0.019
Riboflavin mg	0.402	0.027	14	JO	11		0.281	0.386	0.092
Niacin mg	3.607	0.280	17	JO	11		2.525	3.463	0.830
Pantothenic acid mg	1.497	0.092	13	JO	11		1.048	1.437	0.344
Vitamin B-6 mg	0.104	0.012	16	JO	11		0.072	0.099	0.024
Folate, total (1) µg	17	1.044	36	JO	11		12	16	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (2) µg	17	1.044	36	JO	11		12	16	4
Folate, DFE (3) µg	17		0	NC	4		12	16	4
Choline, total mg	17.3		0	AS	1		12.1	16.6	4.0
Betaine mg	9.4		2	A	1		6.6	9.0	2.2
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0	0	0
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.01		2	JO	11		0.01	0.01	0.00
Tocopherol, beta mg	0.01		2	JO	11		0.00	0.00	0.00
Tocopherol, gamma mg	0.01		2	JO	11		0.01	0.01	0.00
Tocopherol, delta mg	0.01		2	JO	11		0.01	0.01	0.00
Tocotrienol, alpha mg	0.05		2	JO	11		0.03	0.05	0.01
Tocotrienol, beta mg	0.00		2	JO	11		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	JO	11		0.00	0.00	0.00

NDB No. 11938

Mushroom, white, exposed to ultraviolet light, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg	0.00		2	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	26.2		0	AS	1		18.3	25.1	6.0
Vitamin D2 (ergocalciferol)....µg	26.2	7.146	8	A	1		18.3	25.1	6.0
Vitamin D3 (cholecalciferol)....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Vitamin D....IU	1046	285.842	8	A	1		732	1004	241
Vitamin K (phylloquinone)....µg	0.0	0.020	3	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	1.0		2	A	1		0.7	0.9	0.2
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.050		0	NC	4		0.035	0.048	0.011
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.040		1	A	1		0.028	0.038	0.009
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.010		1	A	1		0.007	0.010	0.002
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.160		0	NC	4		0.112	0.154	0.037
18:2 undifferentiated....g	0.160		1	A	1		0.112	0.154	0.037
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g	0.000		1	A	1		0.000	0.000	0.000
22:4....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	0	0.000	8	A	1		0	0	0
Campesterol....mg	2	0.031	8	A	1		1	2	0
Beta-sitosterol....mg	0	0.088	8	A	1		0	0	0
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup pieces or slices

NDB No. 11938

Mushroom, white, exposed to ultraviolet light, raw

Measure 2 = 96g: 1 cup whole

Measure 3 = 23g: 1 large

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically

3 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11239

Mushrooms, Chanterelle, raw (1)

Cantharellus californicus or Cantharellus cibarius

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.85		2	A	1		48.52	4.85	
Energy kcal	38		0	NC	4		21	2	
Energy kJ	160		0	NC	4		86	9	
Protein g	1.49		2	A	1		0.80	0.08	
Total lipid (fat) g	0.53		2	A	1		0.29	0.03	
Ash g	1.26		2	A	1		0.68	0.07	
Carbohydrate, by difference g	6.86		0	NC	4		3.71	0.37	
Fiber, total dietary g	3.8		2	A	1		2.0	0.2	
Sugars, total g	1.16		2	A	1		0.63	0.06	
Sucrose g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose) g	1.16		2	A	1		0.63	0.06	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		2	A	1		8	1	
Iron, Fe mg	3.47		2	A	1		1.87	0.19	
Magnesium, Mg mg	13		2	A	1		7	1	
Phosphorus, P mg	57		2	A	1		31	3	
Potassium, K mg	506		2	A	1		273	27	
Sodium, Na mg	9		2	A	1		5	0	
Zinc, Zn mg	0.71		2	A	1		0.38	0.04	
Copper, Cu mg	0.353		2	A	1		0.190	0.019	
Manganese, Mn mg	0.286		2	A	1		0.155	0.015	
Selenium, Se µg	2.2		2	A	1		1.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.015		2	A	1		0.008	0.001	
Riboflavin mg	0.215		2	A	1		0.116	0.012	
Niacin mg	4.085		2	A	1		2.206	0.221	
Pantothenic acid mg	1.075		2	A	1		0.580	0.058	
Vitamin B-6 mg	0.044		2	A	1		0.023	0.002	
Folate, total (2) µg	2		0	AS	1		1	0	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (2) µg	2		2	A	1		1	0	
Folate, DFE (2) µg	2		0	NC	4		1	0	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	5.3		2	AS	1		2.9	0.3	

NDB No. 11239
Mushrooms, Chanterelle, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	212		2	A	1		114	11	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg									
Phytosterols....mg									
Stigmasterol....mg	0		2	A	1		0	0	
Campesterol....mg	1		2	A	1		0	0	
Beta-sitosterol....mg	0		2	A	1		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

Measure 2 = 5.4g: 1 piece

Footnotes:

1 Ergosterol = 61 mg/100 g.

2 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11936

Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw

Agaricus bisporus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.12	0.301	5	A	1		80.14	66.32	18.42
Energy kcal	22		0	NC	4		19	16	4
Energy kJ	94		0	NC	4		82	68	19
Protein (N x 6.25) g	2.50		1	A	1		2.18	1.80	0.50
Total lipid (fat) g	0.10		1	A	1		0.09	0.07	0.02
Ash g	0.98		1	A	1		0.85	0.71	0.20
Carbohydrate, by difference g	4.30		0	NC	4		3.74	3.10	0.86
Fiber, total dietary g	0.6		1	A	1		0.5	0.4	0.1
Sugars, total g	1.72		1	A	1		1.50	1.24	0.34
Starch g									
Minerals:									
Calcium, Ca mg	18		1	A	1		16	13	4
Iron, Fe mg	0.40		1	A	1		0.35	0.29	0.08
Magnesium, Mg mg	9		0	BFSN	4		8	6	2
Phosphorus, P mg	120		1	A	1		104	86	24
Potassium, K mg	448		1	A	1		390	323	90
Sodium, Na mg	6		1	A	1		5	4	1
Zinc, Zn mg	1.10		1	A	1		0.96	0.79	0.22
Copper, Cu mg	0.500		1	A	1		0.435	0.360	0.100
Manganese, Mn mg	0.142		1	A	1		0.124	0.102	0.028
Selenium, Se µg	26.0		1	A	1		22.6	18.7	5.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.095		1	A	1		0.083	0.068	0.019
Riboflavin mg	0.490		1	A	1		0.426	0.353	0.098
Niacin mg	3.800		0	BFSN	4		3.306	2.736	0.760
Pantothenic acid mg	1.500		1	A	1		1.305	1.080	0.300
Vitamin B-6 mg	0.110		1	A	1		0.096	0.079	0.022
Folate, total µg	28	6.255	4	AS	1		24	20	6
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	28	6.255	4	A	1		24	20	6
Folate, DFE µg	28		0	NC	4		24	20	6
Choline, total mg	22.1		0	AS	1		19.2	15.9	4.4
Betaine mg	11.1		1	A	1		9.6	8.0	2.2
Vitamin B-12 µg	0.10		1	A	1		0.09	0.07	0.02
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	BFSN	4		0	0	0
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	0		0	Z	7		0	0	0
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.01		2	A	1		0.01	0.01	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01		2	A	1		0.01	0.01	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	31.9		0	AS	1		27.8	23.0	6.4
Vitamin D2 (ergocalciferol) µg	31.9	6.128	6	A	1		27.8	23.0	6.4
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	1276	245.123	6	A	1		1110	919	255
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4 µg	0.0		2	A	1		0.0	0.0	0.0

NDB No. 11936

Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.014		0	BFFN	4		0.012	0.010	0.003
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.001		0	BFFN	4		0.001	0.001	0.000
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.001	0.000
15:0....g									
16:0....g	0.007		0	BFFN	4		0.006	0.005	0.001
17:0....g									
18:0....g	0.002		0	BFFN	4		0.002	0.001	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	BFFN	4		0.002	0.001	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.002		0	BFFN	4		0.002	0.001	0.000
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0	BFFN	4		0.037	0.030	0.008
18:2 undifferentiated....g	0.040		0	BFFN	4		0.035	0.029	0.008
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	0	0.000	6	A	1		0	0	0
Campesterol....mg	2	0.156	6	A	1		2	1	0
Beta-sitosterol....mg	0	0.058	6	A	1		0	0	0
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 cup whole

Measure 2 = 72g: 1 cup sliced

Measure 3 = 20g: 1 piece whole

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

NDB No. 11936

Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11266

Mushrooms, brown, italian, or crimini, raw (1)

Agaricus bisporus

Refuse: 3% Trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.12	0.301	5	A	1		80.14	66.32	18.42
Energy kcal	22		0	NC	4		19	16	4
Energy kJ	94		0	NC	4		82	68	19
Protein (N x 6.25) g	2.50		1	A	1		2.18	1.80	0.50
Total lipid (fat) g	0.10		1	A	1		0.09	0.07	0.02
Ash g	0.98		1	A	1		0.85	0.71	0.20
Carbohydrate, by difference g	4.30		0	NC	4		3.74	3.10	0.86
Fiber, total dietary g	0.6		1	A	1		0.5	0.4	0.1
Sugars, total g	1.72		1	A	1		1.50	1.24	0.34
Starch g									
Minerals:									
Calcium, Ca mg	18		1	A	1		16	13	4
Iron, Fe mg	0.40		1	A	1		0.35	0.29	0.08
Magnesium, Mg mg	9		0	BFSN	4		8	6	2
Phosphorus, P mg	120		1	A	1		104	86	24
Potassium, K mg	448		1	A	1		390	323	90
Sodium, Na mg	6		1	A	1		5	4	1
Zinc, Zn mg	1.10		1	A	1		0.96	0.79	0.22
Copper, Cu mg	0.500		1	A	1		0.435	0.360	0.100
Manganese, Mn mg	0.142		1	A	1		0.124	0.102	0.028
Selenium, Se µg	26.0		1	A	1		22.6	18.7	5.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.095		1	A	1		0.083	0.068	0.019
Riboflavin mg	0.490		1	A	1		0.426	0.353	0.098
Niacin mg	3.800		0	BFSN	4		3.306	2.736	0.760
Pantothenic acid mg	1.500		1	A	1		1.305	1.080	0.300
Vitamin B-6 mg	0.110		1	A	1		0.096	0.079	0.022
Folate, total (2) µg	25	5.556	5	JA	6		22	18	5
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (2) µg	25	5.556	5	JA	6		22	18	5
Folate, DFE (2) µg	25		0	NC	4		22	18	5
Choline, total mg	22.1		0	AS	1		19.2	15.9	4.4
Betaine mg	11.1		1	A	1		9.6	8.0	2.2
Vitamin B-12 µg	0.10		1	A	1		0.09	0.07	0.02
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	BFZN	4		0	0	0
Carotene, alpha µg	0		0	BFZN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	0
Vitamin A, IU IU	0		0	Z	7		0	0	0
Lycopene µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.01		2	A	1		0.01	0.01	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01		2	A	1		0.01	0.01	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.1		4	AS	1		0.1	0.1	0.0
Vitamin D2 (ergocalciferol) µg	0.1	0.011	4	A	1		0.0	0.0	0.0
Vitamin D3 (cholecalciferol) µg	0.0	0.031	4	A	1		0.0	0.0	0.0
Vitamin D IU	3	1.296	4	A	1		3	2	1
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4 µg	0.0		2	A	1		0.0	0.0	0.0

NDB No. 11266

Mushrooms, brown, italian, or crimini, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.014		0	BFFN	4		0.012	0.010	0.003
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.001		0	BFFN	4		0.001	0.001	0.000
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.001	0.000
15:0....g									
16:0....g	0.007		0	BFFN	4		0.006	0.005	0.001
17:0....g									
18:0....g	0.002		0	BFFN	4		0.002	0.001	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	BFFN	4		0.002	0.001	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.002		0	BFFN	4		0.002	0.001	0.000
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0	BFFN	4		0.037	0.030	0.008
18:2 undifferentiated....g	0.040		0	BFFN	4		0.035	0.029	0.008
18:3 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	0	0.000	6	A	1		0	0	0
Campesterol....mg	2	0.156	6	A	1		2	1	0
Beta-sitosterol....mg	0	0.058	6	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.056		0	BFPN	4		0.049	0.040	0.011
Threonine....g	0.113		0	BFPN	4		0.098	0.081	0.023
Isoleucine....g	0.099		0	BFPN	4		0.086	0.071	0.020
Leucine....g	0.153		0	BFPN	4		0.133	0.110	0.031
Lysine....g	0.252		0	BFPN	4		0.219	0.181	0.050
Methionine....g	0.048		0	BFPN	4		0.042	0.035	0.010
Cystine....g	0.006		0	BFPN	4		0.005	0.004	0.001
Phenylalanine....g	0.097		0	BFPN	4		0.084	0.070	0.019
Tyrosine....g	0.054		0	BFPN	4		0.047	0.039	0.011
Valine....g	0.115		0	BFPN	4		0.100	0.083	0.023
Arginine....g	0.123		0	BFPN	4		0.107	0.089	0.025
Histidine....g	0.067		0	BFPN	4		0.058	0.048	0.013
Alanine....g	0.187		0	BFPN	4		0.163	0.135	0.037
Aspartic acid....g	0.228		0	BFPN	4		0.198	0.164	0.046
Glutamic acid....g	0.428		0	BFPN	4		0.372	0.308	0.086
Glycine....g	0.111		0	BFPN	4		0.097	0.080	0.022
Proline....g	0.176		0	BFPN	4		0.153	0.127	0.035
Serine....g	0.113		0	BFPN	4		0.098	0.081	0.023
Hydroxyproline....g									

NDB No. 11266
Mushrooms, brown, italian, or crimini, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 cup whole

Measure 2 = 72g: 1 cup sliced

Measure 3 = 20g: 1 piece whole

Footnotes:

1 Ergosterol = 62 mg/100 g.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11264
Mushrooms, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.08	0.333	8		1		142.08	120.23	14.57
Energy kcal	25		0	NC	4		39	33	4
Energy kJ	105		0	NC	4		164	139	17
Protein (N x 6.25) g	1.87	0.158	5		1		2.92	2.47	0.30
Total lipid (fat) g	0.29	0.068	5		1		0.45	0.38	0.05
Ash g	1.67	0.083	5		1		2.61	2.20	0.27
Carbohydrate, by difference g	5.09		0	NC	4		7.94	6.72	0.81
Fiber, total dietary g	2.4		0		1		3.7	3.2	0.4
Sugars, total g	2.34		0	BFSN	4		3.65	3.09	0.37
Starch g									
Minerals:									
Calcium, Ca mg	11		0		4		17	15	2
Iron, Fe mg	0.79	0.078	6		1		1.23	1.04	0.13
Magnesium, Mg mg	15		0		4		23	20	2
Phosphorus, P mg	66		0		4		103	87	11
Potassium, K mg	129		0		4		201	170	21
Sodium, Na mg	425		0		4		663	561	68
Zinc, Zn mg	0.72	0.093	6		1		1.12	0.95	0.12
Copper, Cu mg	0.235	0.049	6		1		0.367	0.310	0.038
Manganese, Mn mg	0.086	0.012	5		1		0.134	0.114	0.014
Selenium, Se µg	4.1	0.430	23	A	1		6.4	5.4	0.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4		0.0	0.0	0.0
Thiamin mg	0.085		0		4		0.133	0.112	0.014
Riboflavin mg	0.021		0		4		0.033	0.028	0.003
Niacin mg	1.593		0		4		2.485	2.103	0.255
Pantothenic acid mg	0.811		0		4		1.265	1.071	0.130
Vitamin B-6 mg	0.061		0		4		0.095	0.081	0.010
Folate, total µg	12	9.135	3		1		19	16	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	12	9.135	3		1		19	16	2
Folate, DFE µg	12		0	NC	4		19	16	2
Choline, total mg	20.4		0	BFSY	4		31.9	27.0	3.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	BFSY	4		0	0	0
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	0		0		4		0	0	0
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFSY	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.02	0.02	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.3	0.3	0.0
Vitamin D IU	8		0	BFSN	4		13	11	1
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11264
Mushrooms, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.038		0		1		0.059	0.050	0.006
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.001		0		1		0.002	0.001	0.000
12:0....g	0.003		0		1		0.005	0.004	0.000
13:0....g									
14:0....g	0.001		0		1		0.002	0.001	0.000
15:0....g									
16:0....g	0.019		0		1		0.030	0.025	0.003
17:0....g									
18:0....g	0.006		0		1		0.009	0.008	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.008	0.007	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.008	0.007	0.001
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0		1		0.176	0.149	0.018
18:2 undifferentiated....g	0.111		0		1		0.173	0.147	0.018
18:3 undifferentiated....g	0.001		0		1		0.002	0.001	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0	NR	4		0.033	0.028	0.003
Threonine....g	0.065		0	NR	4		0.101	0.085	0.010
Isoleucine....g	0.046		0	NR	4		0.071	0.060	0.007
Leucine....g	0.072		0	NR	4		0.113	0.096	0.012
Lysine....g	0.065		0	NR	4		0.101	0.086	0.010
Methionine....g	0.019		0	NR	4		0.030	0.025	0.003
Cystine....g	0.007		0	NR	4		0.012	0.010	0.001
Phenylalanine....g	0.052		0	NR	4		0.080	0.068	0.008
Tyrosine....g	0.026		0	NR	4		0.041	0.035	0.004
Valine....g	0.140		0	NR	4		0.219	0.185	0.022
Arginine....g	0.047		0	NR	4		0.074	0.062	0.008
Histidine....g	0.034		0	NR	4		0.054	0.045	0.005
Alanine....g	0.120		0	NR	4		0.188	0.159	0.019
Aspartic acid....g	0.118		0	NR	4		0.184	0.155	0.019
Glutamic acid....g	0.207		0	NR	4		0.323	0.274	0.033
Glycine....g	0.055		0	NR	4		0.086	0.073	0.009
Proline....g	0.046		0	NR	4		0.072	0.061	0.007
Serine....g	0.057		0	NR	4		0.089	0.075	0.009
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11264
Mushrooms, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 132g: 1 can

Measure 3 = 16g: 1 large

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11950
Mushrooms, enoki, raw (1)
Flammulina veluptipes

Refuse: 16% Stems and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.34	0.255	10	JA	6		4.42	2.65	56.54
Energy kcal	37		0	NC	4		2	1	23
Energy kJ	153		0	NC	4		8	5	98
Protein (N x 6.25) g	2.66	0.250	4	A	1		0.13	0.08	1.70
Total lipid (fat) g	0.29	0.085	4	A	1		0.01	0.01	0.18
Ash g	0.91	0.084	4	A	1		0.05	0.03	0.58
Carbohydrate, by difference g	7.81		0	NC	4		0.39	0.23	5.00
Fiber, total dietary g	2.7	0.139	5	JA	6		0.1	0.1	1.7
Sugars, total g	0.22		1	A	1		0.01	0.01	0.14
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.22		1	A	1		0.01	0.01	0.14
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	0	0.134	3	A	1		0	0	0
Iron, Fe mg	1.15	0.087	3	A	1		0.06	0.03	0.74
Magnesium, Mg mg	16		2	A	1		1	0	10
Phosphorus, P mg	105		2	A	1		5	3	67
Potassium, K mg	359	19.835	3	A	1		18	11	230
Sodium, Na mg	3	0.355	3	A	1		0	0	2
Zinc, Zn mg	0.65		2	A	1		0.03	0.02	0.42
Copper, Cu mg	0.107	0.019	3	A	1		0.005	0.003	0.069
Manganese, Mn mg	0.075		2	A	1		0.004	0.002	0.048
Selenium, Se µg	2.2	0.000	3	A	1		0.1	0.1	1.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin mg	0.225	0.069	4	A	1		0.011	0.007	0.144
Riboflavin mg	0.200	0.024	3	A	1		0.010	0.006	0.128
Niacin mg	7.032	0.861	4	A	1		0.352	0.211	4.501
Pantothenic acid mg	1.350		1	A	1		0.068	0.041	0.864
Vitamin B-6 mg	0.100	0.025	4	A	1		0.005	0.003	0.064
Folate, total (2) µg	48	5.112	6	JA	6		2	1	31
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (2) µg	48	5.112	6	JA	6		2	1	31
Folate, DFE (2) µg	48		0	NC	4		2	1	31
Choline, total mg	47.7		0	AS	1		2.4	1.4	30.5
Betaine mg	1.4		1	A	1		0.1	0.0	0.9
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.01		1	A	1		0.00	0.00	0.01
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.1		4	AS	1		0.0	0.0	0.1

NDB No. 11950
Mushrooms, enoki, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg	0.1	0.088	4	A	1		0.0	0.0	0.1
Vitamin D3 (cholecalciferol)....µg	0.0	0.010	4	A	1		0.0	0.0	0.0
Vitamin D....IU	5	3.512	4	A	1		0	0	3
Vitamin K (phylloquinone)....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.5	0.467	3	A	1		0.0	0.0	0.3
Menaquinone-4....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.020		0	NC	4		0.001	0.001	0.013
4:0....g									
6:0....g									
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g	0.000		1	A	1		0.000	0.000	0.000
14:0....g	0.000		1	A	1		0.000	0.000	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.020		1	A	1		0.001	0.001	0.013
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.000		1	A	1		0.000	0.000	0.000
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.090		0	NC	4		0.004	0.003	0.057
18:2 undifferentiated....g	0.060		1	A	1		0.003	0.002	0.038
18:3 undifferentiated....g	0.030		1	A	1		0.001	0.001	0.019
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g	0.000		1	A	1		0.000	0.000	0.000
22:4....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	0	0.000	7	A	1		0	0	0
Campesterol....mg	1	0.101	7	A	1		0	0	1
Beta-sitosterol....mg	0	0.002	7	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.002	0.001	0.026
Threonine....g	0.110		0	A	1		0.005	0.003	0.070
Isoleucine....g	0.090		0	A	1		0.005	0.003	0.058
Leucine....g	0.130		0	A	1		0.006	0.004	0.083
Lysine....g	0.130		0	A	1		0.006	0.004	0.083
Methionine....g	0.030		0	A	1		0.001	0.001	0.019
Cystine....g	0.020		0	A	1		0.001	0.001	0.013
Phenylalanine....g	0.150		0	A	1		0.008	0.005	0.096
Tyrosine....g	0.140		0	A	1		0.007	0.004	0.090
Valine....g	0.230		0	A	1		0.012	0.007	0.147
Arginine....g	0.110		0	A	1		0.005	0.003	0.070
Histidine....g	0.070		0	A	1		0.004	0.002	0.045

NDB No. 11950
Mushrooms, enoki, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Alanine....g	0.190		0	A	1		0.009	0.006	0.122
Aspartic acid....g	0.190		0	A	1		0.009	0.006	0.122
Glutamic acid....g	0.380		0	A	1		0.019	0.011	0.243
Glycine....g	0.110		0	A	1		0.005	0.003	0.070
Proline....g	0.060		0	A	1		0.003	0.002	0.038
Serine....g	0.090		0	A	1		0.005	0.003	0.058
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 large

Measure 2 = 3.0g: 1 medium

Measure 3 = 64g: 1 cup whole

Footnotes:

1 Ergosterol = 36 mg/100 g.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11993
Mushrooms, maitake, raw (1)
Grifola frondosa

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.37	0.865	6	A	1		63.26	0.99	
Energy kcal	31		0	NC	4		22	0	
Energy kJ	130		0	NC	4		91	1	
Protein (N x 6.25) g	1.94		2	A	1		1.36	0.02	
Total lipid (fat) g	0.19		2	A	1		0.14	0.00	
Ash g	0.53		2	A	1		0.37	0.01	
Carbohydrate, by difference g	6.97		0	NC	4		4.88	0.08	
Fiber, total dietary g	2.7		2	A	1		1.9	0.0	
Sugars, total g	2.07		1	A	1		1.45	0.02	
Sucrose g	0.00		1	A	1		0.00	0.00	
Glucose (dextrose) g	1.74		1	A	1		1.22	0.02	
Fructose g	0.00		1	A	1		0.00	0.00	
Lactose g	0.33		1	A	1		0.23	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	1		2	A	1		1	0	
Iron, Fe mg	0.30		2	A	1		0.21	0.00	
Magnesium, Mg mg	10		1	A	1		7	0	
Phosphorus, P mg	74		1	A	1		52	1	
Potassium, K mg	204		2	A	1		143	2	
Sodium, Na mg	1		2	A	1		1	0	
Zinc, Zn mg	0.75		1	A	1		0.53	0.01	
Copper, Cu mg	0.252		2	A	1		0.176	0.003	
Manganese, Mn mg	0.059		1	A	1		0.041	0.001	
Selenium, Se µg	2.2		2	A	1		1.6	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	
Thiamin mg	0.146		2	A	1		0.103	0.002	
Riboflavin mg	0.242		2	A	1		0.170	0.003	
Niacin mg	6.585		2	A	1		4.609	0.072	
Pantothenic acid mg	0.270		1	A	1		0.189	0.003	
Vitamin B-6 mg	0.056		2	A	1		0.039	0.001	
Folate, total (2) µg	21	0.810	5	JA	6		15	0	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (2) µg	21	0.810	5	JA	6		15	0	
Folate, DFE (2) µg	21		0	NC	4		15	0	
Choline, total mg	51.1		0	AS	1		35.8	0.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.01		1	A	1		0.01	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	

NDB No. 11993
Mushrooms, maitake, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	28.1		4	AS	1		19.7	0.3	
Vitamin D2 (ergocalciferol) µg	28.1	16.420	4	A	1		19.7	0.3	
Vitamin D3 (cholecalciferol) µg	0.0		2	A	1		0.0	0.0	
Vitamin D IU	1123	656.791	4	A	1		786	12	
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4 µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated g	0.030		0	NC	4		0.021	0.000	
4:0 g	0.000		0	BFSN	4		0.000	0.000	
6:0 g	0.000		0	BFSN	4		0.000	0.000	
8:0 g	0.000		1	A	1		0.000	0.000	
10:0 g	0.000		1	A	1		0.000	0.000	
12:0 g	0.000		1	A	1		0.000	0.000	
13:0 g	0.000		1	A	1		0.000	0.000	
14:0 g	0.000		1	A	1		0.000	0.000	
15:0 g	0.000		1	A	1		0.000	0.000	
16:0 g	0.030		1	A	1		0.021	0.000	
17:0 g	0.000		1	A	1		0.000	0.000	
18:0 g	0.000		1	A	1		0.000	0.000	
20:0 g	0.000		1	A	1		0.000	0.000	
22:0 g	0.000		1	A	1		0.000	0.000	
24:0 g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	0.030		0	NC	4		0.021	0.000	
14:1 g	0.000		1	A	1		0.000	0.000	
15:1 g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
17:1 g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated g	0.030		1	A	1		0.021	0.000	
20:1 g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	
24:1 c g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.090		0	NC	4		0.063	0.001	
18:2 undifferentiated g	0.090		1	A	1		0.063	0.001	
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
18:4 g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	
21:5 g	0.000		1	A	1		0.000	0.000	
22:4 g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Stigmasterol mg	0	0.000	6	A	1		0	0	
Campesterol mg	2	0.094	6	A	1		1	0	
Beta-sitosterol mg	0	0.019	6	A	1		0	0	
Amino Acids:									
Tryptophan g	0.035		0	A	1		0.025	0.000	
Threonine g	0.095		0	A	1		0.067	0.001	
Isoleucine g	0.055		0	A	1		0.038	0.001	
Leucine g	0.080		0	A	1		0.056	0.001	
Lysine g	0.090		0	A	1		0.063	0.001	
Methionine g	0.015		0	A	1		0.010	0.000	
Cystine g	0.025		0	A	1		0.017	0.000	
Phenylalanine g	0.060		0	A	1		0.042	0.001	
Tyrosine g	0.070		0	A	1		0.049	0.001	

NDB No. 11993
Mushrooms, maitake, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.100		0	A	1		0.070	0.001	
Arginine....g	0.100		0	A	1		0.070	0.001	
Histidine....g	0.045		0	A	1		0.031	0.000	
Alanine....g	0.124		0	A	1		0.087	0.001	
Aspartic acid....g	0.205		0	A	1		0.143	0.002	
Glutamic acid....g	0.264		0	A	1		0.185	0.003	
Glycine....g	0.090		0	A	1		0.063	0.001	
Proline....g	0.060		0	A	1		0.042	0.001	
Serine....g	0.100		0	A	1		0.070	0.001	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup diced

Measure 2 = 1.1g: 1 piece whole

Footnotes:

1 Ergosterol = 72 mg/100 g.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11240
Mushrooms, morel, raw
Morchella spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.61	0.263	4	A	1		59.15	11.56	
Energy kcal	31		0	NC	4		20	4	
Energy kJ	129		0	NC	4		85	17	
Protein (N x 6.25) g	3.12	0.079	4	A	1		2.06	0.40	
Total lipid (fat) g	0.57	0.039	4	A	1		0.38	0.07	
Ash g	1.58	0.250	4	A	1		1.05	0.20	
Carbohydrate, by difference g	5.10		0	NC	4		3.37	0.66	
Fiber, total dietary g	2.8	0.406	4	A	1		1.8	0.4	
Sugars, total g	0.60	0.224	4	A	1		0.40	0.08	
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) g	0.60	0.224	4	A	1		0.40	0.08	
Fructose g	0.00	0.000	4	A	1		0.00	0.00	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	43	11.483	4	A	1		28	6	
Iron, Fe mg	12.18	4.312	4	A	1		8.04	1.57	
Magnesium, Mg mg	19	1.132	4	A	1		13	2	
Phosphorus, P mg	194	4.987	4	A	1		128	25	
Potassium, K mg	411	26.965	4	A	1		271	53	
Sodium, Na mg	21	9.924	4	A	1		14	3	
Zinc, Zn mg	2.03	0.257	4	A	1		1.34	0.26	
Copper, Cu mg	0.625	0.162	4	A	1		0.412	0.081	
Manganese, Mn mg	0.587	0.120	4	A	1		0.388	0.076	
Selenium, Se µg	2.2	0.000	4	A	1		1.5	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.069	0.024	4	A	1		0.045	0.009	
Riboflavin mg	0.205	0.005	4	A	1		0.135	0.026	
Niacin mg	2.252	0.171	4	A	1		1.487	0.291	
Pantothenic acid mg	0.440	0.039	4	A	1		0.290	0.057	
Vitamin B-6 mg	0.136	0.015	4	A	1		0.090	0.018	
Folate, total (2) µg	9	2.224	4	AS	1		6	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (2) µg	9	2.224	4	A	1		6	1	
Folate, DFE (2) µg	9		0	NC	4		6	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	5.1		4	AS	1		3.4	0.7	

NDB No. 11240
Mushrooms, morel, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	206	17.417	4	A	1		136	27	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.065		0	NC	4		0.043	0.008	
4:0....g									
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.001		1	A	1		0.001	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.001		1	A	1		0.001	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.052		1	A	1		0.035	0.007	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.009		1	A	1		0.006	0.001	
20:0....g	0.000		1	A	1		0.000	0.000	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.001		1	A	1		0.001	0.000	
Fatty acids, total monounsaturated....g	0.052		0	NC	4		0.034	0.007	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.002		0	AS	1		0.001	0.000	
16:1 c....g	0.002		1	A	1		0.001	0.000	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.022		0	AS	1		0.015	0.003	
18:1 c....g	0.022		1	A	1		0.015	0.003	
18:1 t....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.003		1	A	1		0.002	0.000	
Fatty acids, total polyunsaturated....g	0.433		0	NC	4		0.286	0.056	
18:2 undifferentiated....g	0.215		0	AS	1		0.142	0.028	
18:2 n-6 c,c....g	0.215		1	A	1		0.142	0.028	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.001		1	A	1		0.001	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg									

NDB No. 11240
Mushrooms, morel, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phytosterols (1) ....mg									
Stigmasterol....mg	0	0.000	4	A	1		0	0	
Campesterol....mg	3	1.572	4	A	1		2	0	
Beta-sitosterol....mg	0	0.000	4	A	1		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 66g: 1 cup

Measure 2 = 12.9g: 1 piece

Footnotes:

1 Ergosterol = 26 mg/100 g; Brassicasterol = 29 mg/100 g.

2 Value based on the analysis of 5-methyl tetrahydrofolate (5-MTHF), 10-formyl folic acid (10HCOFA), and 5-formyltetrahydrofolic acid (5-HCOH4)

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11987

Mushrooms, oyster, raw (1)

Pleurotus ostreatus

Refuse: 11% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.18	0.593	11	JA	6		131.99	13.38	76.70
Energy kcal	33		0	NC	4		49	5	29
Energy kJ	139		0	NC	4		206	21	120
Protein (N x 6.25) g	3.31	0.322	5	A	1		4.89	0.50	2.84
Total lipid (fat) g	0.41	0.062	5	A	1		0.60	0.06	0.35
Ash g	1.01	0.111	5	A	1		1.49	0.15	0.87
Carbohydrate, by difference g	6.09		0	NC	4		9.02	0.91	5.24
Fiber, total dietary g	2.3	0.370	6	JA	6		3.4	0.3	2.0
Sugars, total g	1.11		1	A	1		1.65	0.17	0.96
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.11		1	A	1		1.65	0.17	0.96
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	3	1.076	4	A	1		5	1	3
Iron, Fe mg	1.33	0.329	4	A	1		1.96	0.20	1.14
Magnesium, Mg mg	18	4.106	4	A	1		26	3	15
Phosphorus, P mg	120	10.851	4	A	1		177	18	103
Potassium, K mg	420	63.799	4	A	1		621	63	361
Sodium, Na mg	18	3.587	4	A	1		27	3	16
Zinc, Zn mg	0.77	0.142	4	A	1		1.15	0.12	0.67
Copper, Cu mg	0.244	0.031	4	A	1		0.361	0.037	0.210
Manganese, Mn mg	0.113	0.007	3	A	1		0.168	0.017	0.097
Selenium, Se µg	2.6		2	A	1		3.9	0.4	2.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin mg	0.125	0.025	5	A	1		0.185	0.019	0.107
Riboflavin mg	0.349	0.054	3	A	1		0.517	0.052	0.300
Niacin mg	4.956	0.587	5	A	1		7.334	0.743	4.262
Pantothenic acid mg	1.294	0.114	3	A	1		1.915	0.194	1.113
Vitamin B-6 mg	0.110	0.026	4	A	1		0.163	0.017	0.095
Folate, total (2) µg	38	6.355	7	JA	6		56	6	33
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (2) µg	38	6.355	7	JA	6		56	6	33
Folate, DFE (2) µg	38		0	NC	4		56	6	33
Choline, total mg	48.7		0	AS	1		72.0	7.3	41.9
Betaine mg	12.1		1	A	1		17.9	1.8	10.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	2		0	AS	1		4	0	2
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	29		1	A	1		42	4	25
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	48		0	AS	1		71	7	41
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.03		1	A	1		0.04	0.00	0.03
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 11987
Mushrooms, oyster, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.7		4	AS	1		1.1	0.1	0.6
Vitamin D2 (ergocalciferol) µg	0.7	0.623	4	A	1		1.1	0.1	0.6
Vitamin D3 (cholecalciferol) µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Vitamin D IU	29	24.934	4	A	1		42	4	25
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4 µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated g	0.062		0	NC	4		0.091	0.009	0.053
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		1	A	1		0.000	0.000	0.000
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	0.062		1	A	1		0.091	0.009	0.053
17:0 g	0.000		1	A	1		0.000	0.000	0.000
18:0 g	0.000		1	A	1		0.000	0.000	0.000
20:0 g	0.000		1	A	1		0.000	0.000	0.000
22:0 g	0.000		1	A	1		0.000	0.000	0.000
24:0 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.031		0	NC	4		0.045	0.005	0.026
14:1 g	0.000		1	A	1		0.000	0.000	0.000
15:1 g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.031		1	A	1		0.045	0.005	0.026
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.123		0	NC	4		0.183	0.019	0.106
18:2 undifferentiated g	0.123		1	A	1		0.183	0.019	0.106
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g	0.000		1	A	1		0.000	0.000	0.000
22:4 g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Stigmasterol mg	0	0.000	7	A	1		0	0	0
Campesterol mg	1	0.025	7	A	1		2	0	1
Beta-sitosterol mg	0	0.097	7	A	1		0	0	0
Amino Acids:									
Tryptophan g	0.042		0	A	1		0.062	0.006	0.036
Threonine g	0.140		0	A	1		0.208	0.021	0.121
Isoleucine g	0.112		0	A	1		0.166	0.017	0.097
Leucine g	0.168		0	A	1		0.249	0.025	0.145
Lysine g	0.126		0	A	1		0.187	0.019	0.109
Methionine g	0.042		0	A	1		0.062	0.006	0.036
Cystine g	0.028		0	A	1		0.041	0.004	0.024
Phenylalanine g	0.112		0	A	1		0.166	0.017	0.097
Tyrosine g	0.084		0	A	1		0.125	0.013	0.072
Valine g	0.197		0	A	1		0.291	0.030	0.169
Arginine g	0.182		0	A	1		0.270	0.027	0.157

NDB No. 11987
Mushrooms, oyster, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.070		0	A	1		0.104	0.011	0.060
Alanine....g	0.239		0	A	1		0.353	0.036	0.205
Aspartic acid....g	0.295		0	A	1		0.436	0.044	0.254
Glutamic acid....g	0.632		0	A	1		0.935	0.095	0.544
Glycine....g	0.126		0	A	1		0.187	0.019	0.109
Proline....g	0.042		0	A	1		0.062	0.006	0.036
Serine....g	0.126		0	A	1		0.187	0.019	0.109
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 large

Measure 2 = 15.0g: 1 small

Measure 3 = 86g: 1 cup sliced

Footnotes:

1 Ergosterol = 64 mg/100 g.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11939

Mushrooms, portabella, exposed to ultraviolet light, grilled (1)

Agaricus bisporus

portobella

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.66	0.399	8	A	1		109.70		
Energy kcal	29		0	NC	4		35		
Energy kJ	121		0	NC	4		146		
Protein (N x 6.25) g	3.28	0.108	8	A	1		3.97		
Total lipid (fat) g	0.58	0.138	8	A	1		0.70		
Ash g	1.05	0.042	8	A	1		1.27		
Carbohydrate, by difference g	4.44		0	NC	4		5.37		
Fiber, total dietary g	2.2	0.100	6	A	1		2.7		
Sugars, total g	2.26	0.052	5	A	1		2.74		
Sucrose g	0.00	0.000	5	A	1		0.00		
Glucose (dextrose) g	2.26	0.052	5	A	1		2.74		
Fructose g	0.00	0.000	5	A	1		0.00		
Lactose g	0.00	0.000	5	A	1		0.00		
Maltose g	0.00	0.000	5	A	1		0.00		
Galactose g	0.00	0.000	5	A	1		0.00		
Starch g	0.43		1	A	1		0.52		
Minerals:									
Calcium, Ca mg	3	0.471	7	A	1		3		
Iron, Fe mg	0.40	0.092	7	A	1		0.48		
Magnesium, Mg mg	13	0.546	7	A	1		16		
Phosphorus, P mg	135	5.649	7	A	1		163		
Potassium, K mg	437	21.587	7	A	1		529		
Sodium, Na mg	11	1.612	7	A	1		13		
Zinc, Zn mg	0.65	0.027	7	A	1		0.79		
Copper, Cu mg	0.389	0.024	7	A	1		0.471		
Manganese, Mn mg	0.067	0.003	7	A	1		0.080		
Selenium, Se µg	21.9	3.424	6	A	1		26.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0		
Thiamin mg	0.072	0.015	8	A	1		0.087		
Riboflavin mg	0.403	0.020	8	A	1		0.488		
Niacin mg	6.255	0.710	8	A	1		7.569		
Pantothenic acid mg	1.262	0.149	5	A	1		1.527		
Vitamin B-6 mg	0.122	0.006	7	A	1		0.148		
Folate, total µg	19		2	A	1		23		
Folic acid µg									
Folate, food µg	19		2	A	1		23		
Folate, DFE µg									
Choline, total mg	32.8		0	AS	1		39.7		
Betaine mg	11.5		1	A	1		13.9		
Vitamin B-12 µg									
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.00		1	A	1		0.00		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.03		1	A	1		0.04		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	13.1		4	AS	1		15.9		

NDB No. 11939

Mushrooms, portabella, exposed to ultraviolet light, grilled (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg	13.1	5.777	4	A	1		15.9		
Vitamin D3 (cholecalciferol)....µg	0.0		2	A	1		0.0		
Vitamin D....IU	524	231.060	4	A	1		634		
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0		
Dihydrophylloquinone....µg	7.0		2	A	1		8.5		
Menaquinone-4....µg	0.3		2	A	1		0.3		
Lipids:									
Fatty acids, total saturated....g	0.037		0	NC	4		0.045		
4:0....g									
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.001		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.000		2	A	1		0.001		
15:0....g	0.001		2	A	1		0.001		
16:0....g	0.024		2	A	1		0.029		
17:0....g	0.000		2	A	1		0.001		
18:0....g	0.007		2	A	1		0.009		
20:0....g	0.001		2	A	1		0.002		
22:0....g	0.001		2	A	1		0.001		
24:0....g	0.000		2	A	1		0.001		
Fatty acids, total monounsaturated....g	0.038		0	NC	4		0.046		
14:1....g	0.002		2	A	1		0.003		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.003		0	AS	1		0.004		
16:1 c....g	0.003		1	A	1		0.004		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	0.015		0	AS	1		0.018		
18:1 c....g	0.015		1	A	1		0.018		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.695		0	NC	4		0.841		
18:2 undifferentiated....g	0.347		0	AS	1		0.420		
18:2 n-6 c,c....g	0.347		1	A	1		0.420		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.000		0	AS	1		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g	0.000		1	A	1		0.000		
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		

NDB No. 11939

Mushrooms, portabella, exposed to ultraviolet light, grilled (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg									
Phytosterols....mg									
Stigmasterol....mg	0	0.000	4	A	1		0		
Campesterol....mg	2	0.405	4	A	1		2		
Beta-sitosterol....mg	0	0.000	4	A	1		0		
Amino Acids:									
Tryptophan....g	0.047		0	A	1		0.056		
Threonine....g	0.133		0	A	1		0.161		
Isoleucine....g	0.107		0	A	1		0.130		
Leucine....g	0.171		0	A	1		0.207		
Lysine....g	0.159		0	A	1		0.193		
Methionine....g	0.038		0	A	1		0.046		
Cystine....g	0.013		0	A	1		0.015		
Phenylalanine....g	0.100		0	A	1		0.121		
Tyrosine....g	0.018		0	A	1		0.022		
Valine....g	0.100		0	A	1		0.121		
Arginine....g	0.107		0	A	1		0.130		
Histidine....g	0.076		0	A	1		0.092		
Alanine....g	0.220		0	A	1		0.267		
Aspartic acid....g	0.290		0	A	1		0.351		
Glutamic acid....g	0.418		0	A	1		0.506		
Glycine....g	0.126		0	A	1		0.152		
Proline....g	0.100		0	A	1		0.121		
Serine....g	0.120		0	A	1		0.145		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 cup sliced

Footnotes:

1 Ergosterol = 62 mg/100 g.

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11998

Mushrooms, portabella, exposed to ultraviolet light, raw (1)

Agaricus bisporus

portobella

Refuse: 3% Trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.82	0.592	9	A	1		79.82	77.97	
Energy kcal	22		0	NC	4		19	18	
Energy kJ	92		0	NC	4		79	77	
Protein (N x 6.25) g	2.11	0.143	5	A	1		1.82	1.77	
Total lipid (fat) g	0.35	0.047	5	A	1		0.30	0.29	
Ash g	0.85	0.054	5	A	1		0.73	0.72	
Carbohydrate, by difference g	3.87		0	NC	4		3.33	3.25	
Fiber, total dietary g	1.3	0.103	5	A	1		1.2	1.1	
Sugars, total g	2.50		0	AS	1		2.15	2.10	
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) g	2.01	0.084	4	A	1		1.73	1.69	
Fructose g	0.49	0.038	4	A	1		0.42	0.41	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3	1.343	5	A	1		3	3	
Iron, Fe mg	0.31	0.076	5	A	1		0.26	0.26	
Magnesium, Mg mg	10	0.368	4	JO	11		9	9	
Phosphorus, P mg	108	6.877	5	A	1		93	91	
Potassium, K mg	364	32.990	5	A	1		313	305	
Sodium, Na mg	9	1.762	5	A	1		8	8	
Zinc, Zn mg	0.53	0.051	5	A	1		0.46	0.45	
Copper, Cu mg	0.286	0.039	5	A	1		0.246	0.240	
Manganese, Mn mg	0.069	0.019	5	A	1		0.059	0.058	
Selenium, Se µg	18.6	3.680	5	A	1		16.0	15.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059	0.010	5	A	1		0.051	0.050	
Riboflavin mg	0.130	0.088	5	A	1		0.112	0.109	
Niacin mg	4.494	0.404	5	A	1		3.865	3.775	
Pantothenic acid mg	1.140	0.147	5	A	1		0.980	0.958	
Vitamin B-6 mg	0.148	0.014	5	A	1		0.127	0.124	
Folate, total (2) µg	28	2.272	8	A	1		24	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (2) µg	28	2.272	8	A	1		24	24	
Folate, DFE (2) µg	28		0	NC	4		24	24	
Choline, total mg	21.2		0	AS	1		18.2	17.8	
Betaine mg	6.1		1	A	1		5.2	5.1	
Vitamin B-12 µg	0.05		1	A	1		0.04	0.04	
Vitamin A, RAE µg	0		0	Z	7		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	Z	7		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.02		2	A	1		0.01	0.01	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		2	A	1		0.02	0.02	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11998

Mushrooms, portabella, exposed to ultraviolet light, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	28.4		0	AS	1		24.4	23.8	
Vitamin D2 (ergocalciferol)....µg	28.4	7.112	13	A	1		24.4	23.8	
Vitamin D3 (cholecalciferol)....µg	0.0		8	A	1		0.0	0.0	
Vitamin D....IU	1135	284.467	13	A	1		976	954	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	1.8		2	A	1		1.5	1.5	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.060		1	JO	11		0.052	0.050	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g	0.002		1	A	1		0.002	0.002	
16:0....g									
17:0....g	0.002		1	A	1		0.002	0.002	
18:0....g									
20:0....g	0.002		1	A	1		0.002	0.002	
22:0....g	0.002		1	A	1		0.002	0.002	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.020		1	JO	11		0.017	0.017	
14:1....g	0.001		1	A	1		0.001	0.001	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g									
16:1 c....g	0.004		1	A	1		0.003	0.003	
16:1 t....g	0.000		0	Z	7		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g									
18:1 c....g	0.011		1	A	1		0.009	0.009	
18:1 t....g	0.000		0	Z	7		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g									
22:1 undifferentiated....g									
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.117		1	JO	11		0.101	0.098	
18:2 undifferentiated....g									
18:2 n-6 c,c....g	0.117		1	A	1		0.101	0.098	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g									
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	Z	7		0.000	0.000	

NDB No. 11998

Mushrooms, portabella, exposed to ultraviolet light, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Stigmasterol....mg	0		1	A	1		0	0	
Campesterol....mg	2		1	A	1		2	2	
Beta-sitosterol....mg	0		1	A	1		0	0	
Amino Acids:									
Tryptophan....g	0.056		0	BFPN	4		0.048	0.047	
Threonine....g	0.113		0	BFPN	4		0.097	0.095	
Isoleucine....g	0.099		0	BFPN	4		0.085	0.083	
Leucine....g	0.153		0	BFPN	4		0.132	0.129	
Lysine....g	0.252		0	BFPN	4		0.217	0.212	
Methionine....g	0.048		0	BFPN	4		0.041	0.040	
Cystine....g	0.006		0	BFPN	4		0.005	0.005	
Phenylalanine....g	0.097		0	BFPN	4		0.083	0.081	
Tyrosine....g	0.054		0	BFPN	4		0.046	0.045	
Valine....g	0.115		0	BFPN	4		0.099	0.097	
Arginine....g	0.123		0	BFPN	4		0.106	0.103	
Histidine....g	0.067		0	BFPN	4		0.058	0.056	
Alanine....g	0.187		0	BFPN	4		0.161	0.157	
Aspartic acid....g	0.228		0	BFPN	4		0.196	0.192	
Glutamic acid....g	0.427		0	BFPN	4		0.367	0.359	
Glycine....g	0.111		0	BFPN	4		0.095	0.093	
Proline....g	0.176		0	BFPN	4		0.151	0.148	
Serine....g	0.131		0	BFPN	4		0.113	0.110	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 cup diced

Measure 2 = 84g: 1 piece whole

Footnotes:

1 Ergosterol = 56 mg/100 g.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11243

Mushrooms, portabella, grilled

Agaricus bisporus

Portobello

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.66	0.757	8	A	1		109.70		
Energy kcal	29		0	NC	4		35		
Energy kJ	121		0	NC	4		146		
Protein (N x 6.25) g	3.28	0.385	8	A	1		3.97		
Total lipid (fat) g	0.58	0.144	8	A	1		0.70		
Ash g	1.05	0.059	8	A	1		1.27		
Carbohydrate, by difference g	4.44		0	NC	4		5.37		
Fiber, total dietary g	2.2	0.091	6	A	1		2.7		
Sugars, total g	2.26	0.568	5	A	1		2.74		
Sucrose g	0.00	0.000	5	A	1		0.00		
Glucose (dextrose) g	2.26	0.568	5	A	1		2.74		
Fructose g	0.00	0.000	5	A	1		0.00		
Lactose g	0.00	0.000	5	A	1		0.00		
Maltose g	0.00	0.000	5	A	1		0.00		
Galactose g	0.00	0.000	5	A	1		0.00		
Starch g	0.43		1	A	1		0.52		
Minerals:									
Calcium, Ca mg	3	0.538	7	A	1		3		
Iron, Fe mg	0.40	0.100	7	A	1		0.48		
Magnesium, Mg mg	13	0.822	7	A	1		16		
Phosphorus, P mg	135	7.501	7	A	1		163		
Potassium, K mg	437	35.633	7	A	1		529		
Sodium, Na mg	11	1.509	7	A	1		13		
Zinc, Zn mg	0.65	0.037	7	A	1		0.79		
Copper, Cu mg	0.389	0.045	7	A	1		0.471		
Manganese, Mn mg	0.067	0.004	7	A	1		0.080		
Selenium, Se µg	21.9	3.353	6	A	1		26.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0		
Thiamin mg	0.072	0.015	8	A	1		0.087		
Riboflavin mg	0.403	0.032	8	A	1		0.488		
Niacin mg	6.255	0.668	8	A	1		7.569		
Pantothenic acid mg	1.262	0.167	5	A	1		1.527		
Vitamin B-6 mg	0.122	0.018	7	A	1		0.148		
Folate, total µg	19		2	A	1		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19		2	A	1		23		
Folate, DFE µg	19		0	NC	4		23		
Choline, total mg	32.8		0	AS	1		39.7		
Betaine mg	11.5		1	A	1		13.9		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.00		1	A	1		0.00		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.03		1	A	1		0.04		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		

NDB No. 11243
Mushrooms, portabella, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.4		
Vitamin D2 (ergocalciferol)....µg	0.3		0	BFSN	4		0.4		
Vitamin D3 (cholecalciferol)....µg	0.0		0	BFSN	4		0.0		
Vitamin D....IU	14		0	BFSN	4		17		
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0		
Dihydrophylloquinone....µg	7.0		2	A	1		8.5		
Menaquinone-4....µg	0.3		2	A	1		0.3		
Lipids:									
Fatty acids, total saturated....g	0.064		0	NC	4		0.078		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.001		2	A	1		0.001		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.001		2	A	1		0.001		
15:0....g	0.002		2	A	1		0.002		
16:0....g	0.042		2	A	1		0.051		
17:0....g	0.001		2	A	1		0.001		
18:0....g	0.013		2	A	1		0.016		
20:0....g	0.002		2	A	1		0.003		
22:0....g	0.001		2	A	1		0.001		
24:0....g	0.001		2	A	1		0.001		
Fatty acids, total monounsaturated....g	0.009		0	NC	4		0.011		
14:1....g	0.001		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.002		2	JA	6		0.002		
16:1 c....g	0.002		1	A	1		0.002		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	0.007		2	JA	6		0.009		
18:1 c....g	0.007		1	A	1		0.009		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000		
22:1 undifferentiated....g	0.000		2	JA	6		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.232		0	NC	4		0.281		
18:2 undifferentiated....g	0.232		2	JA	6		0.281		
18:2 n-6 c,c....g	0.232		1	A	1		0.281		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.000		2	JA	6		0.000		
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	JA	6		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g	0.000		1	A	1		0.000		
22:4....g	0.000		2	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		

NDB No. 11243
Mushrooms, portabella, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.045		2	A	1		0.054		
Threonine....g	0.125		2	A	1		0.151		
Isoleucine....g	0.090		2	A	1		0.109		
Leucine....g	0.150		2	A	1		0.181		
Lysine....g	0.110		2	A	1		0.133		
Methionine....g	0.035		2	A	1		0.042		
Cystine....g	0.020		2	A	1		0.024		
Phenylalanine....g	0.100		2	A	1		0.121		
Tyrosine....g	0.070		2	A	1		0.085		
Valine....g	0.410		2	A	1		0.496		
Arginine....g	0.120		2	A	1		0.145		
Histidine....g	0.065		2	A	1		0.079		
Alanine....g	0.185		2	A	1		0.224		
Aspartic acid....g	0.260		2	A	1		0.315		
Glutamic acid....g	0.470		2	A	1		0.569		
Glycine....g	0.110		2	A	1		0.133		
Proline....g	0.115		2	A	1		0.139		
Serine....g	0.120		2	A	1		0.145		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: 1 cup sliced

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11265

Mushrooms, portabella, raw (1)

Agaricus bisporus

Portabello

Refuse: 3% Trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.82	0.561	9	A	1		79.82	77.97	
Energy kcal	22		0	NC	4		19	18	
Energy kJ	92		0	NC	4		79	77	
Protein (N x 6.25) g	2.11	0.109	5	A	1		1.82	1.77	
Total lipid (fat) g	0.35	0.031	5	A	1		0.30	0.29	
Ash g	0.85	0.033	5	A	1		0.73	0.72	
Carbohydrate, by difference g	3.87		0	NC	4		3.33	3.25	
Fiber, total dietary g	1.3	0.098	5	A	1		1.2	1.1	
Sugars, total g	2.50		0	AS	1		2.15	2.10	
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) g	2.01	0.084	4	A	1		1.73	1.69	
Fructose g	0.49	0.038	4	A	1		0.42	0.41	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3	0.680	5	A	1		3	3	
Iron, Fe mg	0.31	0.020	5	A	1		0.26	0.26	
Magnesium, Mg mg									
Phosphorus, P mg	108	4.304	5	A	1		93	91	
Potassium, K mg	364	13.911	5	A	1		313	305	
Sodium, Na mg	9	1.586	5	A	1		8	8	
Zinc, Zn mg	0.53	0.049	5	A	1		0.46	0.45	
Copper, Cu mg	0.286	0.027	5	A	1		0.246	0.240	
Manganese, Mn mg	0.069	0.003	5	A	1		0.059	0.058	
Selenium, Se µg	18.6	3.251	5	A	1		16.0	15.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059	0.010	5	A	1		0.051	0.050	
Riboflavin mg	0.130	0.008	5	A	1		0.112	0.109	
Niacin mg	4.494	0.418	5	A	1		3.865	3.775	
Pantothenic acid mg	1.140	0.120	5	A	1		0.980	0.958	
Vitamin B-6 mg	0.148	0.007	5	A	1		0.127	0.124	
Folate, total (2) µg	28	2.020	9	JA	6		24	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (2) µg	28	2.272	8	A	1		24	24	
Folate, DFE (2) µg	28		0	NC	4		24	24	
Choline, total mg	21.2		0	AS	1		18.2	17.8	
Betaine mg	6.1		1	A	1		5.2	5.1	
Vitamin B-12 µg	0.05		1	A	1		0.04	0.04	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	Z	7		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.02		2	A	1		0.01	0.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		2	A	1		0.02	0.02	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11265
Mushrooms, portabella, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol)....µg	0.3	0.175	4	A	1		0.2	0.2	
Vitamin D3 (cholecalciferol)....µg	0.0	0.000	8	A	1		0.0	0.0	
Vitamin D....IU	10	6.984	4	A	1		9	8	
Vitamin K (phylloquinone)....µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone....µg	1.8		2	A	1		1.5	1.5	
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.060		1	JO	11		0.052	0.050	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g	0.002		1	A	1		0.002	0.002	
16:0....g									
17:0....g	0.002		1	A	1		0.002	0.002	
18:0....g									
20:0....g	0.002		1	A	1		0.002	0.002	
22:0....g	0.002		1	A	1		0.002	0.002	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.020		1	JO	11		0.017	0.017	
14:1....g	0.001		1	A	1		0.001	0.001	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.006		0	AS	1		0.005	0.005	
16:1 c....g	0.004		1	A	1		0.003	0.003	
16:1 t....g	0.000		0	Z	7		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.013		0	AS	1		0.011	0.011	
18:1 c....g	0.011		1	A	1		0.009	0.009	
18:1 t....g	0.000		0	Z	7		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g									
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.117		1	JO	11		0.101	0.098	
18:2 undifferentiated....g	0.117		0	AS	1		0.101	0.098	
18:2 n-6 c,c....g	0.117		1	A	1		0.101	0.098	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.000		1	A	1		0.000	0.000	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g									
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g									

NDB No. 11265
Mushrooms, portabella, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g									
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans-monoenoic g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Stigmasterol mg	0	0.000	10	A	1		0	0	
Campesterol mg	2	0.188	10	A	1		2	2	
Beta-sitosterol mg	0	0.070	10	A	1		0	0	
Amino Acids:									
Tryptophan g	0.035		0	A	1		0.031	0.030	
Threonine g	0.101		0	A	1		0.087	0.085	
Isoleucine g	0.082		0	A	1		0.070	0.069	
Leucine g	0.130		0	A	1		0.112	0.109	
Lysine g	0.122		0	A	1		0.104	0.102	
Methionine g	0.029		0	A	1		0.025	0.024	
Cystine g	0.010		0	A	1		0.008	0.008	
Phenylalanine g	0.076		0	A	1		0.066	0.064	
Tyrosine g	0.014		0	A	1		0.012	0.012	
Valine g	0.076		0	A	1		0.066	0.064	
Arginine g	0.082		0	A	1		0.070	0.069	
Histidine g	0.058		0	A	1		0.050	0.049	
Alanine g	0.168		0	A	1		0.144	0.141	
Aspartic acid g	0.221		0	A	1		0.190	0.185	
Glutamic acid g	0.319		0	A	1		0.274	0.268	
Glycine g	0.096		0	A	1		0.082	0.080	
Proline g	0.076		0	A	1		0.066	0.064	
Serine g	0.092		0	A	1		0.079	0.077	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 cup diced

Measure 2 = 84g: 1 piece whole

Footnotes:

1 Ergosterol = 56 mg/100 g.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11798
Mushrooms, shiitake, cooked, with salt (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.48		2		1		121.05	60.11	
Energy kcal	56		0	NC	4		81	40	
Energy kJ	234		0	NC	4		339	168	
Protein (N x 6.25) g	1.56		0		1		2.26	1.12	
Total lipid (fat) g	0.22		1		1		0.32	0.16	
Ash g	0.35		1		1		0.51	0.25	
Carbohydrate, by difference g	14.39		0	NC	4		20.87	10.36	
Fiber, total dietary g	2.1		0	BFSN	4		3.0	1.5	
Sugars, total g	3.84		0	BFSN	4		5.56	2.76	
Starch g									
Minerals:									
Calcium, Ca mg	3		1		1		4	2	
Iron, Fe mg	0.44		1		1		0.64	0.32	
Magnesium, Mg mg	14		1		1		20	10	
Phosphorus, P mg	29		1		1		42	21	
Potassium, K mg	117		1		1		170	84	
Sodium, Na mg	240		0		4		348	173	
Zinc, Zn mg	1.33		0		4		1.93	0.96	
Copper, Cu mg	0.896		0		4		1.299	0.645	
Manganese, Mn mg	0.204		0		4		0.296	0.147	
Selenium, Se µg	24.8		0	BFSN	4		36.0	17.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		1		1		0.4	0.2	
Thiamin mg	0.037		1		1		0.054	0.027	
Riboflavin mg	0.170		1		1		0.247	0.122	
Niacin mg	1.500		1		1		2.175	1.080	
Pantothenic acid mg	3.594		0		4		5.211	2.588	
Vitamin B-6 mg	0.159		0		4		0.231	0.114	
Folate, total µg	21		0		4		30	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		4		30	15	
Folate, DFE µg	21		0	NC	4		30	15	
Choline, total mg	80.0		0	BFSN	4		116.0	57.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.7		0	AS	1		1.0	0.5	
Vitamin D IU	28		0	BFSN	4		41	20	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11798
Mushrooms, shiitake, cooked, with salt (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.050		0	NC	4		0.073	0.036	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.004		0		1		0.006	0.003	
12:0....g	0.002		0		1		0.003	0.002	
13:0....g									
14:0....g	0.004		0		1		0.006	0.003	
15:0....g									
16:0....g	0.027		0		1		0.040	0.020	
17:0....g									
18:0....g	0.012		0		1		0.017	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.070		0	NC	4		0.101	0.050	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.029	0.014	
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.049	0.024	
20:1....g									
22:1 undifferentiated....g	0.016		0		1		0.024	0.012	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.034		0	NC	4		0.049	0.024	
18:2 undifferentiated....g	0.031		0		1		0.044	0.022	
18:3 undifferentiated....g	0.003		0		1		0.005	0.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Stigmasterol....mg	0		0	BFSN	4		0	0	
Campesterol....mg	4		0	BFSN	4		5	3	
Beta-sitosterol....mg	0		0	BFSN	4		0	0	
Amino Acids:									
Tryptophan....g	0.004		0		1		0.006	0.003	
Threonine....g	0.068		0		1		0.099	0.049	
Isoleucine....g	0.055		0		1		0.080	0.040	
Leucine....g	0.093		0		1		0.135	0.067	
Lysine....g	0.047		0		1		0.068	0.034	
Methionine....g	0.025		0		1		0.036	0.018	
Cystine....g	0.027		0		1		0.039	0.019	
Phenylalanine....g	0.067		0		1		0.097	0.048	
Tyrosine....g	0.044		0		1		0.064	0.032	
Valine....g	0.067		0		1		0.097	0.048	
Arginine....g	0.089		0		1		0.129	0.064	
Histidine....g	0.022		0		1		0.032	0.016	
Alanine....g	0.078		0		1		0.113	0.056	
Aspartic acid....g	0.104		0		1		0.151	0.075	
Glutamic acid....g	0.353		0		1		0.512	0.254	
Glycine....g	0.057		0		1		0.083	0.041	
Proline....g	0.057		0		1		0.083	0.041	
Serine....g	0.069		0		1		0.100	0.050	
Hydroxyproline....g									

NDB No. 11798
Mushrooms, shiitake, cooked, with salt (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup pieces

Measure 2 = 72g: 4 mushrooms

Footnotes:

1 Ergosterol = 137 mg/100 g.

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11269
Mushrooms, shiitake, cooked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.48		2		1		121.05	60.11	
Energy kcal	56		0	NC	4		81	40	
Energy kJ	234		0	NC	4		339	168	
Protein (N x 6.25) g	1.56		0		1		2.26	1.12	
Total lipid (fat) g	0.22		1		1		0.32	0.16	
Ash g	0.35		1		1		0.51	0.25	
Carbohydrate, by difference g	14.39		0	NC	4		20.87	10.36	
Fiber, total dietary g	2.1		0		4		3.0	1.5	
Sugars, total g	3.84		0	BFSN	4		5.56	2.76	
Starch g									
Minerals:									
Calcium, Ca mg	3		1		1		4	2	
Iron, Fe mg	0.44		1		1		0.64	0.32	
Magnesium, Mg mg	14		1		1		20	10	
Phosphorus, P mg	29		1		1		42	21	
Potassium, K mg	117		1		1		170	84	
Sodium, Na mg	4		1		1		6	3	
Zinc, Zn mg	1.33		0		4		1.93	0.96	
Copper, Cu mg	0.896		0		4		1.299	0.645	
Manganese, Mn mg	0.204		0		4		0.296	0.147	
Selenium, Se µg	24.8		0	BFSN	4		36.0	17.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.3		1		1		0.4	0.2	
Thiamin mg	0.037		1		1		0.054	0.027	
Riboflavin mg	0.170		1		1		0.247	0.122	
Niacin mg	1.500		1		1		2.175	1.080	
Pantothenic acid mg	3.594		0		4		5.211	2.588	
Vitamin B-6 mg	0.159		0		4		0.231	0.114	
Folate, total µg	21		0		4		30	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		4		30	15	
Folate, DFE µg	21		0	NC	4		30	15	
Choline, total mg	36.8		0	BFSN	4		53.4	26.5	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.7		0	AS	1		1.0	0.5	
Vitamin D IU	28		0	BFSN	4		41	20	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11269

Mushrooms, shiitake, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.050		0	NC	4		0.073	0.036	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.004		0		1		0.006	0.003	
12:0....g	0.002		0		1		0.003	0.002	
13:0....g									
14:0....g	0.004		0		1		0.006	0.003	
15:0....g									
16:0....g	0.027		0		1		0.040	0.020	
17:0....g									
18:0....g	0.012		0		1		0.017	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.070		0	NC	4		0.101	0.050	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.029	0.014	
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.049	0.024	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.016		0		1		0.024	0.012	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.034		0	NC	4		0.049	0.024	
18:2 undifferentiated....g	0.031		0		1		0.044	0.022	
18:3 undifferentiated....g	0.003		0		1		0.005	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	4		0	BFSN	4		5	3	
Stigmasterol....mg	0		0	BFSN	4		0	0	
Campesterol....mg	4		0	BFSN	4		5	3	
Beta-sitosterol....mg	0		0	BFSN	4		0	0	
Amino Acids:									
Tryptophan....g	0.004		0		1		0.006	0.003	
Threonine....g	0.068		0		1		0.099	0.049	
Isoleucine....g	0.055		0		1		0.080	0.040	
Leucine....g	0.093		0		1		0.135	0.067	
Lysine....g	0.047		0		1		0.068	0.034	
Methionine....g	0.025		0		1		0.036	0.018	
Cystine....g	0.027		0		1		0.039	0.019	
Phenylalanine....g	0.067		0		1		0.097	0.048	
Tyrosine....g	0.044		0		1		0.064	0.032	
Valine....g	0.067		0		1		0.097	0.048	
Arginine....g	0.089		0		1		0.129	0.064	
Histidine....g	0.022		0		1		0.032	0.016	
Alanine....g	0.078		0		1		0.113	0.056	
Aspartic acid....g	0.104		0		1		0.151	0.075	
Glutamic acid....g	0.353		0		1		0.512	0.254	
Glycine....g	0.057		0		1		0.083	0.041	
Proline....g	0.057		0		1		0.083	0.041	
Serine....g	0.069		0		1		0.100	0.050	
Hydroxyproline....g									

NDB No. 11269
Mushrooms, shiitake, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup pieces

Measure 2 = 72g: 4 mushrooms

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11268
Mushrooms, shiitake, dried
Lentinus edodes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	9.50		2		1		0.34	1.43	
Energy kcal	296		0	NC	4		11	44	
Energy kJ	1238		0		4		45	186	
Protein (N x 6.25) g	9.58		0		1		0.34	1.44	
Total lipid (fat) g	0.99		0		1		0.04	0.15	
Ash g	4.56		0		1		0.16	0.68	
Carbohydrate, by difference g	75.37		0	NC	4		2.71	11.31	
Fiber, total dietary g	11.5		0		4		0.4	1.7	
Sugars, total g	2.21		0	BFSN	4		0.08	0.33	
Starch g									
Minerals:									
Calcium, Ca mg	11		1		1		0	2	
Iron, Fe mg	1.72		1		1		0.06	0.26	
Magnesium, Mg mg	132		1		1		5	20	
Phosphorus, P mg	294		1		1		11	44	
Potassium, K mg	1534		1		1		55	230	
Sodium, Na mg	13		1		1		0	2	
Zinc, Zn mg	7.66		0		4		0.28	1.15	
Copper, Cu mg	5.165		0		4		0.186	0.775	
Manganese, Mn mg	1.176		0		4		0.042	0.176	
Selenium, Se µg	46.1		0	BFSN	4		1.7	6.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5		1		1		0.1	0.5	
Thiamin mg	0.300		1		1		0.011	0.045	
Riboflavin mg	1.270		1		1		0.046	0.191	
Niacin mg	14.100		1		1		0.508	2.115	
Pantothenic acid mg	21.879		0		4		0.788	3.282	
Vitamin B-6 mg	0.965		0		4		0.035	0.145	
Folate, total µg	163		0		4		6	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	163		0		4		6	24	
Folate, DFE µg	163		0	NC	4		6	24	
Choline, total mg	201.7		0	BFSN	4		7.3	30.3	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	3.9		0	AS	1		0.1	0.6	
Vitamin D IU	154		0	NR	4		6	23	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11268
Mushrooms, shiitake, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.225		0	NC	4		0.008	0.034	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.021		0		1		0.001	0.003	
12:0....g	0.012		0		1		0.000	0.002	
13:0....g									
14:0....g	0.020		0		1		0.001	0.003	
15:0....g									
16:0....g	0.122		0		1		0.004	0.018	
17:0....g									
18:0....g	0.051		0		1		0.002	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.317		0	NC	4		0.011	0.047	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.089		0		1		0.003	0.013	
17:1....g									
18:1 undifferentiated....g	0.151		0		1		0.005	0.023	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.076		0		1		0.003	0.011	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.151		0	NC	4		0.005	0.023	
18:2 undifferentiated....g	0.138		0		1		0.005	0.021	
18:3 undifferentiated....g	0.013		0		1		0.000	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Stigmasterol....mg	0		0	BFSN	4		0	0	
Campesterol....mg	20		0	BFSN	4		1	3	
Beta-sitosterol....mg	0		0	BFSN	4		0	0	
Amino Acids:									
Tryptophan....g	0.031		1		1		0.001	0.005	
Threonine....g	0.497		2		1		0.018	0.075	
Isoleucine....g	0.405		2		1		0.015	0.061	
Leucine....g	0.679		2		1		0.024	0.102	
Lysine....g	0.343		2		1		0.012	0.051	
Methionine....g	0.179		2		1		0.006	0.027	
Cystine....g	0.196		1		1		0.007	0.029	
Phenylalanine....g	0.486		2		1		0.017	0.073	
Tyrosine....g	0.323		2		1		0.012	0.048	
Valine....g	0.486		2		1		0.017	0.073	
Arginine....g	0.648		2		1		0.023	0.097	
Histidine....g	0.159		2		1		0.006	0.024	
Alanine....g	0.567		2		1		0.020	0.085	
Aspartic acid....g	0.760		2		1		0.027	0.114	
Glutamic acid....g	2.579		2		1		0.093	0.387	
Glycine....g	0.414		2		1		0.015	0.062	
Proline....g	0.414		2		1		0.015	0.062	
Serine....g	0.506		2		1		0.018	0.076	
Hydroxyproline....g									

NDB No. 11268
Mushrooms, shiitake, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.6g: 1 mushroom

Measure 2 = 15.0g: 4 mushrooms

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11238
Mushrooms, shiitake, raw (1)
Lentinus edodes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.74	0.984	4	A	1		17.05		
Energy kcal	34		0	NC	4		6		
Energy kJ	141		0	NC	4		27		
Protein (N x 6.25) g	2.24	0.274	4	A	1		0.43		
Total lipid (fat) g	0.49	0.052	4	A	1		0.09		
Ash g	0.73	0.084	4	A	1		0.14		
Carbohydrate, by difference g	6.79		0	NC	4		1.29		
Fiber, total dietary g	2.5	0.243	4	A	1		0.5		
Sugars, total g	2.38	0.248	4	A	1		0.45		
Sucrose g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose) g	2.38	0.248	4	A	1		0.45		
Fructose g	0.00	0.000	4	A	1		0.00		
Lactose g	0.00	0.000	4	A	1		0.00		
Maltose g	0.00	0.000	4	A	1		0.00		
Galactose g	0.00	0.000	4	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	2	0.402	4	A	1		0		
Iron, Fe mg	0.41	0.103	4	A	1		0.08		
Magnesium, Mg mg	20	1.561	4	A	1		4		
Phosphorus, P mg	112	11.020	4	A	1		21		
Potassium, K mg	304	37.816	4	A	1		58		
Sodium, Na mg	9	2.144	4	A	1		2		
Zinc, Zn mg	1.03	0.175	4	A	1		0.20		
Copper, Cu mg	0.142	0.021	4	A	1		0.027		
Manganese, Mn mg	0.230	0.028	4	A	1		0.044		
Selenium, Se µg	5.7	0.494	4	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg									
Thiamin mg	0.015	0.000	4	A	1		0.003		
Riboflavin mg	0.217	0.022	4	A	1		0.041		
Niacin mg	3.877	0.488	4	A	1		0.737		
Pantothenic acid mg	1.500	0.178	4	A	1		0.285		
Vitamin B-6 mg	0.293	0.026	4	A	1		0.056		
Folate, total (2) µg	13	1.528	4	AS	1		2		
Folic acid µg	0		0	Z	7		0		
Folate, food (2) µg	13	1.528	4	AS	1		2		
Folate, DFE (2) µg	13		0	NC	4		2		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		4	AS	1		0.1		

NDB No. 11238
Mushrooms, shiitake, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	18	10.077	4	A	1		3		
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg									
Phytosterols....mg									
Stigmasterol....mg	0	0.000	4	A	1		0		
Campesterol....mg	2	0.172	4	A	1		0		
Beta-sitosterol....mg	0	0.000	4	A	1		0		
Amino Acids:									
Tryptophan....g	0.011		0	A	1		0.002		
Threonine....g	0.134		0	A	1		0.025		
Isoleucine....g	0.111		0	A	1		0.021		
Leucine....g	0.189		0	A	1		0.036		
Lysine....g	0.134		0	A	1		0.025		
Methionine....g	0.033		0	A	1		0.006		
Cystine....g	0.022		0	A	1		0.004		
Phenylalanine....g	0.111		0	A	1		0.021		
Tyrosine....g	0.078		0	A	1		0.015		
Valine....g	0.145		0	A	1		0.027		
Arginine....g	0.156		0	A	1		0.030		
Histidine....g	0.056		0	A	1		0.011		
Alanine....g	0.167		0	A	1		0.032		
Aspartic acid....g	0.301		0	A	1		0.057		
Glutamic acid....g	0.680		0	A	1		0.129		
Glycine....g	0.145		0	A	1		0.027		
Proline....g	0.100		0	A	1		0.019		
Serine....g	0.145		0	A	1		0.027		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 piece whole

Footnotes:

1 Ergosterol = 85 mg/100 g.

2 Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11267

Mushrooms, shiitake, stir-fried (1)

Lentinus edodes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.74	0.949	4	A	1		78.09	85.11	16.67
Energy kcal	39		0	NC	4		34	38	7
Energy kJ	162		0	NC	4		144	157	31
Protein (N x 6.25) g	3.45	0.212	4	A	1		3.07	3.35	0.66
Total lipid (fat) g	0.35	0.053	4	A	1		0.31	0.34	0.07
Ash g	0.78	0.035	4	A	1		0.70	0.76	0.15
Carbohydrate, by difference g	7.68		0	NC	4		6.83	7.45	1.46
Fiber, total dietary g	3.6		2	A	1		3.2	3.5	0.7
Sugars, total g	0.30		1	A	1		0.27	0.29	0.06
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.30		1	A	1		0.27	0.29	0.06
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	2	0.234	3	A	1		2	2	0
Iron, Fe mg	0.53	0.068	3	A	1		0.47	0.51	0.10
Magnesium, Mg mg	19	0.882	3	A	1		17	19	4
Phosphorus, P mg	111	10.414	3	A	1		99	108	21
Potassium, K mg	326	30.904	3	A	1		290	316	62
Sodium, Na mg	5	1.453	3	A	1		4	5	1
Zinc, Zn mg	0.96	0.133	3	A	1		0.85	0.93	0.18
Copper, Cu mg	0.163	0.024	3	A	1		0.145	0.158	0.031
Manganese, Mn mg	0.223	0.024	3	A	1		0.199	0.217	0.042
Selenium, Se µg	6.3		2	A	1		5.6	6.1	1.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin mg	0.099	0.083	4	A	1		0.088	0.096	0.019
Riboflavin mg	0.274	0.119	3	A	1		0.244	0.266	0.052
Niacin mg	3.870	0.400	4	A	1		3.444	3.754	0.735
Pantothenic acid mg	1.360		1	A	1		1.210	1.319	0.258
Vitamin B-6 mg	0.174		2	A	1		0.155	0.169	0.033
Folate, total µg	14		2	A	1		13	14	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	14		2	A	1		13	14	3
Folate, DFE µg	14		0	NC	4		13	14	3
Choline, total mg	59.4		0	AS	1		52.9	57.6	11.3
Betaine mg	0.3		1	A	1		0.3	0.3	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00

NDB No. 11267
Mushrooms, shiitake, stir-fried (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.5		0	AS	1		0.5	0.5	0.1
Vitamin D2 (ergocalciferol) µg	0.5		0	BFSN	4		0.5	0.5	0.1
Vitamin D3 (cholecalciferol) µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamin D IU	21		0	BFSN	4		19	20	4
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	0.0
Dihydrophylloquinone µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4 µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated g	0.030		0	NC	4		0.027	0.029	0.006
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.000		1	A	1		0.000	0.000	0.000
12:0 g	0.000		1	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.000		1	A	1		0.000	0.000	0.000
15:0 g	0.000		1	A	1		0.000	0.000	0.000
16:0 g	0.030		1	A	1		0.027	0.029	0.006
17:0 g	0.000		1	A	1		0.000	0.000	0.000
18:0 g	0.000		1	A	1		0.000	0.000	0.000
20:0 g	0.000		1	A	1		0.000	0.000	0.000
22:0 g	0.000		1	A	1		0.000	0.000	0.000
24:0 g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.000		0	NC	4		0.000	0.000	0.000
14:1 g	0.000		1	A	1		0.000	0.000	0.000
15:1 g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
17:1 g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.140		0	NC	4		0.125	0.136	0.027
18:2 undifferentiated g	0.140		1	A	1		0.125	0.136	0.027
18:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g	0.000		1	A	1		0.000	0.000	0.000
22:4 g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	3		0	BFSN	4		2	3	1
Stigmasterol mg	0		0	BFSN	4		0	0	0
Campesterol mg	3		0	BFSN	4		2	3	1
Beta-sitosterol mg	0		0	BFSN	4		0	0	0
Amino Acids:									
Tryptophan g	0.011		0	A	1		0.010	0.011	0.002
Threonine g	0.132		0	A	1		0.117	0.128	0.025
Isoleucine g	0.110		0	A	1		0.098	0.106	0.021
Leucine g	0.187		0	A	1		0.166	0.181	0.035
Lysine g	0.132		0	A	1		0.117	0.128	0.025
Methionine g	0.033		0	A	1		0.029	0.032	0.006
Cystine g	0.022		0	A	1		0.019	0.021	0.004
Phenylalanine g	0.110		0	A	1		0.098	0.106	0.021
Tyrosine g	0.077		0	A	1		0.068	0.075	0.015
Valine g	0.143		0	A	1		0.127	0.138	0.027
Arginine g	0.154		0	A	1		0.137	0.149	0.029

NDB No. 11267
Mushrooms, shiitake, stir-fried (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.055		0	A	1		0.049	0.053	0.010
Alanine....g	0.165		0	A	1		0.147	0.160	0.031
Aspartic acid....g	0.296		0	A	1		0.264	0.288	0.056
Glutamic acid....g	0.670		0	A	1		0.596	0.650	0.127
Glycine....g	0.143		0	A	1		0.127	0.138	0.027
Proline....g	0.099		0	A	1		0.088	0.096	0.019
Serine....g	0.143		0	A	1		0.127	0.138	0.027
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 cup whole

Measure 2 = 97g: 1 cup sliced

Measure 3 = 19g: 1 piece whole

Footnotes:

1 Water used in stir-frying. No fat added.

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11989
Mushrooms, straw, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.88		2	A	1		163.58	4.94	
Energy kcal	32		0	NC	4		58	2	
Energy kJ	133		0	NC	4		243	7	
Protein (N x 6.25) g	3.83		2	A	1		6.97	0.21	
Total lipid (fat) g	0.68		2	A	1		1.24	0.04	
Ash g	0.97		2	A	1		1.77	0.05	
Carbohydrate, by difference g	4.64		0	NC	4		8.44	0.26	
Fiber, total dietary g	2.5		2	A	1		4.6	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		2	A	1		18	1	
Iron, Fe mg	1.43		2	A	1		2.60	0.08	
Magnesium, Mg mg	7		2	A	1		13	0	
Phosphorus, P mg	61		2	A	1		111	3	
Potassium, K mg	78		2	A	1		142	4	
Sodium, Na mg	384		2	A	1		699	21	
Zinc, Zn mg	0.67		2	A	1		1.22	0.04	
Copper, Cu mg	0.133		2	A	1		0.242	0.007	
Manganese, Mn mg	0.098		0	BFSN	4		0.178	0.005	
Selenium, Se µg	15.2		0	BFSN	4		27.7	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0	0.0	
Thiamin mg	0.013		2	A	1		0.024	0.001	
Riboflavin mg	0.070		2	A	1		0.127	0.004	
Niacin mg	0.224		2	A	1		0.408	0.012	
Pantothenic acid mg	0.412		2	A	1		0.750	0.023	
Vitamin B-6 mg	0.014		2	A	1		0.025	0.001	
Folate, total µg	38		2	A	1		69	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	38		2	A	1		69	2	
Folate, DFE µg	38		0	NC	4		69	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		2	A	1		0	0	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11989

Mushrooms, straw, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.089		0	BFFN	4		0.162	0.005	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.002		0	BFFN	4		0.004	0.000	
12:0....g	0.007		0	BFFN	4		0.013	0.000	
13:0....g									
14:0....g	0.002		0	BFFN	4		0.004	0.000	
15:0....g									
16:0....g	0.044		0	BFFN	4		0.080	0.002	
17:0....g									
18:0....g	0.014		0	BFFN	4		0.025	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0	BFFN	4		0.022	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.012		0	BFFN	4		0.022	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.263		0	BFFN	4		0.479	0.014	
18:2 undifferentiated....g	0.259		0	BFFN	4		0.471	0.014	
18:3 undifferentiated....g	0.002		0	BFFN	4		0.004	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 5.5g: 1 piece

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11797

Mushrooms, white, cooked, boiled, drained, with salt

Agaricus bisporus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.08		0		1		142.08	8.93	10.93
Energy kcal	28		0	NC	4		44	3	3
Energy kJ	117		0	NC	4		183	11	14
Protein (N x 6.25) g	2.17		0		1		3.39	0.21	0.26
Total lipid (fat) g	0.47		0		1		0.73	0.05	0.06
Ash g	0.99		0		1		1.54	0.10	0.12
Carbohydrate, by difference g	5.29		0	NC	4		8.25	0.52	0.63
Fiber, total dietary g	2.2		1	A	1		3.4	0.2	0.3
Sugars, total g	2.34		0	BFSN	4		3.65	0.23	0.28
Starch g									
Minerals:									
Calcium, Ca mg	6		0		1		9	1	1
Iron, Fe mg	1.74		0		1		2.71	0.17	0.21
Magnesium, Mg mg	12		0		1		19	1	1
Phosphorus, P mg	87		0		1		136	9	10
Potassium, K mg	356		0		1		555	35	43
Sodium, Na mg	238		0		4		371	23	29
Zinc, Zn mg	0.87		0		1		1.36	0.09	0.10
Copper, Cu mg	0.504		0		1		0.786	0.049	0.060
Manganese, Mn mg	0.115		0		1		0.179	0.011	0.014
Selenium, Se µg	13.4		0	BFSN	4		20.9	1.3	1.6
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		0		1		6.2	0.4	0.5
Thiamin mg	0.073		0		1		0.114	0.007	0.009
Riboflavin mg	0.300		0		1		0.468	0.029	0.036
Niacin mg	4.460		0		1		6.958	0.437	0.535
Pantothenic acid mg	2.160		0		1		3.370	0.212	0.259
Vitamin B-6 mg	0.095		0		1		0.148	0.009	0.011
Folate, total µg	18		0		1		28	2	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	18		0		1		28	2	2
Folate, DFE µg	18		0	NC	4		28	2	2
Choline, total mg	20.4		0	BFSY	4		31.9	2.0	2.5
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	BFSY	4		0	0	0
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFSY	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.02	0.00	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.3	0.0	0.0
Vitamin D IU	8		0	BFSN	4		13	1	1
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11797

Mushrooms, white, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.061		0		1		0.095	0.006	0.007
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.002	0.000	0.000
12:0....g	0.005		0		1		0.008	0.000	0.001
13:0....g									
14:0....g	0.002		0		1		0.003	0.000	0.000
15:0....g									
16:0....g	0.030		0		1		0.047	0.003	0.004
17:0....g									
18:0....g	0.010		0		1		0.016	0.001	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.012	0.001	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.011	0.001	0.001
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.183		0		1		0.285	0.018	0.022
18:2 undifferentiated....g	0.179		0		1		0.279	0.018	0.021
18:3 undifferentiated....g	0.001		0		1		0.002	0.000	0.000
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0	NR	4		0.038	0.002	0.003
Threonine....g	0.075		0	NR	4		0.117	0.007	0.009
Isoleucine....g	0.053		0	NR	4		0.083	0.005	0.006
Leucine....g	0.084		0	NR	4		0.131	0.008	0.010
Lysine....g	0.075		0	NR	4		0.118	0.007	0.009
Methionine....g	0.022		0	NR	4		0.034	0.002	0.003
Cystine....g	0.009		0	NR	4		0.013	0.001	0.001
Phenylalanine....g	0.060		0	NR	4		0.093	0.006	0.007
Tyrosine....g	0.031		0	NR	4		0.048	0.003	0.004
Valine....g	0.163		0	NR	4		0.254	0.016	0.020
Arginine....g	0.055		0	NR	4		0.085	0.005	0.007
Histidine....g	0.040		0	NR	4		0.062	0.004	0.005
Alanine....g	0.140		0	NR	4		0.218	0.014	0.017
Aspartic acid....g	0.137		0	NR	4		0.213	0.013	0.016
Glutamic acid....g	0.241		0	NR	4		0.375	0.024	0.029
Glycine....g	0.064		0	NR	4		0.100	0.006	0.008
Proline....g	0.054		0	NR	4		0.083	0.005	0.006
Serine....g	0.066		0	NR	4		0.103	0.006	0.008
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11797
Mushrooms, white, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup pieces

Measure 2 = 9.8g: 1 tbsp

Measure 3 = 12.0g: 1 mushroom

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11261

Mushrooms, white, cooked, boiled, drained, without salt

Agaricus bisporus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.08		0		1		142.08	8.93	10.93
Energy kcal	28		0	NC	4		44	3	3
Energy kJ	117		0	NC	4		183	11	14
Protein (N x 6.25) g	2.17		0		1		3.39	0.21	0.26
Total lipid (fat) g	0.47		0		1		0.73	0.05	0.06
Ash g	0.99		0		1		1.54	0.10	0.12
Carbohydrate, by difference g	5.29		0	NC	4		8.25	0.52	0.63
Fiber, total dietary g	2.2		0		1		3.4	0.2	0.3
Sugars, total g	2.34		0	BFSN	4		3.65	0.23	0.28
Starch g									
Minerals:									
Calcium, Ca mg	6		0		1		9	1	1
Iron, Fe mg	1.74		0		1		2.71	0.17	0.21
Magnesium, Mg mg	12		0		1		19	1	1
Phosphorus, P mg	87		0		1		136	9	10
Potassium, K mg	356		0		1		555	35	43
Sodium, Na mg	2		0		1		3	0	0
Zinc, Zn mg	0.87		0		1		1.36	0.09	0.10
Copper, Cu mg	0.504		0		1		0.786	0.049	0.060
Manganese, Mn mg	0.115		0		1		0.179	0.011	0.014
Selenium, Se µg	11.9	0.640	5	A	1		18.6	1.2	1.4
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		0		1		6.2	0.4	0.5
Thiamin mg	0.073		0		1		0.114	0.007	0.009
Riboflavin mg	0.300		0		1		0.468	0.029	0.036
Niacin mg	4.460		0		1		6.958	0.437	0.535
Pantothenic acid mg	2.160		0		1		3.370	0.212	0.259
Vitamin B-6 mg	0.095		0		1		0.148	0.009	0.011
Folate, total µg	18		0		1		28	2	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	18		0		1		28	2	2
Folate, DFE µg	18		0	NC	4		28	2	2
Choline, total mg	20.4		0	BFSY	4		31.9	2.0	2.5
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	BFSY	4		0	0	0
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFSY	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.02	0.00	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.3	0.0	0.0
Vitamin D IU	8		0	BFSN	4		13	1	1
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11261

Mushrooms, white, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.061		0		1		0.095	0.006	0.007
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.001		0		1		0.002	0.000	0.000
12:0....g	0.005		0		1		0.008	0.000	0.001
13:0....g									
14:0....g	0.002		0		1		0.003	0.000	0.000
15:0....g									
16:0....g	0.030		0		1		0.047	0.003	0.004
17:0....g									
18:0....g	0.010		0		1		0.016	0.001	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.012	0.001	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.011	0.001	0.001
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.183		0		1		0.285	0.018	0.022
18:2 undifferentiated....g	0.179		0		1		0.279	0.018	0.021
18:3 undifferentiated....g	0.001		0		1		0.002	0.000	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0	NR	4		0.038	0.002	0.003
Threonine....g	0.075		0	NR	4		0.117	0.007	0.009
Isoleucine....g	0.053		0	NR	4		0.083	0.005	0.006
Leucine....g	0.084		0	NR	4		0.131	0.008	0.010
Lysine....g	0.075		0	NR	4		0.118	0.007	0.009
Methionine....g	0.022		0	NR	4		0.034	0.002	0.003
Cystine....g	0.009		0	NR	4		0.013	0.001	0.001
Phenylalanine....g	0.060		0	NR	4		0.093	0.006	0.007
Tyrosine....g	0.031		0	NR	4		0.048	0.003	0.004
Valine....g	0.163		0	NR	4		0.254	0.016	0.020
Arginine....g	0.055		0	NR	4		0.085	0.005	0.007
Histidine....g	0.040		0	NR	4		0.062	0.004	0.005
Alanine....g	0.140		0	NR	4		0.218	0.014	0.017
Aspartic acid....g	0.137		0	NR	4		0.213	0.013	0.016
Glutamic acid....g	0.240		0	NR	4		0.375	0.024	0.029
Glycine....g	0.064		0	NR	4		0.100	0.006	0.008
Proline....g	0.053		0	NR	4		0.083	0.005	0.006
Serine....g	0.066		0	NR	4		0.103	0.006	0.008
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11261
Mushrooms, white, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup pieces

Measure 2 = 9.8g: 1 tbsp

Measure 3 = 12.0g: 1 mushroom

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11992
Mushrooms, white, microwaved
Agaricus bisporus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.52	1.200	4	A	1				
Energy kcal	35		0	NC	4				
Energy kJ	147		0	NC	4				
Protein (N x 6.25) g	3.91	0.289	4	A	1				
Total lipid (fat) g	0.46	0.138	4	A	1				
Ash g	1.08	0.105	4	A	1				
Carbohydrate, by difference g	6.04		0	NC	4				
Fiber, total dietary g	2.5		2	A	1				
Sugars, total g	0.00		1	A	1				
Sucrose g	0.00		1	A	1				
Glucose (dextrose) g	0.00		1	A	1				
Fructose g	0.00		1	A	1				
Lactose g	0.00		1	A	1				
Maltose g	0.00		1	A	1				
Galactose g	0.00		1	A	1				
Starch g	0.00		1	A	1				
Minerals:									
Calcium, Ca mg	6	2.877	3	A	1				
Iron, Fe mg	0.33	0.011	3	A	1				
Magnesium, Mg mg	14	1.667	3	A	1				
Phosphorus, P mg	127	12.019	3	A	1				
Potassium, K mg	488	55.810	3	A	1				
Sodium, Na mg	17	6.800	3	A	1				
Zinc, Zn mg	0.73	0.062	3	A	1				
Copper, Cu mg	0.370	0.031	3	A	1				
Manganese, Mn mg	0.064	0.006	3	A	1				
Selenium, Se µg	18.0		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1				
Thiamin mg	0.060	0.007	4	A	1				
Riboflavin mg	0.431	0.105	4	A	1				
Niacin mg	5.350	0.420	4	A	1				
Pantothenic acid mg	1.960		1	A	1				
Vitamin B-6 mg	0.049	0.010	3	A	1				
Folate, total µg	16		2	A	1				
Folic acid µg	0		0	Z	7				
Folate, food µg	16		2	A	1				
Folate, DFE µg	16		0	NC	4				
Choline, total mg	30.3		0	AS	1				
Betaine mg	10.1		1	A	1				
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0	AS	1				
Retinol µg	0		0	Z	7				
Carotene, beta µg	0		0	Z	7				
Carotene, alpha µg	0		0	Z	7				
Cryptoxanthin, beta µg	0		0	Z	7				
Vitamin A, IU IU	0		0	AS	1				
Lycopene µg	0		0	Z	7				
Lutein + zeaxanthin µg	0		0	Z	7				
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1				
Tocopherol, beta mg	0.00		1	A	1				
Tocopherol, gamma mg	0.00		1	A	1				
Tocopherol, delta mg	0.00		1	A	1				
Tocotrienol, alpha mg	0.00		1	A	1				
Tocotrienol, beta mg	0.00		1	A	1				
Tocotrienol, gamma mg	0.00		1	A	1				
Tocotrienol, delta mg	0.00		1	A	1				

NDB No. 11992
Mushrooms, white, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.3		0	AS	1				
Vitamin D2 (ergocalciferol) µg	0.3		0	BFSN	4				
Vitamin D3 (cholecalciferol) µg	0.0		0	BFSN	4				
Vitamin D IU	11		0	BFSN	4				
Vitamin K (phylloquinone) µg	0.0		2	A	1				
Dihydrophylloquinone µg	0.0		2	A	1				
Menaquinone-4 µg	0.0		2	A	1				
Lipids:									
Fatty acids, total saturated g	0.060		0	NC	4				
4:0 g	0.000		0	Z	7				
6:0 g	0.000		0	Z	7				
8:0 g	0.000		1	A	1				
10:0 g	0.000		1	A	1				
12:0 g	0.000		1	A	1				
13:0 g									
14:0 g	0.000		1	A	1				
15:0 g	0.000		1	A	1				
16:0 g	0.050		1	A	1				
17:0 g	0.000		1	A	1				
18:0 g	0.010		1	A	1				
20:0 g	0.000		1	A	1				
22:0 g	0.000		1	A	1				
24:0 g	0.000		1	A	1				
Fatty acids, total monounsaturated g	0.020		0	NC	4				
14:1 g	0.000		1	A	1				
15:1 g	0.000		1	A	1				
16:1 undifferentiated g	0.010		1	A	1				
17:1 g	0.000		1	A	1				
18:1 undifferentiated g	0.010		1	A	1				
20:1 g	0.000		1	A	1				
22:1 undifferentiated g	0.000		1	A	1				
24:1 c g	0.000		1	A	1				
Fatty acids, total polyunsaturated g	0.280		0	NC	4				
18:2 undifferentiated g	0.280		1	A	1				
18:3 undifferentiated g	0.000		1	A	1				
18:4 g	0.000		1	A	1				
20:2 n-6 c,c g	0.000		1	A	1				
20:3 undifferentiated g	0.000		1	A	1				
20:4 undifferentiated g	0.000		1	A	1				
20:5 n-3 (EPA) g	0.000		1	A	1				
21:5 g	0.000		1	A	1				
22:4 g	0.000		1	A	1				
22:5 n-3 (DPA) g	0.000		1	A	1				
22:6 n-3 (DHA) g	0.000		1	A	1				
Fatty acids, total trans g	0.000		0	Z	7				
Cholesterol mg	0		0	Z	7				
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.039		0	A	1				
Threonine g	0.122		0	A	1				
Isoleucine g	0.086		0	A	1				
Leucine g	0.137		0	A	1				
Lysine g	0.123		0	A	1				
Methionine g	0.036		0	A	1				
Cystine g	0.014		0	A	1				
Phenylalanine g	0.097		0	A	1				
Tyrosine g	0.050		0	A	1				
Valine g	0.265		0	A	1				
Arginine g	0.089		0	A	1				
Histidine g	0.065		0	A	1				
Alanine g	0.227		0	A	1				
Aspartic acid g	0.222		0	A	1				

NDB No. 11992
Mushrooms, white, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glutamic acid....g	0.391		0	A	1				
Glycine....g	0.104		0	A	1				
Proline....g	0.087		0	A	1				
Serine....g	0.108		0	A	1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11260
Mushrooms, white, raw (1)
Agaricus bisporus

Refuse: 3% Trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.45	0.238	56	JO	11		64.72	88.75	21.26
Energy kcal	22		0	NC	4		16	21	5
Energy kJ	93		0	NC	4		65	90	21
Protein (N x 6.25) g	3.09	0.106	33	JO	11		2.17	2.97	0.71
Adjusted Protein g	2.18	0.084	30	JO	11		1.52	2.09	0.50
Total lipid (fat) g	0.34	0.032	33	JO	11		0.24	0.33	0.08
Ash g	0.85	0.029	29	JO	11		0.59	0.81	0.20
Carbohydrate, by difference g	3.26		0	NC	4		2.28	3.13	0.75
Fiber, total dietary g	1.0	0.461	3	JO	11		0.7	1.0	0.2
Sugars, total g	1.98	0.547	5	JO	11		1.38	1.90	0.45
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.48	0.428	8	JO	11		1.04	1.42	0.34
Fructose g	0.17	0.134	8	JO	11		0.12	0.17	0.04
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	3	0.268	52	JO	11		2	3	1
Iron, Fe mg	0.50	0.105	58	JA	6		0.35	0.48	0.11
Magnesium, Mg mg	9	0.320	42	JA	6		6	9	2
Phosphorus, P mg	86	3.909	43	JO	11		60	82	20
Potassium, K mg	318	11.125	48	JA	6		223	305	73
Sodium, Na mg	5	0.648	38	JO	11		3	5	1
Zinc, Zn mg	0.52	0.040	62	JO	11		0.37	0.50	0.12
Copper, Cu mg	0.318	0.019	53	JO	11		0.223	0.306	0.073
Manganese, Mn mg	0.047	0.005	40	JO	11		0.033	0.045	0.011
Selenium, Se µg	9.3	1.279	23	JO	11		6.5	8.9	2.1
Vitamins:									
Vitamin C, total ascorbic acid mg	2.1	0.640	24	JA	6		1.4	2.0	0.5
Thiamin mg	0.081	0.007	17	JO	11		0.056	0.077	0.019
Riboflavin mg	0.402	0.027	14	JO	11		0.281	0.386	0.092
Niacin mg	3.607	0.280	17	JO	11		2.525	3.463	0.830
Pantothenic acid mg	1.497	0.092	13	JO	11		1.048	1.437	0.344
Vitamin B-6 mg	0.104	0.012	16	JO	11		0.072	0.099	0.024
Folate, total (2) µg	17	1.044	36	JO	11		12	16	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food (2) µg	17	1.045	36	JO	11		12	16	4
Folate, DFE (2) µg	17		0	NC	4		12	16	4
Choline, total mg	17.3		0	AS	1		12.1	16.6	4.0
Betaine mg	9.4		2	A	1		6.6	9.0	2.2
Vitamin B-12 µg	0.04		1	A	1		0.03	0.04	0.01
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		1		1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.01		2	JO	11		0.01	0.01	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01		2	JO	11		0.00	0.00	0.00
Tocopherol, gamma mg	0.01		2	JO	11		0.01	0.01	0.00
Tocopherol, delta mg	0.01		2	JO	11		0.01	0.01	0.00
Tocotrienol, alpha mg	0.05		2	JO	11		0.03	0.05	0.01

NDB No. 11260
Mushrooms, white, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, beta....mg	0.00		2	JO	11		0.00	0.00	0.00
Tocotrienol, gamma....mg	0.00		2	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.2		5	AS	1		0.1	0.2	0.0
Vitamin D2 (ergocalciferol)....µg	0.2	0.074	5	JO	11		0.1	0.2	0.0
Vitamin D3 (cholecalciferol)....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Vitamin D....IU	7	2.973	5	JO	11		5	7	2
Vitamin K (phylloquinone)....µg	0.0	0.020	3	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	1.0		2	A	1		0.7	0.9	0.2
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.050		0	NC	4		0.035	0.048	0.011
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.000		1	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	0.000
15:0....g	0.000		1	A	1		0.000	0.000	0.000
16:0....g	0.040		1	A	1		0.028	0.038	0.009
17:0....g	0.000		1	A	1		0.000	0.000	0.000
18:0....g	0.010		1	A	1		0.007	0.010	0.002
20:0....g	0.000		1	A	1		0.000	0.000	0.000
22:0....g	0.000		1	A	1		0.000	0.000	0.000
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	0.000
14:1....g	0.000		1	A	1		0.000	0.000	0.000
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.160		0	NC	4		0.112	0.154	0.037
18:2 undifferentiated....g	0.160		1	A	1		0.112	0.154	0.037
18:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g	0.000		1	A	1		0.000	0.000	0.000
22:4....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Stigmasterol....mg	0	0.000	8	A	1		0	0	0
Campesterol....mg	2	0.031	8	A	1		1	2	0
Beta-sitosterol....mg	0	0.088	8	A	1		0	0	0
Amino Acids:									
Tryptophan....g	0.035		0	JO	11		0.024	0.033	0.008
Threonine....g	0.107		0	JO	11		0.075	0.103	0.025
Isoleucine....g	0.076		0	JO	11		0.053	0.073	0.017
Leucine....g	0.120		0	JO	11		0.084	0.115	0.028
Lysine....g	0.107		0	JO	11		0.075	0.103	0.025
Methionine....g	0.031		0	JO	11		0.022	0.030	0.007
Cystine....g	0.012		0	JO	11		0.009	0.012	0.003
Phenylalanine....g	0.085		0	JO	11		0.060	0.082	0.020

NDB No. 11260
Mushrooms, white, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tyrosine g	0.044		0	JO	11		0.031	0.042	0.010
Valine g	0.232		0	JO	11		0.162	0.223	0.053
Arginine g	0.078		0	JO	11		0.055	0.075	0.018
Histidine g	0.057		0	JO	11		0.040	0.055	0.013
Alanine g	0.199		0	JO	11		0.139	0.191	0.046
Aspartic acid g	0.195		0	JO	11		0.136	0.187	0.045
Glutamic acid g	0.343		0	JO	11		0.240	0.329	0.079
Glycine g	0.092		0	JO	11		0.064	0.088	0.021
Proline g	0.076		0	JO	11		0.053	0.073	0.018
Serine g	0.094		0	JO	11		0.066	0.091	0.022
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 cup, pieces or slices

Measure 2 = 96g: 1 cup, whole

Measure 3 = 23g: 1 large

Footnotes:

1 Ergosterol = 56 mg/100 g.

2 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-formyl folic acid, and 5-formyltetrahydrofolic acid plus total folate determined microbiologically

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11263

Mushrooms, white, stir-fried (1)

Agaricus bisporus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.10	0.767	4	A	1		98.39		
Energy kcal	26		0	NC	4		28		
Energy kJ	110		0	NC	4		119		
Protein (N x 6.25) g	3.58	0.261	4	A	1		3.86		
Total lipid (fat) g	0.33	0.025	4	A	1		0.36		
Ash g	0.94	0.022	4	A	1		1.02		
Carbohydrate, by difference g	4.04		0	NC	4		4.37		
Fiber, total dietary g	1.8		1	A	1		1.9		
Sugars, total g	0.00		1	A	1		0.00		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca mg	4	0.933	3	A	1		5		
Iron, Fe mg	0.25	0.006	3	A	1		0.27		
Magnesium, Mg mg	11	0.000	3	A	1		12		
Phosphorus, P mg	105	5.000	3	A	1		113		
Potassium, K mg	396	15.086	3	A	1		427		
Sodium, Na mg	12	3.476	3	A	1		13		
Zinc, Zn mg	0.57	0.017	3	A	1		0.62		
Copper, Cu mg	0.291	0.020	3	A	1		0.314		
Manganese, Mn mg	0.047	0.005	3	A	1		0.051		
Selenium, Se µg	13.9		2	A	1		15.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0		
Thiamin mg	0.096	0.026	4	A	1		0.104		
Riboflavin mg	0.463	0.028	4	A	1		0.500		
Niacin mg	3.987	0.398	4	A	1		4.306		
Pantothenic acid mg	1.450		1	A	1		1.566		
Vitamin B-6 mg	0.042	0.006	3	A	1		0.045		
Folate, total µg	20		2	A	1		21		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20		2	A	1		21		
Folate, DFE µg	20		0	NC	4		21		
Choline, total mg	21.9		0	AS	1		23.7		
Betaine mg	9.5		1	A	1		10.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.00		1	A	1		0.00		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.04		1	A	1		0.04		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		

NDB No. 11263
Mushrooms, white, stir-fried (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D2 (ergocalciferol) µg	0.2		0	BFSN	4		0.2		
Vitamin D3 (cholecalciferol) µg	0.0		0	BFSN	4		0.0		
Vitamin D IU	8		0	BFSN	4		9		
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		
Dihydrophylloquinone µg	0.7		2	A	1		0.7		
Menaquinone-4 µg	0.0		2	A	1		0.0		
Lipids:									
Fatty acids, total saturated g	0.040		0	NC	4		0.043		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		1	A	1		0.000		
10:0 g	0.000		1	A	1		0.000		
12:0 g	0.000		1	A	1		0.000		
13:0 g									
14:0 g	0.000		1	A	1		0.000		
15:0 g	0.000		1	A	1		0.000		
16:0 g	0.030		1	A	1		0.032		
17:0 g	0.000		1	A	1		0.000		
18:0 g	0.010		1	A	1		0.011		
20:0 g	0.000		1	A	1		0.000		
22:0 g	0.000		1	A	1		0.000		
24:0 g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated g	0.000		0	NC	4		0.000		
14:1 g	0.000		1	A	1		0.000		
15:1 g	0.000		1	A	1		0.000		
16:1 undifferentiated g	0.000		1	A	1		0.000		
17:1 g	0.000		1	A	1		0.000		
18:1 undifferentiated g	0.000		1	A	1		0.000		
20:1 g	0.000		1	A	1		0.000		
22:1 undifferentiated g	0.000		1	A	1		0.000		
24:1 c g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated g	0.160		0	NC	4		0.173		
18:2 undifferentiated g	0.160		1	A	1		0.173		
18:3 undifferentiated g	0.000		1	A	1		0.000		
18:4 g	0.000		1	A	1		0.000		
20:2 n-6 c,c g	0.000		1	A	1		0.000		
20:3 undifferentiated g	0.000		1	A	1		0.000		
20:4 undifferentiated g	0.000		1	A	1		0.000		
20:5 n-3 (EPA) g	0.000		1	A	1		0.000		
21:5 g	0.000		1	A	1		0.000		
22:4 g	0.000		1	A	1		0.000		
22:5 n-3 (DPA) g	0.000		1	A	1		0.000		
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.000		0	Z	7		0.000		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.037		0	A	1		0.040		
Threonine g	0.116		0	A	1		0.125		
Isoleucine g	0.082		0	A	1		0.088		
Leucine g	0.130		0	A	1		0.140		
Lysine g	0.116		0	A	1		0.125		
Methionine g	0.034		0	A	1		0.037		
Cystine g	0.013		0	A	1		0.014		
Phenylalanine g	0.092		0	A	1		0.100		
Tyrosine g	0.047		0	A	1		0.051		
Valine g	0.251		0	A	1		0.271		
Arginine g	0.084		0	A	1		0.091		
Histidine g	0.061		0	A	1		0.066		
Alanine g	0.215		0	A	1		0.233		
Aspartic acid g	0.211		0	A	1		0.227		

NDB No. 11263
Mushrooms, white, stir-fried (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glutamic acid....g	0.371		0	A	1		0.400		
Glycine....g	0.099		0	A	1		0.107		
Proline....g	0.082		0	A	1		0.089		
Serine....g	0.102		0	A	1		0.110		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 108g: 1 cup sliced

Footnotes:

1 Water used in stir-frying. No fat added.

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11799
Mustard greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.78		2	JA	6		128.49		
Energy kcal	26		0	NC	4		37		
Energy kJ	110		0	NC	4		154		
Protein (N x 6.25) g	2.56		2	JA	6		3.58		
Total lipid (fat) g	0.47		2	JA	6		0.66		
Ash g	0.69		2	JA	6		0.97		
Carbohydrate, by difference g	4.51		0	NC	4		6.31		
Fiber, total dietary g	2.0		0		4		2.8		
Sugars, total g	1.41		0	BFSN	4		1.98		
Starch g									
Minerals:									
Calcium, Ca mg	118		2	JA	6		165		
Iron, Fe mg	0.87		2	JA	6		1.21		
Magnesium, Mg mg	13		2	JA	6		18		
Phosphorus, P mg	42		2	JA	6		59		
Potassium, K mg	162		1	JA	6		227		
Sodium, Na mg	252		0	NR	4		353		
Zinc, Zn mg	0.15		0	BFSN	4		0.21		
Copper, Cu mg	0.098		0	BFSN	4		0.137		
Manganese, Mn mg									
Selenium, Se µg	0.6		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	25.3		0		1		35.4		
Thiamin mg	0.041		0		1		0.057		
Riboflavin mg	0.063		0		1		0.088		
Niacin mg	0.433		0		1		0.606		
Pantothenic acid mg	0.120		0		1		0.168		
Vitamin B-6 mg	0.098		0		4		0.137		
Folate, total µg	9		1	A	1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		1	A	1		12		
Folate, DFE µg	9		0	NC	4		12		
Choline, total mg	0.3		0	BFSN	4		0.4		
Betaine mg	0.2		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	527		0	NC	4		738		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6300	1100.000	5	A	1		8820		
Carotene, alpha µg	9		0	BFSN	4		12		
Cryptoxanthin, beta µg	35		0	BFSN	4		49		
Vitamin A, IU IU	10537		0	NC	4		14751		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	9900	500.000	5	A	1		13860		
Vitamin E (alpha-tocopherol) mg	1.78		0	BFSN	4		2.49		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	592.7		1	A	1		829.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11799

Mustard greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.012		0		1		0.017		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.006		0		1		0.008		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.110		0		1		0.154		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.025		
20:1....g	0.023		0		1		0.032		
22:1 undifferentiated....g	0.069		0		1		0.097		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0		1		0.064		
18:2 undifferentiated....g	0.024		0		1		0.034		
18:3 undifferentiated....g	0.022		0		1		0.031		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11271
Mustard greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.78		2	JA	6		128.49		
Energy kcal	26		0	NC	4		37		
Energy kJ	110		0	NC	4		154		
Protein (N x 6.25) g	2.56		2	JA	6		3.58		
Total lipid (fat) g	0.47		2	JA	6		0.66		
Ash g	0.69		2	JA	6		0.97		
Carbohydrate, by difference g	4.51		0	NC	4		6.31		
Fiber, total dietary g	2.0		0		4		2.8		
Sugars, total g	1.41		0	BFSN	4		1.98		
Starch g									
Minerals:									
Calcium, Ca mg	118		2	JA	6		165		
Iron, Fe mg	0.87		2	JA	6		1.21		
Magnesium, Mg mg	13		2	JA	6		18		
Phosphorus, P mg	42		2	JA	6		59		
Potassium, K mg	162		1	JA	6		227		
Sodium, Na mg	9		2	JA	6		13		
Zinc, Zn mg	0.22		0	BFSN	4		0.31		
Copper, Cu mg	0.146		0	BFSN	4		0.204		
Manganese, Mn mg									
Selenium, Se µg	0.6		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	25.3		0		1		35.4		
Thiamin mg	0.041		0		1		0.057		
Riboflavin mg	0.063		0		1		0.088		
Niacin mg	0.433		0		1		0.606		
Pantothenic acid mg	0.120		0		1		0.168		
Vitamin B-6 mg	0.098		0		4		0.137		
Folate, total µg	9		1	A	1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		1	A	1		12		
Folate, DFE µg	9		0	NC	4		12		
Choline, total mg	0.4		0	BFSN	4		0.6		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	618		0	NC	4		866		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	7400		3	A	1		10360		
Carotene, alpha µg	9		0	BFSN	4		12		
Cryptoxanthin, beta µg	35		0	BFSN	4		49		
Vitamin A, IU IU	12370		0	NC	4		17318		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	10400		3	A	1		14560		
Vitamin E (alpha-tocopherol) mg	1.78		0	BFSN	4		2.49		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	592.7		1	A	1		829.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11271

Mustard greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.012		0		1		0.017		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.006		0		1		0.008		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.110		0		1		0.154		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.025		
20:1....g	0.023		0		1		0.032		
22:1 undifferentiated....g	0.069		0		1		0.097		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0		1		0.064		
18:2 undifferentiated....g	0.024		0		1		0.034		
18:3 undifferentiated....g	0.022		0		1		0.031		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11800
Mustard greens, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.80		0		1		140.70	198.86	
Energy kcal	19		0	NC	4		28	40	
Energy kJ	78		0	NC	4		118	166	
Protein (N x 6.25) g	2.27		0		1		3.41	4.81	
Total lipid (fat) g	0.25		0		1		0.38	0.53	
Ash g	0.57		0		1		0.86	1.21	
Carbohydrate, by difference g	3.11		0	NC	4		4.67	6.59	
Fiber, total dietary g	2.8		0		4		4.2	5.9	
Sugars, total g	0.32		0	O	4		0.48	0.68	
Starch g									
Minerals:									
Calcium, Ca mg	101		0		1		152	214	
Iron, Fe mg	1.12		0		1		1.68	2.37	
Magnesium, Mg mg	13		0		1		20	28	
Phosphorus, P mg	24		0		1		36	51	
Potassium, K mg	139		0		1		209	295	
Sodium, Na mg	261		0		4		392	553	
Zinc, Zn mg	0.20		0		1		0.30	0.42	
Copper, Cu mg	0.058		0		1		0.087	0.123	
Manganese, Mn mg	0.294		0		1		0.441	0.623	
Selenium, Se µg	0.6		0	BFSN	4		0.9	1.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.8		0		1		20.7	29.3	
Thiamin mg	0.040		0		1		0.060	0.085	
Riboflavin mg	0.053		0		1		0.080	0.112	
Niacin mg	0.258		0		1		0.387	0.547	
Pantothenic acid mg	0.016		0		1		0.024	0.034	
Vitamin B-6 mg	0.108		0		1		0.162	0.229	
Folate, total µg	70		0		4		104	147	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	70		0		4		104	147	
Folate, DFE µg	70		0	NC	4		104	147	
Choline, total mg	0.3		0	BFSN	4		0.5	0.6	
Betaine mg	0.2		0	BFSN	4		0.3	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	354		0	NC	4		531	750	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4246		0	BFSN	4		6368	9001	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	7076		0	NC	4		10614	15001	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	6672		0	BFSN	4		10008	14144	
Vitamin E (alpha-tocopherol) mg	1.35		0	BFSN	4		2.03	2.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	335.1		0	BFSN	4		502.7	710.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11800

Mustard greens, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.013		0		1		0.020	0.028	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.006		0		1		0.009	0.013	
17:0....g									
18:0....g	0.002		0		1		0.003	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.113		0		1		0.170	0.240	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.027	0.038	
20:1....g	0.023		0		1		0.035	0.049	
22:1 undifferentiated....g	0.071		0		1		0.107	0.151	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.071	0.100	
18:2 undifferentiated....g	0.024		0		1		0.036	0.051	
18:3 undifferentiated....g	0.022		0		1		0.033	0.047	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.038	0.053	
Threonine....g	0.060		0		1		0.090	0.127	
Isoleucine....g	0.083		0		1		0.125	0.176	
Leucine....g	0.070		0		1		0.105	0.148	
Lysine....g	0.103		0		1		0.155	0.218	
Methionine....g	0.021		0		1		0.032	0.045	
Cystine....g	0.034		0		1		0.051	0.072	
Phenylalanine....g	0.060		0		1		0.090	0.127	
Tyrosine....g	0.120		0		1		0.180	0.254	
Valine....g	0.088		0		1		0.132	0.187	
Arginine....g	0.166		0		1		0.249	0.352	
Histidine....g	0.041		0		1		0.062	0.087	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11800
Mustard greens, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, chopped or diced

Measure 2 = 212g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11273
Mustard greens, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.80		0		1		140.70	198.86	
Energy kcal	19		0	NC	4		28	40	
Energy kJ	78		0	NC	4		118	166	
Protein (N x 6.25) g	2.27		0		1		3.41	4.81	
Total lipid (fat) g	0.25		0		1		0.38	0.53	
Ash g	0.57		0		1		0.86	1.21	
Carbohydrate, by difference g	3.11		0	NC	4		4.67	6.59	
Fiber, total dietary g	2.8		0		4		4.2	5.9	
Sugars, total g	0.32		0	O	4		0.48	0.68	
Starch g									
Minerals:									
Calcium, Ca mg	101		0		1		152	214	
Iron, Fe mg	1.12		0		1		1.68	2.37	
Magnesium, Mg mg	13		0		1		20	28	
Phosphorus, P mg	24		0		1		36	51	
Potassium, K mg	139		0		1		209	295	
Sodium, Na mg	25		0		1		38	53	
Zinc, Zn mg	0.20		0		1		0.30	0.42	
Copper, Cu mg	0.058		0		1		0.087	0.123	
Manganese, Mn mg	0.294		0		1		0.441	0.623	
Selenium, Se µg	0.6		0	BFSN	4		0.9	1.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.8		0		1		20.7	29.3	
Thiamin mg	0.040		0		1		0.060	0.085	
Riboflavin mg	0.053		0		1		0.080	0.112	
Niacin mg	0.258		0		1		0.387	0.547	
Pantothenic acid mg	0.016		0		1		0.024	0.034	
Vitamin B-6 mg	0.108		0		1		0.162	0.229	
Folate, total µg	70		0		4		104	147	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	70		0		4		104	147	
Folate, DFE µg	70		0	NC	4		104	147	
Choline, total mg	0.3		0	BFSN	4		0.5	0.6	
Betaine mg	0.2		0	BFSN	4		0.3	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	354		0	NC	4		531	750	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4246		0	BFSN	4		6368	9001	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	7076		0	NC	4		10614	15001	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	6672		0	BFSN	4		10008	14144	
Vitamin E (alpha-tocopherol) mg	1.35		0	BFSN	4		2.03	2.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	335.1		0	BFSN	4		502.7	710.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11273

Mustard greens, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.013		0		1		0.020	0.028	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.006		0		1		0.009	0.013	
17:0....g									
18:0....g	0.002		0		1		0.003	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.113		0		1		0.170	0.240	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.027	0.038	
20:1....g	0.023		0		1		0.035	0.049	
22:1 undifferentiated....g	0.071		0		1		0.107	0.151	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.071	0.100	
18:2 undifferentiated....g	0.024		0		1		0.036	0.051	
18:3 undifferentiated....g	0.022		0		1		0.033	0.047	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.038	0.053	
Threonine....g	0.060		0		1		0.090	0.127	
Isoleucine....g	0.083		0		1		0.125	0.176	
Leucine....g	0.070		0		1		0.105	0.148	
Lysine....g	0.103		0		1		0.155	0.218	
Methionine....g	0.021		0		1		0.032	0.045	
Cystine....g	0.034		0		1		0.051	0.072	
Phenylalanine....g	0.060		0		1		0.090	0.127	
Tyrosine....g	0.120		0		1		0.180	0.254	
Valine....g	0.088		0		1		0.132	0.187	
Arginine....g	0.166		0		1		0.249	0.352	
Histidine....g	0.041		0		1		0.062	0.087	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11273

Mustard greens, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, chopped

Measure 2 = 212g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11272
Mustard greens, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.21	0.180	12		1		136.09	264.72	
Energy kcal	20		0	NC	4		29	57	
Energy kJ	84				4		122	238	
Protein (N x 6.25) g	2.49	0.125	12		1		3.64	7.07	
Total lipid (fat) g	0.27	0.048	12		1		0.39	0.77	
Ash g	0.63	0.047	12		1		0.92	1.79	
Carbohydrate, by difference g	3.41		0	NC	4		4.98	9.68	
Fiber, total dietary g	3.3		0		4		4.8	9.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	116	5.299	12		1		169	329	
Iron, Fe mg	1.29	0.126	12		1		1.88	3.66	
Magnesium, Mg mg	15	1.780	3		1		22	43	
Phosphorus, P mg	30	0.981	3		1		44	85	
Potassium, K mg	170	21.548	3		1		248	483	
Sodium, Na mg	29	1.596	3		1		42	82	
Zinc, Zn mg	0.23	0.021	3		1		0.34	0.65	
Copper, Cu mg	0.067	0.009	3		1		0.098	0.190	
Manganese, Mn mg	0.339	0.018	3		1		0.495	0.963	
Selenium, Se µg	0.7		1	A	1		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	25.3	1.942	12		1		36.9	71.9	
Thiamin mg	0.048	0.004	12		1		0.070	0.136	
Riboflavin mg	0.061	0.005	12		1		0.089	0.173	
Niacin mg	0.314	0.011	12		1		0.458	0.892	
Pantothenic acid mg	0.019		1		1		0.028	0.054	
Vitamin B-6 mg	0.131		1		1		0.191	0.372	
Folate, total µg	138		0		4		202	393	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	138		0		4		202	393	
Folate, DFE µg	138		0	NC	4		202	393	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	258	11.428	12		1		376	732	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	5155	228.552	12		1		7526	14640	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11272
Mustard greens, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.020	0.040	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.006		0		1		0.009	0.017	
17:0....g									
18:0....g	0.002		0		1		0.003	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.124		0		1		0.181	0.352	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.020		0		1		0.029	0.057	
20:1....g	0.026		0		1		0.038	0.074	
22:1 undifferentiated....g	0.077		0		1		0.112	0.219	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.051		0		1		0.074	0.145	
18:2 undifferentiated....g	0.027		0		1		0.039	0.077	
18:3 undifferentiated....g	0.024		0		1		0.035	0.068	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.039	0.077	
Threonine....g	0.066		0		1		0.096	0.187	
Isoleucine....g	0.091		0		1		0.133	0.258	
Leucine....g	0.076		0		1		0.111	0.216	
Lysine....g	0.113		0		1		0.165	0.321	
Methionine....g	0.023		0		1		0.034	0.065	
Cystine....g	0.037		0		1		0.054	0.105	
Phenylalanine....g	0.066		0		1		0.096	0.187	
Tyrosine....g	0.132		0		1		0.193	0.375	
Valine....g	0.097		0		1		0.142	0.275	
Arginine....g	0.181		0		1		0.264	0.514	
Histidine....g	0.045		0		1		0.066	0.128	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11272
Mustard greens, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 cup, chopped

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11270
Mustard greens, raw
Brassica juncea

Refuse: 7% Bases

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.70	0.904	10	JA	6		50.79		
Energy kcal	27		0	NC	4		15		
Energy kJ	114		0	NC	4		64		
Protein (N x 6.25) g	2.86	0.175	4	JA	6		1.60		
Total lipid (fat) g	0.42	0.029	4	JA	6		0.23		
Ash g	1.36	0.078	3	JA	6		0.76		
Carbohydrate, by difference g	4.67		0	NC	4		2.62		
Fiber, total dietary g	3.2		1	A	1		1.8		
Sugars, total g	1.32		0	BFSN	4		0.74		
Starch g									
Minerals:									
Calcium, Ca mg	115	7.347	5	JA	6		65		
Iron, Fe mg	1.64	0.285	5	JA	6		0.92		
Magnesium, Mg mg	32	2.169	5	JA	6		18		
Phosphorus, P mg	58	2.527	5	JA	6		33		
Potassium, K mg	384	23.193	12	JA	6		215		
Sodium, Na mg	20	5.484	12	JA	6		11		
Zinc, Zn mg	0.25		0	BFSN	4		0.14		
Copper, Cu mg	0.165		0	BFSN	4		0.092		
Manganese, Mn mg									
Selenium, Se µg	0.9		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	70.0		1		1		39.2		
Thiamin mg	0.080		1		1		0.045		
Riboflavin mg	0.110		1		1		0.062		
Niacin mg	0.800		1		1		0.448		
Pantothenic acid mg	0.210		0		1		0.118		
Vitamin B-6 mg	0.180		0		4		0.101		
Folate, total µg	12		2	A	1		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12		2	A	1		7		
Folate, DFE µg	12		0	NC	4		7		
Choline, total mg	0.5		0	BFSN	4		0.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	151		0	AS	1		85		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1790		1	A	1		1002		
Carotene, alpha µg	10		1	A	1		5		
Cryptoxanthin, beta µg	40		1	A	1		22		
Vitamin A, IU IU	3024		0	AS	1		1693		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	3730		1	A	1		2089		
Vitamin E (alpha-tocopherol) mg	2.01		0	O	4		1.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	257.5		1	A	1		144.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11270
Mustard greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated g	0.010		0		1		0.006		
4:0 g	0.000		0		1		0.000		
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.005		0		1		0.003		
17:0 g									
18:0 g	0.002		0		1		0.001		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.092		0		1		0.052		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.015		0		1		0.008		
20:1 g	0.019		0		1		0.011		
22:1 undifferentiated g	0.058		0		1		0.032		
24:1 c g									
Fatty acids, total polyunsaturated g	0.038		0		1		0.021		
18:2 undifferentiated g	0.020		0		1		0.011		
18:3 undifferentiated g	0.018		0		1		0.010		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g	0.000		0	Z	7		0.000		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11801
Mustard spinach, (tendergreen), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.50		0		1		170.10		
Energy kcal	16		0	NC	4		28		
Energy kJ	66		0	NC	4		119		
Protein (N x 6.25) g	1.70		0		1		3.06		
Total lipid (fat) g	0.20		0		1		0.36		
Ash g	0.80		0		1		1.44		
Carbohydrate, by difference g	2.80		0	NC	4		5.04		
Fiber, total dietary g	2.0		0	BFSN	4		3.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	158		0		1		284		
Iron, Fe mg	0.80		0		1		1.44		
Magnesium, Mg mg	7		0		4		13		
Phosphorus, P mg	18		0		1		32		
Potassium, K mg	285		0		4		513		
Sodium, Na mg	250		0		4		450		
Zinc, Zn mg	0.11		0		4		0.20		
Copper, Cu mg	0.050		0		4		0.090		
Manganese, Mn mg	0.270		0		4		0.486		
Selenium, Se µg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	65.0		0		1		117.0		
Thiamin mg	0.041		0		4		0.074		
Riboflavin mg	0.062		0		4		0.112		
Niacin mg	0.430		0		4		0.774		
Pantothenic acid mg	0.119		0		4		0.214		
Vitamin B-6 mg	0.097		0		4		0.175		
Folate, total µg	73		0		4		131		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	73		0		4		131		
Folate, DFE µg	73		0	NC	4		131		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	410		0		1		738		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8200		0		1		14760		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11801

Mustard spinach, (tendergreen), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11275
Mustard spinach, (tendergreen), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.50		0		1		170.10		
Energy kcal	16		0	NC	4		29		
Energy kJ	67				4		120		
Protein (N x 6.25) g	1.70		0		1		3.06		
Total lipid (fat) g	0.20		0		1		0.36		
Ash g	0.80		0		1		1.44		
Carbohydrate, by difference g	2.80		0	NC	4		5.04		
Fiber, total dietary g	2.0		0	BFSN	4		3.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	158		0		1		284		
Iron, Fe mg	0.80		0		1		1.44		
Magnesium, Mg mg	7		0		4		13		
Phosphorus, P mg	18		0		1		32		
Potassium, K mg	285		0		4		513		
Sodium, Na mg	14		0		4		25		
Zinc, Zn mg	0.11		0		4		0.20		
Copper, Cu mg	0.050		0		4		0.090		
Manganese, Mn mg	0.270		0		4		0.486		
Selenium, Se µg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	65.0		0		1		117.0		
Thiamin mg	0.041		0		4		0.074		
Riboflavin mg	0.062		0		4		0.112		
Niacin mg	0.430		0		4		0.774		
Pantothenic acid mg	0.119		0		4		0.214		
Vitamin B-6 mg	0.097		0		4		0.175		
Folate, total µg	73		0		4		131		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	73		0		4		131		
Folate, DFE µg	73		0	NC	4		131		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	410		0		1		738		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8200		0		1		14760		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11275

Mustard spinach, (tendergreen), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11274

Mustard spinach, (tendergreen), raw

Brassica rapa (Perviridis Group)

Refuse: 7% Trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.20		0		1		138.30		
Energy kcal	22		0	NC	4		33		
Energy kJ	92				4		138		
Protein (N x 6.25) g	2.20		0		1		3.30		
Total lipid (fat) g	0.30		0		1		0.45		
Ash g	1.40		0		1		2.10		
Carbohydrate, by difference g	3.90		0	NC	4		5.85		
Fiber, total dietary g	2.8		0	BFSN	4		4.2		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	210		0		1		315		
Iron, Fe mg	1.50		0		1		2.25		
Magnesium, Mg mg	11		0		4		17		
Phosphorus, P mg	28		0		1		42		
Potassium, K mg	449		0		4		674		
Sodium, Na mg	21		0		4		32		
Zinc, Zn mg	0.17		0		4		0.26		
Copper, Cu mg	0.075		0		4		0.113		
Manganese, Mn mg	0.407		0		4		0.611		
Selenium, Se µg	0.8		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	130.0		0		1		195.0		
Thiamin mg	0.068		0		4		0.102		
Riboflavin mg	0.093		0		4		0.140		
Niacin mg	0.678		0		4		1.017		
Pantothenic acid mg	0.178		0		4		0.267		
Vitamin B-6 mg	0.153		0		4		0.230		
Folate, total µg	159		0		4		238		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	159		0		4		238		
Folate, DFE µg	159		0	NC	4		238		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	495		0		1		743		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	9900		0		1		14850		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11274
Mustard spinach, (tendergreen), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.015		0	BFFN	4		0.023		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.007		0	BFFN	4		0.011		
17:0....g									
18:0....g	0.003		0	BFFN	4		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.138		0	BFFN	4		0.207		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.022		0	BFFN	4		0.033		
20:1....g	0.028		0	BFFN	4		0.042		
22:1 undifferentiated....g	0.087		0	BFFN	4		0.131		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.057		0	BFFN	4		0.086		
18:2 undifferentiated....g	0.030		0	BFFN	4		0.045		
18:3 undifferentiated....g	0.027		0	BFFN	4		0.041		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11277
New Zealand spinach, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.80		0		1		170.64		
Energy kcal	12		0	NC	4		22		
Energy kJ	51		0	NC	4		92		
Protein (N x 6.25) g	1.30		0		1		2.34		
Total lipid (fat) g	0.17		0		1		0.31		
Ash g	1.60		0		1		2.88		
Carbohydrate, by difference g	2.13		0	NC	4		3.83		
Fiber, total dietary g	1.4		0	BFSN	4		2.6		
Sugars, total g	0.25		0	BFSN	4		0.46		
Starch g									
Minerals:									
Calcium, Ca mg	48		0		1		86		
Iron, Fe mg	0.66		0		1		1.19		
Magnesium, Mg mg	32		0		1		58		
Phosphorus, P mg	22		0		1		40		
Potassium, K mg	102		0		1		184		
Sodium, Na mg	107		0		1		193		
Zinc, Zn mg	0.31		0		4		0.56		
Copper, Cu mg	0.077		0		4		0.139		
Manganese, Mn mg	0.526		0		4		0.947		
Selenium, Se µg	0.9		0	BFSN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		0		1		28.8		
Thiamin mg	0.030		0		1		0.054		
Riboflavin mg	0.107		0		1		0.193		
Niacin mg	0.390		0		1		0.702		
Pantothenic acid mg	0.256		0		1		0.461		
Vitamin B-6 mg	0.237		0		4		0.427		
Folate, total µg	8		0		4		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		4		15		
Folate, DFE µg	8		0	NC	4		15		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3622		0		1		6520		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	1.23		0	BFSN	4		2.21		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	292.0		0	BFSN	4		525.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11277

New Zealand spinach, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.049		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1		0.007		
15:0....g									
16:0....g	0.020		0		1		0.036		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.009		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.004		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.071		0		1		0.128		
18:2 undifferentiated....g	0.011		0		1		0.020		
18:3 undifferentiated....g	0.056		0		1		0.101		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11276
New Zealand spinach, raw
Tetragonia tetragonioides

Refuse: 28% Large stems and roots

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.00		1		1		52.64		
Energy kcal	14		0	NC	4		8		
Energy kJ	59		0		4		33		
Protein (N x 6.25) g	1.50		1		1		0.84		
Total lipid (fat) g	0.20		1		1		0.11		
Ash g	1.80		0		1		1.01		
Carbohydrate, by difference g	2.50		0	NC	4		1.40		
Fiber, total dietary g	1.5		0	BFSN	4		0.9		
Sugars, total g	0.29		0	BFSN	4		0.16		
Starch g									
Minerals:									
Calcium, Ca mg	58		1		1		32		
Iron, Fe mg	0.80		1		1		0.45		
Magnesium, Mg mg	39		1		1		22		
Phosphorus, P mg	28		1		1		16		
Potassium, K mg	130		1		1		73		
Sodium, Na mg	130		1		1		73		
Zinc, Zn mg	0.38		0		4		0.21		
Copper, Cu mg	0.093		0		4		0.052		
Manganese, Mn mg	0.639		0		4		0.358		
Selenium, Se µg	0.7		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	30.0		1		1		16.8		
Thiamin mg	0.040		1		1		0.022		
Riboflavin mg	0.130		1		1		0.073		
Niacin mg	0.500		1		1		0.280		
Pantothenic acid mg	0.312		0		1		0.175		
Vitamin B-6 mg	0.304		0		4		0.170		
Folate, total µg	15		0		4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0		4		8		
Folate, DFE µg	15		0	NC	4		8		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4400		1		1		2464		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	1.42		0	BFSN	4		0.79		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	337.0		0	BFSN	4		188.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11276
New Zealand spinach, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.032		0		1		0.018		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1		0.002		
15:0....g									
16:0....g	0.024		0		1		0.013		
17:0....g									
18:0....g	0.002		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.003		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.002		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.084		0		1		0.047		
18:2 undifferentiated....g	0.013		0		1		0.007		
18:3 undifferentiated....g	0.066		0		1		0.037		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11802
New zealand spinach, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.80		0		1		170.64		
Energy kcal	12		0	NC	4		22		
Energy kJ	51		0	NC	4		92		
Protein (N x 6.25) g	1.30		0		1		2.34		
Total lipid (fat) g	0.17		0		1		0.31		
Ash g	1.60		0		1		2.88		
Carbohydrate, by difference g	2.13		0	NC	4		3.83		
Fiber, total dietary g	1.4		0	BFSN	4		2.6		
Sugars, total g	0.25		0	BFSN	4		0.46		
Starch g									
Minerals:									
Calcium, Ca mg	48		0		1		86		
Iron, Fe mg	0.66		0		1		1.19		
Magnesium, Mg mg	32		0		1		58		
Phosphorus, P mg	22		0		1		40		
Potassium, K mg	102		0		1		184		
Sodium, Na mg	343		0		4		617		
Zinc, Zn mg	0.31		0		4		0.56		
Copper, Cu mg	0.077		0		4		0.139		
Manganese, Mn mg	0.526		0		4		0.947		
Selenium, Se µg	0.9		0	BFSN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		0		1		28.8		
Thiamin mg	0.030		0		1		0.054		
Riboflavin mg	0.107		0		1		0.193		
Niacin mg	0.390		0		1		0.702		
Pantothenic acid mg	0.256		0		1		0.461		
Vitamin B-6 mg	0.237		0		4		0.427		
Folate, total µg	8		0		4		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		4		15		
Folate, DFE µg	8		0	NC	4		15		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3622		0		1		6520		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	1.23		0	BFSN	4		2.21		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	292.0		0	BFSN	4		525.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11802

New zealand spinach, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.049		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1		0.007		
15:0....g									
16:0....g	0.020		0		1		0.036		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.009		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.004		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.071		0		1		0.128		
18:2 undifferentiated....g	0.011		0		1		0.020		
18:3 undifferentiated....g	0.056		0		1		0.101		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11964
Nopales, cooked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.31		2		1		140.52	27.35	
Energy kcal	15		0	NC	4		23	4	
Energy kJ	65		0	NC	4		96	19	
Protein (N x 6.25) g	1.35		2		1		2.01	0.39	
Total lipid (fat) g	0.05		2		1		0.07	0.01	
Ash g	1.01		2		1		1.50	0.29	
Carbohydrate, by difference g	3.28		0	NC	4		4.89	0.95	
Fiber, total dietary g	2.0		2		1		3.0	0.6	
Sugars, total g	1.12		0	BFSN	4		1.66	0.32	
Starch g									
Minerals:									
Calcium, Ca mg	164		2		1		244	48	
Iron, Fe mg	0.50		2		1		0.75	0.15	
Magnesium, Mg mg	47		2		1		70	14	
Phosphorus, P mg	16		2		1		24	5	
Potassium, K mg	195		2		1		291	57	
Sodium, Na mg	20	10.344	4		1		30	6	
Zinc, Zn mg	0.21		2		1		0.31	0.06	
Copper, Cu mg	0.049		2		1		0.073	0.014	
Manganese, Mn mg	0.408		2		1		0.608	0.118	
Selenium, Se µg	0.7		0	BFSN	4		1.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.3		2		1		7.9	1.5	
Thiamin mg	0.011		2		1		0.016	0.003	
Riboflavin mg	0.040		2		1		0.060	0.012	
Niacin mg	0.296		2		1		0.441	0.086	
Pantothenic acid mg	0.150		2		1		0.224	0.044	
Vitamin B-6 mg	0.067		2		1		0.100	0.019	
Folate, total µg	3		2		1		4	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		2		1		4	1	
Folate, DFE µg	3		0	NC	4		4	1	
Choline, total mg	7.1		0	BFSN	4		10.6	2.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	22		0	NC	4		33	6	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	242		0	BFSN	4		361	70	
Carotene, alpha µg	47		0	BFSN	4		70	14	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	443		0	NC	4		660	128	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	BFSN	4		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	5.1		0	BFSN	4		7.6	1.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11964
Nopales, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.006		0	NC	4		0.009	0.002	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	
15:0....g									
16:0....g	0.005		0	BFFN	4		0.008	0.002	
17:0....g									
18:0....g	0.001		0	BFFN	4		0.002	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0	NC	4		0.011	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0	BFFN	4		0.011	0.002	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.021		0	NC	4		0.032	0.006	
18:2 undifferentiated....g	0.019		0	BFFN	4		0.028	0.006	
18:3 undifferentiated....g	0.002		0	BFFN	4		0.003	0.001	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		4		1		0.021	0.004	
Threonine....g	0.042		4		1		0.063	0.012	
Isoleucine....g	0.052		4		1		0.077	0.015	
Leucine....g	0.082		4		1		0.122	0.024	
Lysine....g	0.063		4		1		0.094	0.018	
Methionine....g	0.016		4		1		0.024	0.005	
Cystine....g	0.008		4		1		0.012	0.002	
Phenylalanine....g	0.052		4		1		0.077	0.015	
Tyrosine....g	0.030		4		1		0.045	0.009	
Valine....g	0.062		4		1		0.092	0.018	
Arginine....g	0.055		4		1		0.082	0.016	
Histidine....g	0.026		4		1		0.039	0.008	
Alanine....g	0.053		4		1		0.079	0.015	
Aspartic acid....g	0.092		4		1		0.137	0.027	
Glutamic acid....g	0.154		4		1		0.229	0.045	
Glycine....g	0.048		4		1		0.072	0.014	
Proline....g	0.045		4		1		0.067	0.013	
Serine....g	0.046		4		1		0.069	0.013	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11964
Nopales, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 cup

Measure 2 = 29g: 1 pad

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11963
Nopales, raw
Nopalea cochenillifera

Refuse: 4% Spines and dark spots

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.12	0.107	8		1		80.95		
Energy kcal	16		0	NC	4		14		
Energy kJ	66		0	NC	4		57		
Protein (N x 6.25) g	1.32	0.141	4		1		1.13		
Total lipid (fat) g	0.09	0.021	4		1		0.08		
Ash g	1.14	0.103	4		1		0.98		
Carbohydrate, by difference g	3.33		0	NC	4		2.86		
Fiber, total dietary g	2.2	0.094	8		1		1.9		
Sugars, total g	1.15		0	O	4		0.99		
Starch g									
Minerals:									
Calcium, Ca mg	164	26.039	4		1		141		
Iron, Fe mg	0.59	0.108	4		1		0.50		
Magnesium, Mg mg	52	3.568	4		1		45		
Phosphorus, P mg	16	1.262	4		1		14		
Potassium, K mg	257	37.582	4		1		221		
Sodium, Na mg	21	1.607	8		1		18		
Zinc, Zn mg	0.25	0.030	4		1		0.22		
Copper, Cu mg	0.052	0.008	4		1		0.045		
Manganese, Mn mg	0.457	0.033	4		1		0.393		
Selenium, Se µg	0.7		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.3	2.929	4		1		8.0		
Thiamin mg	0.012	0.002	4		1		0.010		
Riboflavin mg	0.041	0.002	4		1		0.035		
Niacin mg	0.410	0.077	4		1		0.353		
Pantothenic acid mg	0.167	0.012	4		1		0.143		
Vitamin B-6 mg	0.070	0.014	4		1		0.060		
Folate, total µg	3	0.931	4		1		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3	0.931	4		1		3		
Folate, DFE µg	3		0	NC	4		3		
Choline, total mg	7.3		0	BFSN	4		6.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	23		0	AS	1		20		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	250	114.052	4		1		215		
Carotene, alpha µg	48		2		1		41		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	457		0	AS	1		393		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.00		0	O	4		0.00		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	5.3		0	O	4		4.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11963
Nopales, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0	BFFN	4		0.014		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.012		0	BFFN	4		0.010		
17:0....g									
18:0....g	0.002		0	BFFN	4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.018		0	BFFN	4		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.017		0	BFFN	4		0.015		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0	BFFN	4		0.043		
18:2 undifferentiated....g	0.044		0	BFFN	4		0.038		
18:3 undifferentiated....g	0.005		0	BFFN	4		0.004		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		4		1		0.012		
Threonine....g	0.040		4		1		0.034		
Isoleucine....g	0.049		4		1		0.042		
Leucine....g	0.077		4		1		0.066		
Lysine....g	0.059		4		1		0.051		
Methionine....g	0.015		4		1		0.013		
Cystine....g	0.008		4		1		0.007		
Phenylalanine....g	0.049		4		1		0.042		
Tyrosine....g	0.029		4		1		0.025		
Valine....g	0.059		4		1		0.051		
Arginine....g	0.052		4		1		0.045		
Histidine....g	0.025		4		1		0.022		
Alanine....g	0.050		4		1		0.043		
Aspartic acid....g	0.086		4		1		0.074		
Glutamic acid....g	0.145		4		1		0.125		
Glycine....g	0.046		4		1		0.040		
Proline....g	0.043		4		1		0.037		
Serine....g	0.043		4		1		0.037		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11963
Nopales, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 86g: 1 cup, sliced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11803
Okra, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.57	0.557	5	JO	11		74.06	78.69	
Energy kcal	22		0	NC	4		18	19	
Energy kJ	94		0	NC	4		75	80	
Protein (N x 6.25) g	1.87		1		1		1.50	1.59	
Total lipid (fat) g	0.21		1		1		0.17	0.18	
Ash g	0.84		1		1		0.67	0.71	
Carbohydrate, by difference g	4.51		0	NC	4		3.61	3.83	
Fiber, total dietary g	2.5		1		1		2.0	2.1	
Sugars, total g	2.40		0	BFZN	4		1.92	2.04	
Starch g									
Minerals:									
Calcium, Ca mg	77	5.510	18	A	1		62	65	
Iron, Fe mg	0.28	0.012	18	A	1		0.22	0.24	
Magnesium, Mg mg	36	1.341	18	A	1		29	30	
Phosphorus, P mg	32	1.344	18	A	1		26	28	
Potassium, K mg	135	7.533	18	A	1		108	114	
Sodium, Na mg	241		0		4		193	205	
Zinc, Zn mg	0.43	0.022	18	A	1		0.35	0.37	
Copper, Cu mg	0.085	0.009	18	A	1		0.068	0.072	
Manganese, Mn mg	0.294	0.014	18	A	1		0.235	0.250	
Selenium, Se µg	0.4	0.263	18	A	1		0.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.3		0		1		13.0	13.9	
Thiamin mg	0.132		0		1		0.106	0.112	
Riboflavin mg	0.055		0		1		0.044	0.047	
Niacin mg	0.871		0		1		0.697	0.740	
Pantothenic acid mg	0.213		0		1		0.170	0.181	
Vitamin B-6 mg	0.187		0		1		0.150	0.159	
Folate, total µg	46	6.157	3		1		37	39	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	46	6.157	3		1		37	39	
Folate, DFE µg	46		0	NC	4		37	39	
Choline, total mg	9.3		0	BFZN	4		7.4	7.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	14		0	AS	1		11	12	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	170		1	A	1		136	145	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	283		0	AS	1		227	241	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	390		1	A	1		312	332	
Vitamin E (alpha-tocopherol) mg	0.27		1		1		0.22	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	0.16		1		1		0.13	0.14	
Tocopherol, delta mg	0.00		1		1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1		1		0.00	0.00	
Tocotrienol, delta mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	40.0		1		1		32.0	34.0	

NDB No. 11803
Okra, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.045		0		1		0.036	0.038	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.038		0		1		0.030	0.032	
17:0....g									
18:0....g	0.004		0		1		0.003	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.022	0.024	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.022	0.024	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0		1		0.037	0.039	
18:2 undifferentiated....g	0.045		0		1		0.036	0.038	
18:3 undifferentiated....g	0.001		0		1		0.001	0.001	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.013	0.014	
Threonine....g	0.061		0		1		0.049	0.052	
Isoleucine....g	0.065		0		1		0.052	0.055	
Leucine....g	0.098		0		1		0.078	0.083	
Lysine....g	0.075		0		1		0.060	0.064	
Methionine....g	0.020		0		1		0.016	0.017	
Cystine....g	0.018		0		1		0.014	0.015	
Phenylalanine....g	0.061		0		1		0.049	0.052	
Tyrosine....g	0.081		0		1		0.065	0.069	
Valine....g	0.085		0		1		0.068	0.072	
Arginine....g	0.078		0		1		0.062	0.066	
Histidine....g	0.029		0		1		0.023	0.025	
Alanine....g	0.068		0		1		0.054	0.058	
Aspartic acid....g	0.135		0		1		0.108	0.115	
Glutamic acid....g	0.253		0		1		0.202	0.215	
Glycine....g	0.041		0		1		0.033	0.035	
Proline....g	0.042		0		1		0.034	0.036	
Serine....g	0.041		0		1		0.033	0.035	
Hydroxyproline....g									

NDB No. 11803
Okra, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: .5 cup slices

Measure 2 = 85g: 8 pods (3" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11279
Okra, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.57	0.557	5	JO	11		74.06	78.69	
Energy kcal	22		0	NC	4		18	19	
Energy kJ	94		0	NC	4		75	80	
Protein (N x 6.25) g	1.87		1		1		1.50	1.59	
Total lipid (fat) g	0.21		1		1		0.17	0.18	
Ash g	0.84		1		1		0.67	0.71	
Carbohydrate, by difference g	4.51		0	NC	4		3.61	3.83	
Fiber, total dietary g	2.5		1		1		2.0	2.1	
Sugars, total g	2.40		0	T	4		1.92	2.04	
Starch g									
Minerals:									
Calcium, Ca mg	77	5.510	18	A	1		62	65	
Iron, Fe mg	0.28	0.012	18	A	1		0.22	0.24	
Magnesium, Mg mg	36	1.341	18	A	1		29	30	
Phosphorus, P mg	32	1.344	18	A	1		26	28	
Potassium, K mg	135	7.533	18	A	1		108	114	
Sodium, Na mg	6	1.010	18	A	1		5	5	
Zinc, Zn mg	0.43	0.022	18	A	1		0.35	0.37	
Copper, Cu mg	0.085	0.009	18	A	1		0.068	0.072	
Manganese, Mn mg	0.294	0.014	18	A	1		0.235	0.250	
Selenium, Se µg	0.4	0.263	18	A	1		0.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.3		0		1		13.0	13.9	
Thiamin mg	0.132		0		1		0.106	0.112	
Riboflavin mg	0.055		0		1		0.044	0.047	
Niacin mg	0.871		0		1		0.697	0.740	
Pantothenic acid mg	0.213		0		1		0.170	0.181	
Vitamin B-6 mg	0.187		0		1		0.150	0.159	
Folate, total µg	46		3		1		37	39	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	46		3		1		37	39	
Folate, DFE µg	46		0	NC	4		37	39	
Choline, total mg	8.7		0	BFSY	4		7.0	7.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	14		0	AS	1		11	12	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	170		1	A	1		136	145	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	283		0	AS	1		227	241	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	390		1	A	1		312	332	
Vitamin E (alpha-tocopherol) mg	0.27		1	A	1		0.22	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.16		1	A	1		0.13	0.14	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	40.0		1	A	1		32.0	34.0	

NDB No. 11279

Okra, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.045		0		1		0.036	0.038	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.038		0		1		0.030	0.032	
17:0....g									
18:0....g	0.004		0		1		0.003	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.022	0.024	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.022	0.024	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0		1		0.037	0.039	
18:2 undifferentiated....g	0.045		0		1		0.036	0.038	
18:3 undifferentiated....g	0.001		0		1		0.001	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.013	0.014	
Threonine....g	0.061		0		1		0.049	0.052	
Isoleucine....g	0.065		0		1		0.052	0.055	
Leucine....g	0.098		0		1		0.078	0.083	
Lysine....g	0.075		0		1		0.060	0.064	
Methionine....g	0.020		0		1		0.016	0.017	
Cystine....g	0.018		0		1		0.014	0.015	
Phenylalanine....g	0.061		0		1		0.049	0.052	
Tyrosine....g	0.081		0		1		0.065	0.069	
Valine....g	0.085		0		1		0.068	0.072	
Arginine....g	0.078		0		1		0.062	0.066	
Histidine....g	0.029		0		1		0.023	0.025	
Alanine....g	0.068		0		1		0.054	0.058	
Aspartic acid....g	0.135		0		1		0.108	0.115	
Glutamic acid....g	0.253		0		1		0.202	0.215	
Glycine....g	0.041		0		1		0.033	0.035	
Proline....g	0.042		0		1		0.034	0.036	
Serine....g	0.041		0		1		0.033	0.035	
Hydroxyproline....g									

NDB No. 11279
Okra, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: .5 cup slices

Measure 2 = 85g: 8 pods (3" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11804
Okra, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.12		0	T	4		83.83	232.36	
Energy kcal	34		0	NC	4		32	88	
Energy kJ	144		0	NC	4		132	367	
Protein g	1.63		0	BFSN	4		1.50	4.17	
Total lipid (fat) g	0.24		0	BFSN	4		0.22	0.62	
Ash g	0.59		0	BFSN	4		0.54	1.50	
Carbohydrate, by difference g	6.41		0	NC	4		5.90	16.35	
Fiber, total dietary g	2.1		0	BFSN	4		2.0	5.4	
Sugars, total g	2.87		0	BFSN	4		2.64	7.32	
Starch g									
Minerals:									
Calcium, Ca mg	74		0	BFSY	4		68	190	
Iron, Fe mg	0.52		0	BFSY	4		0.48	1.34	
Magnesium, Mg mg	40		0	BFSY	4		36	101	
Phosphorus, P mg	37		0	BFSY	4		34	93	
Potassium, K mg	184		0	BFSY	4		169	468	
Sodium, Na mg	239		0	O	4		220	609	
Zinc, Zn mg	0.49		0	BFSY	4		0.45	1.24	
Copper, Cu mg	0.076		0	BFSY	4		0.070	0.194	
Manganese, Mn mg	0.844		0	BFSN	4		0.777	2.153	
Selenium, Se µg	0.6		0	BFSN	4		0.5	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.6		0	BFSY	4		8.8	24.5	
Thiamin mg	0.073		0	BFSY	4		0.067	0.187	
Riboflavin mg	0.096		0	BFSY	4		0.089	0.246	
Niacin mg	0.616		0	BFSY	4		0.567	1.572	
Pantothenic acid mg	0.209		0	BFSN	4		0.192	0.533	
Vitamin B-6 mg	0.037		0	BFSY	4		0.034	0.093	
Folate, total µg	100		0	BFSY	4		92	255	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	100		0	BFSY	4		92	255	
Folate, DFE µg	100		0	NC	4		92	255	
Choline, total mg	11.1		0	BFSY	4		10.2	28.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	15		0	NC	4		14	39	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	183		0	BFSY	4		168	466	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	305		0	NC	4		281	777	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	420		0	BFSY	4		386	1070	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.30	0.82	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	47.8		0	BFSN	4		44.0	122.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11804

Okra, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.063		0	BFSN	4		0.058	0.160	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0	BFSN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000	0.000	
15:0....g									
16:0....g	0.053		0	BFSN	4		0.049	0.136	
17:0....g									
18:0....g	0.006		0	BFSN	4		0.005	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0	BFSN	4		0.036	0.101	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFSN	4		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	0.040		0	BFSN	4		0.036	0.101	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0	BFSN	4		0.059	0.163	
18:2 undifferentiated....g	0.063		0	BFSN	4		0.058	0.160	
18:3 undifferentiated....g	0.001		0	BFSN	4		0.001	0.002	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0	NR	4		0.013	0.036	
Threonine....g	0.055		0	NR	4		0.051	0.140	
Isoleucine....g	0.058		0	NR	4		0.053	0.148	
Leucine....g	0.089		0	NR	4		0.082	0.227	
Lysine....g	0.068		0	NR	4		0.063	0.173	
Methionine....g	0.018		0	NR	4		0.017	0.046	
Cystine....g	0.016		0	NR	4		0.015	0.041	
Phenylalanine....g	0.055		0	NR	4		0.051	0.140	
Tyrosine....g	0.073		0	NR	4		0.067	0.186	
Valine....g	0.077		0	NR	4		0.071	0.196	
Arginine....g	0.071		0	NR	4		0.065	0.181	
Histidine....g	0.026		0	NR	4		0.024	0.066	
Alanine....g	0.061		0	NR	4		0.056	0.156	
Aspartic acid....g	0.122		0	NR	4		0.112	0.311	
Glutamic acid....g	0.228		0	NR	4		0.210	0.581	
Glycine....g	0.037		0	NR	4		0.034	0.094	
Proline....g	0.038		0	NR	4		0.035	0.097	
Serine....g	0.037		0	NR	4		0.034	0.094	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11804
Okra, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: .5 cup slices

Measure 2 = 255g: 1 package (10 oz) yields

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11281
Okra, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.12		0	T	4		83.83	232.36	
Energy kcal	29		0	NC	4		27	74	
Energy kJ	121		0	NC	4		111	308	
Protein (N x 6.25) g	1.63		0	BFSN	4		1.50	4.17	
Total lipid (fat) g	0.24		0	BFSN	4		0.22	0.62	
Ash g	0.59		0	BFSN	4		0.54	1.50	
Carbohydrate, by difference g	6.41		0	NC	4		5.90	16.35	
Fiber, total dietary g	2.1		0	BFSN	4		2.0	5.4	
Sugars, total g	2.87		0	BFSN	4		2.64	7.32	
Starch g									
Minerals:									
Calcium, Ca mg	74		0	BFSY	4		68	190	
Iron, Fe mg	0.52		0	BFSY	4		0.48	1.34	
Magnesium, Mg mg	40		0	BFSY	4		36	101	
Phosphorus, P mg	37		0	BFSY	4		34	93	
Potassium, K mg	184		0	BFSY	4		169	468	
Sodium, Na mg	3		0	BFSY	4		3	7	
Zinc, Zn mg	0.49		0	BFSY	4		0.45	1.24	
Copper, Cu mg	0.076		0	BFSY	4		0.070	0.194	
Manganese, Mn mg	0.844		0	BFSN	4		0.777	2.153	
Selenium, Se µg	0.6		0	BFSN	4		0.5	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.6		0	BFSY	4		8.8	24.5	
Thiamin mg	0.073		0	BFSY	4		0.067	0.187	
Riboflavin mg	0.096		0	BFSY	4		0.089	0.246	
Niacin mg	0.616		0	BFSY	4		0.567	1.572	
Pantothenic acid mg	0.209		0	BFSN	4		0.192	0.533	
Vitamin B-6 mg	0.037		0	BFSY	4		0.034	0.093	
Folate, total µg	100		0	BFSY	4		92	255	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	100		0	BFSY	4		92	255	
Folate, DFE µg	100		0	NC	4		92	255	
Choline, total mg	11.1		0	BFSY	4		10.2	28.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	15		0	NC	4		14	39	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	183		0	BFSY	4		168	466	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	305		0	NC	4		281	777	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	420		0	BFSY	4		386	1070	
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.30	0.82	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	47.8		0	BFSN	4		44.0	122.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11281

Okra, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.063		0	BFSN	4		0.058	0.160	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0	BFSN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000	0.000	
15:0....g									
16:0....g	0.053		0	BFSN	4		0.049	0.136	
17:0....g									
18:0....g	0.006		0	BFSN	4		0.005	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0	BFSN	4		0.036	0.101	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFSN	4		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	0.040		0	BFSN	4		0.036	0.101	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.064		0	BFSN	4		0.059	0.163	
18:2 undifferentiated....g	0.063		0	BFSN	4		0.058	0.160	
18:3 undifferentiated....g	0.001		0	BFSN	4		0.001	0.002	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0	NR	4		0.012	0.035	
Threonine....g	0.053		0	NR	4		0.049	0.136	
Isoleucine....g	0.056		0	NR	4		0.052	0.143	
Leucine....g	0.086		0	NR	4		0.079	0.220	
Lysine....g	0.066		0	NR	4		0.061	0.168	
Methionine....g	0.017		0	NR	4		0.016	0.044	
Cystine....g	0.015		0	NR	4		0.014	0.039	
Phenylalanine....g	0.053		0	NR	4		0.049	0.136	
Tyrosine....g	0.071		0	NR	4		0.065	0.180	
Valine....g	0.074		0	NR	4		0.069	0.190	
Arginine....g	0.069		0	NR	4		0.063	0.175	
Histidine....g	0.025		0	NR	4		0.023	0.064	
Alanine....g	0.059		0	NR	4		0.054	0.150	
Aspartic acid....g	0.118		0	NR	4		0.109	0.301	
Glutamic acid....g	0.221		0	NR	4		0.203	0.562	
Glycine....g	0.036		0	NR	4		0.033	0.091	
Proline....g	0.037		0	NR	4		0.034	0.094	
Serine....g	0.036		0	NR	4		0.033	0.091	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11281

Okra, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: .5 cup slices

Measure 2 = 255g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11280
Okra, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.82	0.148	44		1		86.28	257.93	1236.06
Energy kcal	30		0	NC	4		28	85	407
Energy kJ	125		0	NC	4		119	355	1702
Protein (N x 6.25) g	1.69	0.024	41		1		1.61	4.80	23.00
Total lipid (fat) g	0.25	0.027	40		1		0.24	0.71	3.40
Ash g	0.61	0.022	41		1		0.58	1.73	8.30
Carbohydrate, by difference g	6.63		0	NC	4		6.30	18.83	90.23
Fiber, total dietary g	2.2		0		4		2.1	6.2	29.9
Sugars, total g	2.97		0	BFSN	4		2.82	8.43	40.38
Starch g									
Minerals:									
Calcium, Ca mg	81	4.167	41		1		77	230	1102
Iron, Fe mg	0.57	0.047	41		1		0.54	1.62	7.76
Magnesium, Mg mg	43	2.232	12		1		41	122	585
Phosphorus, P mg	42	6.169	24		1		40	119	572
Potassium, K mg	211	5.189	10		1		200	599	2872
Sodium, Na mg	3	0.416	9		1		3	9	41
Zinc, Zn mg	0.53	0.018	10		1		0.50	1.51	7.21
Copper, Cu mg	0.083	0.002	10		1		0.079	0.236	1.130
Manganese, Mn mg	0.873	0.066	10		1		0.829	2.479	11.882
Selenium, Se µg	0.6		0	BFSN	4		0.6	1.7	8.2
Vitamins:									
Vitamin C, total ascorbic acid mg	12.4	0.808	39		1		11.8	35.2	168.8
Thiamin mg	0.089	0.004	41		1		0.085	0.253	1.211
Riboflavin mg	0.105	0.010	41		1		0.100	0.298	1.429
Niacin mg	0.708	0.023	40		1		0.673	2.011	9.636
Pantothenic acid mg	0.216	0.085	5		1		0.205	0.613	2.940
Vitamin B-6 mg	0.042	0.002	16		1		0.040	0.119	0.572
Folate, total µg	148	25.095	3		1		140	419	2009
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	148	25.095	3		1		140	419	2009
Folate, DFE µg	148		0	NC	4		140	419	2009
Choline, total mg	11.4		0	BFSN	4		10.9	32.5	155.8
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	NC	4		17	50	238
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	210		0	BFSN	4		200	597	2860
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	350		0	NC	4		333	995	4766
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	482		0	BFSN	4		458	1369	6561
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.32	0.95	4.54
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	49.4		0	BFSN	4		47.0	140.4	672.9
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11280
Okra, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.065		0		1		0.062	0.185	0.885
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.055		0		1		0.052	0.156	0.749
17:0....g									
18:0....g	0.006		0		1		0.006	0.017	0.082
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.041		0		1		0.039	0.116	0.558
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	0.014
17:1....g									
18:1 undifferentiated....g	0.041		0		1		0.039	0.116	0.558
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.066		0		1		0.063	0.187	0.898
18:2 undifferentiated....g	0.065		0		1		0.062	0.185	0.885
18:3 undifferentiated....g	0.001		0		1		0.001	0.003	0.014
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.013	0.040	0.191
Threonine....g	0.055		0		1		0.052	0.156	0.749
Isoleucine....g	0.058		0		1		0.055	0.165	0.789
Leucine....g	0.089		0		1		0.085	0.253	1.211
Lysine....g	0.068		0		1		0.065	0.193	0.925
Methionine....g	0.018		0		1		0.017	0.051	0.245
Cystine....g	0.016		0		1		0.015	0.045	0.218
Phenylalanine....g	0.055		0		1		0.052	0.156	0.749
Tyrosine....g	0.073		0		1		0.069	0.207	0.994
Valine....g	0.077		0		1		0.073	0.219	1.048
Arginine....g	0.071		0		1		0.067	0.202	0.966
Histidine....g	0.026		0		1		0.025	0.074	0.354
Alanine....g	0.061		0		1		0.058	0.173	0.830
Aspartic acid....g	0.122		0		1		0.116	0.346	1.660
Glutamic acid....g	0.228		0		1		0.217	0.648	3.103
Glycine....g	0.037		0		1		0.035	0.105	0.504
Proline....g	0.038		0		1		0.036	0.108	0.517
Serine....g	0.037		0		1		0.035	0.105	0.504
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11280
Okra, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Measure 3 = 1361g: 1 package (3 lb)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11278
Okra, raw
Abelmoschus esculentus

Refuse: 14% Crown and tips

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.58	0.224	19	JO	11		89.58	85.10	
Energy kcal	33		0	NC	4		33	31	
Energy kJ	138		0	NC	4		138	131	
Protein (N x 6.25) g	1.93	0.033	4	JO	11		1.93	1.83	
Total lipid (fat) g	0.19	0.014	5	JO	11		0.19	0.18	
Ash g	0.86		2	JA	6		0.86	0.82	
Carbohydrate, by difference g	7.45		0	NC	4		7.45	7.07	
Fiber, total dietary g	3.2		0		4		3.2	3.0	
Sugars, total g	1.48		0	NC	4		1.48	1.41	
Sucrose g	0.60		2	JA	6		0.60	0.57	
Glucose (dextrose) g	0.32	0.048	4	JA	6		0.32	0.30	
Fructose g	0.57		2	JA	6		0.57	0.54	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	0.34		1		1		0.34	0.32	
Minerals:									
Calcium, Ca mg	82	4.500	4	JA	6		82	78	
Iron, Fe mg	0.62	0.088	4	JA	6		0.62	0.59	
Magnesium, Mg mg	57	0.726	6	JA	6		57	55	
Phosphorus, P mg	61	1.825	4	JA	6		61	58	
Potassium, K mg	299	7.245	6	JA	6		299	284	
Sodium, Na mg	7	0.705	6	JA	6		7	6	
Zinc, Zn mg	0.58		1	JA	6		0.58	0.55	
Copper, Cu mg	0.109		1	JA	6		0.109	0.104	
Manganese, Mn mg	0.788		1	JA	6		0.788	0.749	
Selenium, Se µg	0.7		0	CAZN	4		0.7	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	23.0	2.129	12		1		23.0	21.9	
Thiamin mg	0.200		2		1		0.200	0.190	
Riboflavin mg	0.060		2		1		0.060	0.057	
Niacin mg	1.000		2		1		1.000	0.950	
Pantothenic acid mg	0.245		0		1		0.245	0.233	
Vitamin B-6 mg	0.215		2		1		0.215	0.204	
Folate, total µg	60	27.921	13	JA	6		60	57	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	60	27.921	13	JA	6		60	57	
Folate, DFE µg	60		0	NC	4		60	57	
Choline, total mg	12.3		0	BFSN	4		12.3	11.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	36		0	AS	1		36	34	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	416		22	A	1		416	395	
Carotene, alpha µg	27		22	A	1		27	26	
Cryptoxanthin, beta µg	0		22	A	1		0	0	
Vitamin A, IU IU	716		0	AS	1		716	680	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	280		1	A	1		280	266	
Vitamin E (alpha-tocopherol) mg	0.27		1	A	1		0.27	0.26	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.16		1	A	1		0.16	0.15	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	

NDB No. 11278
Okra, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	31.3		1	A	1		31.3	29.8	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.026	0.025	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.022		0		1		0.022	0.021	
17:0....g									
18:0....g	0.003		0		1		0.003	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.017	0.016	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.016	0.015	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.027		0		1		0.027	0.026	
18:2 undifferentiated....g	0.026		0		1		0.026	0.025	
18:3 undifferentiated....g	0.001		0		1		0.001	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	24		0		1		24	23	
Amino Acids:									
Tryptophan....g	0.017		8		1		0.017	0.016	
Threonine....g	0.065		3		1		0.065	0.062	
Isoleucine....g	0.069		3		1		0.069	0.066	
Leucine....g	0.105		3		1		0.105	0.100	
Lysine....g	0.081		7		1		0.081	0.077	
Methionine....g	0.021		7		1		0.021	0.020	
Cystine....g	0.019		3		1		0.019	0.018	
Phenylalanine....g	0.065		3		1		0.065	0.062	
Tyrosine....g	0.087		2		1		0.087	0.083	
Valine....g	0.091		3		1		0.091	0.086	
Arginine....g	0.084		3		1		0.084	0.080	
Histidine....g	0.031		3		1		0.031	0.029	
Alanine....g	0.073		4		1		0.073	0.069	

NDB No. 11278
Okra, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.145		4		1		0.145	0.138	
Glutamic acid....g	0.271		4		1		0.271	0.257	
Glycine....g	0.044		4		1		0.044	0.042	
Proline....g	0.045		2		1		0.045	0.043	
Serine....g	0.044		4		1		0.044	0.042	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 95g: 8 pods (3" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11296

Onion rings, breaded, par fried, frozen, prepared, heated in oven

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	46.37	0.758	11	A	1		22.26	32.92	27.82
Energy kcal	276		0	NC	4		133	196	166
Energy kJ	1156		0	NC	4		555	821	694
Protein (N x 6.07) g	4.14	0.269	11	A	1		1.99	2.94	2.48
Total lipid (fat) g	14.30	0.500	11	A	1		6.86	10.15	8.58
Ash g	1.40	0.059	11	A	1		0.67	1.00	0.84
Carbohydrate, by difference g	33.79		0	NC	4		16.22	23.99	20.27
Fiber, total dietary g	2.2	0.083	7	A	1		1.1	1.6	1.3
Sugars, total g	5.10	0.197	7	A	1		2.45	3.62	3.06
Sucrose g	1.76	0.130	7	A	1		0.85	1.25	1.06
Glucose (dextrose) g	1.31	0.048	7	A	1		0.63	0.93	0.79
Fructose g	1.26	0.021	7	A	1		0.61	0.90	0.76
Lactose g	0.11	0.000	7	A	1		0.05	0.08	0.06
Maltose g	0.66	0.005	7	A	1		0.32	0.47	0.39
Galactose g	0.00	0.000	7	A	1		0.00	0.00	0.00
Starch g	25.58	0.759	7	A	1		12.28	18.17	15.35
Minerals:									
Calcium, Ca mg	31	2.851	11	A	1		15	22	19
Iron, Fe mg	1.25	0.094	11	A	1		0.60	0.89	0.75
Magnesium, Mg mg	17	0.365	11	A	1		8	12	10
Phosphorus, P mg	71	3.240	11	A	1		34	50	42
Potassium, K mg	123	2.207	11	A	1		59	87	74
Sodium, Na mg	370	36.428	11	A	1		178	263	222
Zinc, Zn mg	0.42	0.019	11	A	1		0.20	0.30	0.25
Copper, Cu mg	0.073	0.002	11	A	1		0.035	0.052	0.044
Manganese, Mn mg	0.348	0.019	11	A	1		0.167	0.247	0.209
Selenium, Se µg	5.6	0.051	7	A	1		2.7	3.9	3.3
Vitamins:									
Vitamin C, total ascorbic acid mg	1.6		2	A	1		0.8	1.2	1.0
Thiamin mg	0.185	0.002	7	A	1		0.089	0.131	0.111
Riboflavin mg	0.116	0.002	7	A	1		0.055	0.082	0.069
Niacin mg	1.349	0.023	7	A	1		0.647	0.957	0.809
Pantothenic acid mg	0.294	0.002	4	A	1		0.141	0.209	0.176
Vitamin B-6 mg	0.117	0.002	7	A	1		0.056	0.083	0.070
Folate, total µg	33	2.001	7	A	1		16	24	20
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	33	2.001	7	A	1		16	24	20
Folate, DFE µg	33		0	NC	4		16	24	20
Choline, total mg	10.7		0	AS	1		5.1	7.6	6.4
Betaine mg	36.4		1	A	1		17.5	25.8	21.8
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.46	0.010	7	A	1		0.22	0.33	0.28
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.41	0.319	7	A	1		0.20	0.29	0.25
Tocopherol, gamma mg	2.33	0.396	7	A	1		1.12	1.65	1.40
Tocopherol, delta mg	1.44	0.033	7	A	1		0.69	1.02	0.86
Tocotrienol, alpha mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.15	0.012	7	A	1		0.07	0.10	0.09

NDB No. 11296

Onion rings, breaded, par fried, frozen, prepared, heated in oven

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	7	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	34.1		0	BFSN	4		16.4	24.2	20.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.137		0	NC	4		1.026	1.517	1.282
4:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	7	A	1		0.000	0.000	0.000
8:0....g	0.012	0.000	7	A	1		0.006	0.009	0.007
10:0....g	0.013	0.000	7	A	1		0.006	0.009	0.008
12:0....g	0.005	0.000	7	A	1		0.002	0.003	0.003
13:0....g									
14:0....g	0.011	0.000	7	A	1		0.005	0.008	0.007
15:0....g	0.004	0.000	7	A	1		0.002	0.003	0.002
16:0....g	1.430	0.018	7	A	1		0.686	1.015	0.858
17:0....g	0.013	0.000	7	A	1		0.006	0.009	0.008
18:0....g	0.553	0.008	7	A	1		0.266	0.393	0.332
20:0....g	0.040	0.002	7	A	1		0.019	0.028	0.024
22:0....g	0.040	0.000	7	A	1		0.019	0.029	0.024
24:0....g	0.015	0.000	7	A	1		0.007	0.010	0.009
Fatty acids, total monounsaturated....g	3.000		0	NC	4		1.440	2.130	1.800
14:1....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	7	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.012	0.000	7	AS	1		0.006	0.009	0.007
16:1 c....g	0.012	0.000	7	A	1		0.006	0.009	0.007
16:1 t....g	0.000	0.000	7	A	1		0.000	0.000	0.000
17:1....g	0.007	0.000	7	A	1		0.003	0.005	0.004
18:1 undifferentiated....g	2.786	0.037	7	AS	1		1.337	1.978	1.672
18:1 c....g	2.772	0.036	7	A	1		1.331	1.968	1.663
18:1 t....g	0.014	0.000	7	A	1		0.007	0.010	0.008
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048	0.001	7	A	1		0.023	0.034	0.029
22:1 undifferentiated....g	0.002	0.000	7	AS	1		0.001	0.001	0.001
22:1 c....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:1 t....g	0.002	0.000	7	A	1		0.001	0.001	0.001
24:1 c....g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	7.633		0	NC	4		3.664	5.419	4.580
18:2 undifferentiated....g	6.386	0.080	7	AS	1		3.065	4.534	3.831
18:2 n-6 c,c....g	6.346	0.079	7	A	1		3.046	4.505	3.807
18:2 CLAs....g	0.003	0.000	7	A	1		0.001	0.002	0.002
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.037	0.001	7	A	1		0.018	0.027	0.022
18:3 undifferentiated....g	0.836	0.011	7	AS	1		0.401	0.593	0.501
18:3 n-3 c,c,c (ALA)....g	0.789	0.011	7	A	1		0.379	0.560	0.473
18:3 n-6 c,c,c....g	0.047	0.001	7	A	1		0.023	0.033	0.028
18:3i....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	7	A	1		0.002	0.002	0.002
20:3 undifferentiated....g	0.000	0.000	7	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.005	0.000	7	A	1		0.003	0.004	0.003
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	7	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	7	A	1		0.000	0.000	0.000

NDB No. 11296

Onion rings, breaded, par fried, frozen, prepared, heated in oven

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.053		0	NC	4		0.025	0.038	0.032
Fatty acids, total trans-monoenoic g	0.016		0	NC	4		0.008	0.011	0.009
Fatty acids, total trans-polyenoic g	0.037		0	NC	4		0.018	0.027	0.022
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.070		0		1		0.034	0.050	0.042
Threonine g	0.150		0		1		0.072	0.107	0.090
Isoleucine g	0.214		0		1		0.103	0.152	0.128
Leucine g	0.350		0		1		0.168	0.249	0.210
Lysine g	0.151		0		1		0.072	0.107	0.091
Methionine g	0.081		0		1		0.039	0.058	0.049
Cystine g	0.108		0		1		0.052	0.077	0.065
Phenylalanine g	0.243		0		1		0.117	0.173	0.146
Tyrosine g	0.157		0		1		0.075	0.111	0.094
Valine g	0.216		0		1		0.104	0.153	0.130
Arginine g	0.325		0		1		0.156	0.231	0.195
Histidine g	0.109		0		1		0.052	0.077	0.065
Alanine g	0.172		0		1		0.083	0.122	0.103
Aspartic acid g	0.246		0		1		0.118	0.175	0.148
Glutamic acid g	1.648		0		1		0.791	1.170	0.989
Glycine g	0.196		0		1		0.094	0.139	0.118
Proline g	0.521		0		1		0.250	0.370	0.313
Serine g	0.256		0		1		0.123	0.182	0.154
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 48g: 1 cup

Measure 2 = 71g: 10 rings, large (3-4" dia)

Measure 3 = 60g: 10 rings, medium (2-3" dia)

Calories Factors: Protein 3.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11295

Onion rings, breaded, par fried, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.22	0.376	13		1		43.54	232.54	130.61
Energy kcal	258		0	NC	4		219	1171	658
Energy kJ	1079		0		4		918	4901	2753
Protein (N x 6.07) g	3.15	0.065	13		1		2.68	14.30	8.03
Total lipid (fat) g	14.10	0.460	13		1		11.99	64.01	35.96
Ash g	1.00	0.066	13		1		0.85	4.54	2.55
Carbohydrate, by difference g	30.53		0	NC	4		25.95	138.61	77.85
Fiber, total dietary g	1.8		0		4		1.5	8.2	4.6
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	46	10.349	9		1		39	209	117
Iron, Fe mg	0.93	0.081	12		1		0.79	4.22	2.37
Magnesium, Mg mg	14		0		4		12	64	36
Phosphorus, P mg	49		0		4		42	222	125
Potassium, K mg	190		2		1		162	863	485
Sodium, Na mg	246	15.000	13		1		209	1117	627
Zinc, Zn mg	0.36		0		4		0.31	1.63	0.92
Copper, Cu mg	0.074		0		4		0.063	0.336	0.189
Manganese, Mn mg	0.299		0		4		0.254	1.357	0.762
Selenium, Se µg	2.4		0	BFSN	4		2.0	10.9	6.1
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6	0.778	10		1		3.9	20.9	11.7
Thiamin mg	0.100	0.009	13		1		0.085	0.454	0.255
Riboflavin mg	0.079	0.011	10		1		0.067	0.359	0.201
Niacin mg	0.693	0.035	13		1		0.589	3.146	1.767
Pantothenic acid mg	0.240		0		4		0.204	1.090	0.612
Vitamin B-6 mg	0.132		0		4		0.112	0.599	0.337
Folate, total µg	48		0	RA	4		41	218	122
Folic acid µg	29		0	NC	4		24	130	73
Folate, food µg	19		0		4		16	88	49
Folate, DFE µg	68		0	NC	4		58	309	174
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11295

Onion rings, breaded, par fried, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.534		0		1		3.854	20.584	11.562
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.113		0		1		0.096	0.513	0.288
15:0....g									
16:0....g	2.747		0		1		2.335	12.471	7.005
17:0....g									
18:0....g	1.674		0		1		1.423	7.600	4.269
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.738		0		1		4.877	26.051	14.632
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.188		0		1		0.160	0.854	0.479
17:1....g									
18:1 undifferentiated....g	5.550		0		1		4.718	25.197	14.153
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.700		0		1		2.295	12.258	6.885
18:2 undifferentiated....g	2.550		0		1		2.168	11.577	6.503
18:3 undifferentiated....g	0.150		0		1		0.128	0.681	0.383
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.036	0.191	0.107
Threonine....g	0.089		0		1		0.076	0.404	0.227
Isoleucine....g	0.126		0		1		0.107	0.572	0.321
Leucine....g	0.207		0		1		0.176	0.940	0.528
Lysine....g	0.089		0		1		0.076	0.404	0.227
Methionine....g	0.048		0		1		0.041	0.218	0.122
Cystine....g	0.064		0		1		0.054	0.291	0.163
Phenylalanine....g	0.143		0		1		0.122	0.649	0.365
Tyrosine....g	0.092		0		1		0.078	0.418	0.235
Valine....g	0.128		0		1		0.109	0.581	0.326
Arginine....g	0.192		0		1		0.163	0.872	0.490
Histidine....g	0.064		0		1		0.054	0.291	0.163
Alanine....g	0.102		0		1		0.087	0.463	0.260
Aspartic acid....g	0.145		0		1		0.123	0.658	0.370
Glutamic acid....g	0.972		0		1		0.826	4.413	2.479
Glycine....g	0.116		0		1		0.099	0.527	0.296
Proline....g	0.307		0		1		0.261	1.394	0.783
Serine....g	0.151		0		1		0.128	0.686	0.385
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11295

Onion rings, breaded, par fried, frozen, unprepared

Common Measures:

Measure 1 = 85g: 6 rings

Measure 2 = 454g: 1 package (16 oz)

Measure 3 = 255g: 1 package (9 oz)

Calories Factors: Protein 3.7 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11285
Onions, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.10	0.470	5		1		59.28	105.39	
Energy kcal	19		0	NC	4		12	21	
Energy kJ	78		0	NC	4		49	87	
Protein (N x 6.25) g	0.85	0.084	4		1		0.54	0.95	
Total lipid (fat) g	0.09	0.068	5		1		0.06	0.10	
Ash g	0.94	0.065	5		1		0.59	1.05	
Carbohydrate, by difference g	4.02		0	NC	4		2.53	4.50	
Fiber, total dietary g	1.2		0		4		0.8	1.3	
Sugars, total g	2.20		0	BFSN	4		1.39	2.47	
Starch g									
Minerals:									
Calcium, Ca mg	45	10.584	16		1		28	50	
Iron, Fe mg	0.13	0.012	16		1		0.08	0.15	
Magnesium, Mg mg	6	0.110	16		1		4	7	
Phosphorus, P mg	28	1.186	16		1		18	31	
Potassium, K mg	111	1.425	16		1		70	124	
Sodium, Na mg	371	11.511	16		1		234	416	
Zinc, Zn mg	0.29	0.011	20		1		0.18	0.32	
Copper, Cu mg	0.055	0.003	21		1		0.035	0.062	
Manganese, Mn mg	0.102	0.005	20		1		0.064	0.114	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.3		0		4		2.7	4.8	
Thiamin mg	0.032		0		4		0.020	0.036	
Riboflavin mg	0.006		0		4		0.004	0.007	
Niacin mg	0.061		0		4		0.038	0.068	
Pantothenic acid mg	0.097		0		4		0.061	0.109	
Vitamin B-6 mg	0.137		0		4		0.086	0.153	
Folate, total µg	10		0		4		6	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		4		6	11	
Folate, DFE µg	10		0	NC	4		6	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		0	1	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1		0	NC	4		1	1	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	2		0	BFSN	4		1	2	
Vitamin E (alpha-tocopherol) mg	0.07		0	O	4		0.05	0.08	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.1	0.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11285
Onions, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.016		0		1		0.010	0.018	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.014		0		1		0.009	0.016	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.008	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.008	0.015	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.036		0		1		0.023	0.040	
18:2 undifferentiated....g	0.034		0		1		0.021	0.038	
18:3 undifferentiated....g	0.002		0		1		0.001	0.002	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.008	0.013	
Threonine....g	0.020		0		1		0.013	0.022	
Isoleucine....g	0.029		0		1		0.018	0.032	
Leucine....g	0.028		0		1		0.018	0.031	
Lysine....g	0.039		0		1		0.025	0.044	
Methionine....g	0.007		0		1		0.004	0.008	
Cystine....g	0.015		0		1		0.009	0.017	
Phenylalanine....g	0.021		0		1		0.013	0.024	
Tyrosine....g	0.020		0		1		0.013	0.022	
Valine....g	0.019		0		1		0.012	0.021	
Arginine....g	0.109		0		1		0.069	0.122	
Histidine....g	0.013		0		1		0.008	0.015	
Alanine....g	0.023		0		1		0.014	0.026	
Aspartic acid....g	0.044		0		1		0.028	0.049	
Glutamic acid....g	0.131		0		1		0.083	0.147	
Glycine....g	0.034		0		1		0.021	0.038	
Proline....g	0.025		0		1		0.016	0.028	
Serine....g	0.024		0		1		0.015	0.027	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11285
Onions, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 63g: 1 onion

Measure 2 = 112g: .5 cup, chopped or diced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11805
Onions, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.86		0		1		184.51	13.18	112.46
Energy kcal	42		0	NC	4		88	6	54
Energy kJ	176		0	NC	4		370	26	225
Protein (N x 6.25) g	1.36		0		1		2.86	0.20	1.74
Total lipid (fat) g	0.19		0		1		0.40	0.03	0.24
Ash g	1.03		0	O	4		2.16	0.15	1.32
Carbohydrate, by difference g	9.56		0	NC	4		20.08	1.43	12.24
Fiber, total dietary g	1.4		0		4		2.9	0.2	1.8
Sugars, total g	4.73		0	BFSN	4		9.93	0.71	6.05
Starch g									
Minerals:									
Calcium, Ca mg	22		0		1		46	3	28
Iron, Fe mg	0.24		0		1		0.50	0.04	0.31
Magnesium, Mg mg	11		0		1		23	2	14
Phosphorus, P mg	35		0		1		74	5	45
Potassium, K mg	166		0		1		349	25	212
Sodium, Na mg	239		0		1		502	36	306
Zinc, Zn mg	0.21		0		1		0.44	0.03	0.27
Copper, Cu mg	0.067		0		1		0.141	0.010	0.086
Manganese, Mn mg	0.153		0		1		0.321	0.023	0.196
Selenium, Se µg	0.6		0	BFSN	4		1.3	0.1	0.8
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2		0		1		10.9	0.8	6.7
Thiamin mg	0.042		0		1		0.088	0.006	0.054
Riboflavin mg	0.023		0		1		0.048	0.003	0.029
Niacin mg	0.165		0		1		0.347	0.025	0.211
Pantothenic acid mg	0.113		0		1		0.237	0.017	0.145
Vitamin B-6 mg	0.129		0		1		0.271	0.019	0.165
Folate, total µg	15		0		1		32	2	19
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15		0		1		32	2	19
Folate, DFE µg	15		0	NC	4		32	2	19
Choline, total mg	6.8		0	BFSY	4		14.3	1.0	8.7
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		0	BFSY	4		3	0	2
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	2		0	NC	4		5	0	3
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	4		0	BFSY	4		9	1	5
Vitamin E (alpha-tocopherol) mg	0.02		0	BFSN	4		0.05	0.00	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	0.5		0	BFSN	4		1.0	0.1	0.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11805

Onions, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.031		0		1		0.065	0.005	0.040
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	0.001
15:0....g									
16:0....g	0.028		0		1		0.059	0.004	0.036
17:0....g									
18:0....g	0.002		0		1		0.004	0.000	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.057	0.004	0.035
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.027		0		1		0.057	0.004	0.035
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.073		0		1		0.153	0.011	0.093
18:2 undifferentiated....g	0.070		0		1		0.147	0.011	0.090
18:3 undifferentiated....g	0.004		0		1		0.008	0.001	0.005
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	18		0		1		38	3	23
Amino Acids:									
Tryptophan....g	0.020		0		1		0.042	0.003	0.026
Threonine....g	0.033		0		1		0.069	0.005	0.042
Isoleucine....g	0.048		0		1		0.101	0.007	0.061
Leucine....g	0.048		0		1		0.101	0.007	0.061
Lysine....g	0.065		0		1		0.137	0.010	0.083
Methionine....g	0.011		0		1		0.023	0.002	0.014
Cystine....g	0.024		0		1		0.050	0.004	0.031
Phenylalanine....g	0.035		0		1		0.074	0.005	0.045
Tyrosine....g	0.034		0		1		0.071	0.005	0.044
Valine....g	0.031		0		1		0.065	0.005	0.040
Arginine....g	0.183		0		1		0.384	0.027	0.234
Histidine....g	0.022		0		1		0.046	0.003	0.028
Alanine....g	0.038		0		1		0.080	0.006	0.049
Aspartic acid....g	0.074		0		1		0.155	0.011	0.095
Glutamic acid....g	0.220		0		1		0.462	0.033	0.282
Glycine....g	0.057		0		1		0.120	0.009	0.073
Proline....g	0.042		0		1		0.088	0.006	0.054
Serine....g	0.040		0		1		0.084	0.006	0.051
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11805
Onions, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Measure 2 = 15.0g: 1 tbsp chopped

Measure 3 = 128g: 1 large

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11283
Onions, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.86		0		1		184.51	13.18	112.46
Energy kcal	44		0	NC	4		92	7	56
Energy kJ	184		0		4		387	28	236
Protein (N x 6.25) g	1.36		0		1		2.86	0.20	1.74
Total lipid (fat) g	0.19		0		1		0.40	0.03	0.24
Ash g	0.44		0		1		0.92	0.07	0.56
Carbohydrate, by difference g	10.15		0	NC	4		21.32	1.52	12.99
Fiber, total dietary g	1.4		0		1		2.9	0.2	1.8
Sugars, total g	4.73		0	BFSN	4		9.93	0.71	6.05
Sucrose g	1.10		0	BFSN	4		2.31	0.16	1.41
Glucose (dextrose) g	2.19		0	BFSN	4		4.60	0.33	2.81
Fructose g	1.44		0	BFSN	4		3.01	0.22	1.84
Lactose g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose g	0.00		0	BFSN	4		0.00	0.00	0.00
Galactose g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	22		0		1		46	3	28
Iron, Fe mg	0.24		0		1		0.50	0.04	0.31
Magnesium, Mg mg	11		0		1		23	2	14
Phosphorus, P mg	35		0		1		74	5	45
Potassium, K mg	166		0		1		349	25	212
Sodium, Na mg	3		0		1		6	0	4
Zinc, Zn mg	0.21		0		1		0.44	0.03	0.27
Copper, Cu mg	0.067		0		1		0.141	0.010	0.086
Manganese, Mn mg	0.153		0		1		0.321	0.023	0.196
Selenium, Se µg	0.6		0	BFSN	4		1.3	0.1	0.8
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2		0		1		10.9	0.8	6.7
Thiamin mg	0.042		0		1		0.088	0.006	0.054
Riboflavin mg	0.023		0		1		0.048	0.003	0.029
Niacin mg	0.165		0		1		0.347	0.025	0.211
Pantothenic acid mg	0.113		0		1		0.237	0.017	0.145
Vitamin B-6 mg	0.129		0		1		0.271	0.019	0.165
Folate, total µg	15		0		1		32	2	19
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15		0		1		32	2	19
Folate, DFE µg	15		0	NC	4		32	2	19
Choline, total mg	6.8		0	BFSY	4		14.3	1.0	8.7
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		0	BFSY	4		3	0	2
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	2		0	NC	4		5	0	3
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	4		0	BFSY	4		9	1	5
Vitamin E (alpha-tocopherol) mg	0.02		0	BFSN	4		0.05	0.00	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11283

Onions, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.5		0	BFSN	4		1.0	0.1	0.6
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.031		0		1		0.065	0.005	0.040
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	0.001
15:0....g									
16:0....g	0.028		0		1		0.059	0.004	0.036
17:0....g									
18:0....g	0.002		0		1		0.004	0.000	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.057	0.004	0.035
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.027		0		1		0.057	0.004	0.035
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.073		0		1		0.153	0.011	0.093
18:2 undifferentiated....g	0.070		0		1		0.147	0.011	0.090
18:3 undifferentiated....g	0.004		0		1		0.008	0.001	0.005
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	18		0		1		38	3	23
Amino Acids:									
Tryptophan....g	0.020		0		1		0.042	0.003	0.026
Threonine....g	0.033		0		1		0.069	0.005	0.042
Isoleucine....g	0.048		0		1		0.101	0.007	0.061
Leucine....g	0.048		0		1		0.101	0.007	0.061
Lysine....g	0.065		0		1		0.137	0.010	0.083
Methionine....g	0.011		0		1		0.023	0.002	0.014
Cystine....g	0.024		0		1		0.050	0.004	0.031
Phenylalanine....g	0.035		0		1		0.074	0.005	0.045
Tyrosine....g	0.034		0		1		0.071	0.005	0.044
Valine....g	0.031		0		1		0.065	0.005	0.040
Arginine....g	0.183		0		1		0.384	0.027	0.234
Histidine....g	0.022		0		1		0.046	0.003	0.028
Alanine....g	0.038		0		1		0.080	0.006	0.049
Aspartic acid....g	0.074		0		1		0.155	0.011	0.095
Glutamic acid....g	0.220		0		1		0.462	0.033	0.282

NDB No. 11283
Onions, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.057		0		1		0.120	0.009	0.073
Proline....g	0.042		0		1		0.088	0.006	0.054
Serine....g	0.040		0		1		0.084	0.006	0.051
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Measure 2 = 15.0g: 1 tbsp chopped

Measure 3 = 128g: 1 large

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11284
Onions, dehydrated flakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.93	0.040	3		1		0.20	0.55	
Energy kcal	349		0	NC	4		17	49	
Energy kJ	1460		0		4		73	204	
Protein (N x 6.25) g	8.95		2		1		0.45	1.25	
Total lipid (fat) g	0.46		2		1		0.02	0.06	
Ash g	3.38		2		1		0.17	0.47	
Carbohydrate, by difference g	83.28		0	NC	4		4.16	11.66	
Fiber, total dietary g	9.2		0		4		0.5	1.3	
Sugars, total g	37.41		0	BFSN	4		1.87	5.24	
Starch g									
Minerals:									
Calcium, Ca mg	257		0		1		13	36	
Iron, Fe mg	1.55		2		1		0.08	0.22	
Magnesium, Mg mg	92		2		1		5	13	
Phosphorus, P mg	303		0		1		15	42	
Potassium, K mg	1622		0		1		81	227	
Sodium, Na mg	21		0		1		1	3	
Zinc, Zn mg	1.89		0		1		0.09	0.26	
Copper, Cu mg	0.416		0		1		0.021	0.058	
Manganese, Mn mg	1.389		0		1		0.069	0.194	
Selenium, Se µg	5.0		0	BFSN	4		0.3	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	75.0		0		1		3.8	10.5	
Thiamin mg	0.500		0		1		0.025	0.070	
Riboflavin mg	0.100		0		1		0.005	0.014	
Niacin mg	0.990		0		1		0.050	0.139	
Pantothenic acid mg	1.380		0		1		0.069	0.193	
Vitamin B-6 mg	1.600		0		1		0.080	0.224	
Folate, total µg	166		0		1		8	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	166		0		1		8	23	
Folate, DFE µg	166		0	NC	4		8	23	
Choline, total mg	53.9		0	BFSY	4		2.7	7.5	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	11		0	BFSY	4		1	1	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	18		0	NC	4		1	2	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	32		0	BFSY	4		2	5	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.01	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.8		0	BFSN	4		0.2	0.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11284
Onions, dehydrated flakes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.078		0		1		0.004	0.011	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.000	0.000	
15:0....g									
16:0....g	0.069		0		1		0.003	0.010	
17:0....g									
18:0....g	0.006		0		1		0.000	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.064		0		1		0.003	0.009	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.064		0		1		0.003	0.009	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.180		0		1		0.009	0.025	
18:2 undifferentiated....g	0.170		0		1		0.009	0.024	
18:3 undifferentiated....g	0.009		0		1		0.000	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.129		0		1		0.006	0.018	
Threonine....g	0.216		0		1		0.011	0.030	
Isoleucine....g	0.316		0		1		0.016	0.044	
Leucine....g	0.314		0		1		0.016	0.044	
Lysine....g	0.428		0		1		0.021	0.060	
Methionine....g	0.074		0		1		0.004	0.010	
Cystine....g	0.160		0		1		0.008	0.022	
Phenylalanine....g	0.229		0		1		0.011	0.032	
Tyrosine....g	0.222		0		1		0.011	0.031	
Valine....g	0.206		0		1		0.010	0.029	
Arginine....g	1.203		0		1		0.060	0.168	
Histidine....g	0.146		0		1		0.007	0.020	
Alanine....g	0.249		0		1		0.012	0.035	
Aspartic acid....g	0.490		0		1		0.025	0.069	
Glutamic acid....g	1.445		0		1		0.072	0.202	
Glycine....g	0.372		0		1		0.019	0.052	
Proline....g	0.279		0		1		0.014	0.039	
Serine....g	0.263		0		1		0.013	0.037	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11284
Onions, dehydrated flakes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 tbsp

Measure 2 = 14.0g: .25 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11806

Onions, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.24		0		1		13.84	96.85	
Energy kcal	26		0	NC	4		4	27	
Energy kJ	109		0	NC	4		16	114	
Protein (N x 6.25) g	0.77		0		1		0.12	0.81	
Total lipid (fat) g	0.10		0		1		0.02	0.11	
Ash g	0.89		0	O	4		0.13	0.93	
Carbohydrate, by difference g	6.00		0	NC	4		0.90	6.30	
Fiber, total dietary g	1.7		0		4		0.3	1.8	
Sugars, total g	2.90		0	BFZN	4		0.43	3.04	
Starch g									
Minerals:									
Calcium, Ca mg	16		0		1		2	17	
Iron, Fe mg	0.30		0		1		0.05	0.32	
Magnesium, Mg mg	6		0		1		1	6	
Phosphorus, P mg	19		0		1		3	20	
Potassium, K mg	108		0		1		16	113	
Sodium, Na mg	248		0		4		37	260	
Zinc, Zn mg	0.07		0		1		0.01	0.07	
Copper, Cu mg	0.019		0		1		0.003	0.020	
Manganese, Mn mg	0.071		0		1		0.011	0.075	
Selenium, Se µg	0.4		0	BFSN	4		0.1	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		1		0.4	2.7	
Thiamin mg	0.023		0		1		0.003	0.024	
Riboflavin mg	0.025		0		1		0.004	0.026	
Niacin mg	0.139		1	A	1		0.021	0.146	
Pantothenic acid mg	0.099		1	A	1		0.015	0.104	
Vitamin B-6 mg	0.069		1	A	1		0.010	0.072	
Folate, total µg	13		1	A	1		2	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		1	A	1		2	14	
Folate, DFE µg	13		0	NC	4		2	14	
Choline, total mg	4.4		0	BFSY	4		0.7	4.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFZN	4		0	1	
Carotene, alpha µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	2		0	NC	4		0	2	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	3		0	BFZN	4		0	3	
Vitamin E (alpha-tocopherol) mg	0.01		0	BFZN	4		0.00	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.0	0.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11806

Onions, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.002	0.017	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.014		0		1		0.002	0.015	
17:0....g									
18:0....g	0.001		0		1		0.000	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.002	0.014	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.002	0.014	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.038		0		1		0.006	0.040	
18:2 undifferentiated....g	0.036		0		1		0.005	0.038	
18:3 undifferentiated....g	0.002		0		1		0.000	0.002	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.002	0.012	
Threonine....g	0.018		0		1		0.003	0.019	
Isoleucine....g	0.027		0		1		0.004	0.028	
Leucine....g	0.027		0		1		0.004	0.028	
Lysine....g	0.036		0		1		0.005	0.038	
Methionine....g	0.006		0		1		0.001	0.006	
Cystine....g	0.014		0		1		0.002	0.015	
Phenylalanine....g	0.020		0		1		0.003	0.021	
Tyrosine....g	0.019		0		1		0.003	0.020	
Valine....g	0.018		0		1		0.003	0.019	
Arginine....g	0.102		0		1		0.015	0.107	
Histidine....g	0.012		0		1		0.002	0.013	
Alanine....g	0.021		0		1		0.003	0.022	
Aspartic acid....g	0.042		0		1		0.006	0.044	
Glutamic acid....g	0.123		0		1		0.018	0.129	
Glycine....g	0.032		0		1		0.005	0.034	
Proline....g	0.024		0		1		0.004	0.025	
Serine....g	0.022		0		1		0.003	0.023	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11806

Onions, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp chopped

Measure 2 = 105g: .5 cup, chopped or diced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11288

Onions, frozen, chopped, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.24		0		1		13.84	96.85	
Energy kcal	28		0	NC	4		4	30	
Energy kJ	118		0	NC	4		18	124	
Protein (N x 6.25) g	0.77		0		1		0.12	0.81	
Total lipid (fat) g	0.10		0		1		0.02	0.11	
Ash g	0.30		0		1		0.05	0.32	
Carbohydrate, by difference g	6.59		0	NC	4		0.99	6.92	
Fiber, total dietary g	1.8		0		4		0.3	1.9	
Sugars, total g	2.90		0	BFSN	4		0.43	3.04	
Starch g									
Minerals:									
Calcium, Ca mg	16		0		1		2	17	
Iron, Fe mg	0.30		0		1		0.05	0.32	
Magnesium, Mg mg	6		0		1		1	6	
Phosphorus, P mg	19		0		1		3	20	
Potassium, K mg	108		0		1		16	113	
Sodium, Na mg	12		0		1		2	13	
Zinc, Zn mg	0.07		0		1		0.01	0.07	
Copper, Cu mg	0.019		0		1		0.003	0.020	
Manganese, Mn mg	0.071		0		1		0.011	0.075	
Selenium, Se µg	0.4		0	BFSN	4		0.1	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		1		0.4	2.7	
Thiamin mg	0.023		0		1		0.003	0.024	
Riboflavin mg	0.025		0		1		0.004	0.026	
Niacin mg	0.139		0		1		0.021	0.146	
Pantothenic acid mg	0.099		0		1		0.015	0.104	
Vitamin B-6 mg	0.069		0		1		0.010	0.072	
Folate, total µg	13		0		1		2	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0		1		2	14	
Folate, DFE µg	13		0	NC	4		2	14	
Choline, total mg	4.4		0	BFSY	4		0.7	4.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		0	1	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	2		0	NC	4		0	2	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	3		0	BFSN	4		0	3	
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.00	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.0	0.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11288

Onions, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.002	0.017	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.014		0		1		0.002	0.015	
17:0....g									
18:0....g	0.001		0		1		0.000	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.002	0.014	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.002	0.014	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.038		0		1		0.006	0.040	
18:2 undifferentiated....g	0.036		0		1		0.005	0.038	
18:3 undifferentiated....g	0.002		0		1		0.000	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.002	0.012	
Threonine....g	0.018		0		1		0.003	0.019	
Isoleucine....g	0.027		0		1		0.004	0.028	
Leucine....g	0.027		0		1		0.004	0.028	
Lysine....g	0.036		0		1		0.005	0.038	
Methionine....g	0.006		0		1		0.001	0.006	
Cystine....g	0.014		0		1		0.002	0.015	
Phenylalanine....g	0.020		0		1		0.003	0.021	
Tyrosine....g	0.019		0		1		0.003	0.020	
Valine....g	0.018		0		1		0.003	0.019	
Arginine....g	0.102		0		1		0.015	0.107	
Histidine....g	0.012		0		1		0.002	0.013	
Alanine....g	0.021		0		1		0.003	0.022	
Aspartic acid....g	0.042		0		1		0.006	0.044	
Glutamic acid....g	0.123		0		1		0.018	0.129	
Glycine....g	0.032		0		1		0.005	0.034	
Proline....g	0.024		0		1		0.004	0.025	
Serine....g	0.022		0		1		0.003	0.023	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11288

Onions, frozen, chopped, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp chopped

Measure 2 = 105g: .5 cup, chopped or diced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11287
Onions, frozen, chopped, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.99	0.244	18		1		87.39	261.25	
Energy kcal	29		0	NC	4		28	83	
Energy kJ	122		0	NC	4		116	346	
Protein (N x 6.25) g	0.79	0.036	18		1		0.75	2.24	
Total lipid (fat) g	0.10	0.022	17		1		0.10	0.28	
Ash g	0.30	0.018	18		1		0.29	0.85	
Carbohydrate, by difference g	6.82		0	NC	4		6.48	19.37	
Fiber, total dietary g	1.8		0		4		1.7	5.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17	0.932	16		1		16	48	
Iron, Fe mg	0.33	0.050	18		1		0.31	0.94	
Magnesium, Mg mg	7	1.216	3		1		7	20	
Phosphorus, P mg	22	0.866	5		1		21	62	
Potassium, K mg	124	6.839	3		1		118	352	
Sodium, Na mg	12	3.782	12		1		11	34	
Zinc, Zn mg	0.07	0.008	4		1		0.07	0.20	
Copper, Cu mg	0.019	0.003	4		1		0.018	0.054	
Manganese, Mn mg	0.074	0.008	4		1		0.070	0.210	
Selenium, Se µg	0.4		0	BFSN	4		0.4	1.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3	0.447	12		1		3.1	9.4	
Thiamin mg	0.030	0.004	17		1		0.029	0.085	
Riboflavin mg	0.027	0.004	17		1		0.026	0.077	
Niacin mg	0.151	0.020	15		1		0.143	0.429	
Pantothenic acid mg	0.102		1		1		0.097	0.290	
Vitamin B-6 mg	0.075	0.009	3		1		0.071	0.213	
Folate, total µg	17		0		1		16	49	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		16	49	
Folate, DFE µg	17		0	NC	4		16	49	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		1		1		2	5	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	35		1		1		33	99	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11287
Onions, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.017		0		1		0.016	0.048	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.015		0		1		0.014	0.043	
17:0....g									
18:0....g	0.001		0		1		0.001	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.013	0.040	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.013	0.040	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0		1		0.037	0.111	
18:2 undifferentiated....g	0.037		0		1		0.035	0.105	
18:3 undifferentiated....g	0.002		0		1		0.002	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.010	0.031	
Threonine....g	0.019		0		1		0.018	0.054	
Isoleucine....g	0.028		0		1		0.027	0.080	
Leucine....g	0.028		0		1		0.027	0.080	
Lysine....g	0.038		0		1		0.036	0.108	
Methionine....g	0.007		0		1		0.007	0.020	
Cystine....g	0.014		0		1		0.013	0.040	
Phenylalanine....g	0.020		0		1		0.019	0.057	
Tyrosine....g	0.020		0		1		0.019	0.057	
Valine....g	0.018		0		1		0.017	0.051	
Arginine....g	0.106		0		1		0.101	0.301	
Histidine....g	0.013		0		1		0.012	0.037	
Alanine....g	0.022		0		1		0.021	0.062	
Aspartic acid....g	0.043		0		1		0.041	0.122	
Glutamic acid....g	0.127		0		1		0.121	0.361	
Glycine....g	0.033		0		1		0.031	0.094	
Proline....g	0.025		0		1		0.024	0.071	
Serine....g	0.023		0		1		0.022	0.065	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11287
Onions, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11807
Onions, frozen, whole, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.24		0		1		193.70		
Energy kcal	26		0	NC	4		54		
Energy kJ	108		0	NC	4		227		
Protein (N x 6.25) g	0.71		0		1		1.49		
Total lipid (fat) g	0.05		0		1		0.11		
Ash g	0.89		0	O	4		1.87		
Carbohydrate, by difference g	6.11		0	NC	4		12.83		
Fiber, total dietary g	1.4		0		4		2.9		
Sugars, total g	2.90		0	BFZN	4		6.09		
Starch g									
Minerals:									
Calcium, Ca mg	27		0		1		57		
Iron, Fe mg	0.34		0		1		0.71		
Magnesium, Mg mg	8		0		1		17		
Phosphorus, P mg	2		0		1		4		
Potassium, K mg	101		0		1		212		
Sodium, Na mg	244		0		4		512		
Zinc, Zn mg	0.09		0		1		0.19		
Copper, Cu mg	0.024		0		1		0.050		
Manganese, Mn mg	0.040		0		1		0.084		
Selenium, Se µg	0.4	0.103	5	A	1		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1		0		1		10.7		
Thiamin mg	0.016		0		1		0.034		
Riboflavin mg	0.018		0		1		0.038		
Niacin mg	0.132		0		1		0.277		
Pantothenic acid mg	0.078		0		1		0.164		
Vitamin B-6 mg	0.070		0		1		0.147		
Folate, total µg	13		0		1		28		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		1		28		
Folate, DFE µg	13		0	NC	4		28		
Choline, total mg	4.4		0	BFSY	4		9.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1		0	BFZN	4		2		
Carotene, alpha µg	0		0	BFZN	4		0		
Cryptoxanthin, beta µg	0		0	BFZN	4		0		
Vitamin A, IU IU	2		0	NC	4		4		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	3		0	BFZN	4		6		
Vitamin E (alpha-tocopherol) mg	0.01		0	BFZN	4		0.03		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11807

Onions, frozen, whole, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.009		0		1		0.019		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.008		0		1		0.017		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.015		
20:1....g									
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.042		
18:2 undifferentiated....g	0.019		0		1		0.040		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.021		
Threonine....g	0.017		0		1		0.036		
Isoleucine....g	0.025		0		1		0.053		
Leucine....g	0.025		0		1		0.053		
Lysine....g	0.034		0		1		0.071		
Methionine....g	0.006		0		1		0.013		
Cystine....g	0.013		0		1		0.027		
Phenylalanine....g	0.018		0		1		0.038		
Tyrosine....g	0.018		0		1		0.038		
Valine....g	0.016		0		1		0.034		
Arginine....g	0.095		0		1		0.200		
Histidine....g	0.012		0		1		0.025		
Alanine....g	0.020		0		1		0.042		
Aspartic acid....g	0.039		0		1		0.082		
Glutamic acid....g	0.114		0		1		0.239		
Glycine....g	0.029		0		1		0.061		
Proline....g	0.022		0		1		0.046		
Serine....g	0.021		0		1		0.044		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11807

Onions, frozen, whole, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11290

Onions, frozen, whole, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.24		0		1		193.70		
Energy kcal	28		0	NC	4		59		
Energy kJ	118		0	NC	4		247		
Protein (N x 6.25) g	0.71		0		1		1.49		
Total lipid (fat) g	0.05		0		1		0.11		
Ash g	0.30		0		1		0.63		
Carbohydrate, by difference g	6.70		0	NC	4		14.07		
Fiber, total dietary g	1.4		0		4		2.9		
Sugars, total g	2.90		0	BFSN	4		6.09		
Starch g									
Minerals:									
Calcium, Ca mg	27		0		1		57		
Iron, Fe mg	0.34		0		1		0.71		
Magnesium, Mg mg	8		0		1		17		
Phosphorus, P mg	2		0		1		4		
Potassium, K mg	101		0		1		212		
Sodium, Na mg	8		0		1		17		
Zinc, Zn mg	0.09		0		1		0.19		
Copper, Cu mg	0.024		0		1		0.050		
Manganese, Mn mg	0.040		0		1		0.084		
Selenium, Se µg	0.4	0.103	5	A	1		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1		0		1		10.7		
Thiamin mg	0.016		0		1		0.034		
Riboflavin mg	0.018		0		1		0.038		
Niacin mg	0.132		0		1		0.277		
Pantothenic acid mg	0.078		0		1		0.164		
Vitamin B-6 mg	0.070		0		1		0.147		
Folate, total µg	13		0		1		28		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		1		28		
Folate, DFE µg	13		0	NC	4		28		
Choline, total mg	4.4		0	BFSY	4		9.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1		0	BFSN	4		2		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	2		0	NC	4		4		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	3		0	BFSN	4		6		
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.03		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11290

Onions, frozen, whole, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.009		0		1		0.019		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.008		0		1		0.017		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.015		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.020		0		1		0.042		
18:2 undifferentiated....g	0.019		0		1		0.040		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.021		
Threonine....g	0.017		0		1		0.036		
Isoleucine....g	0.025		0		1		0.053		
Leucine....g	0.025		0		1		0.053		
Lysine....g	0.034		0		1		0.071		
Methionine....g	0.006		0		1		0.013		
Cystine....g	0.013		0		1		0.027		
Phenylalanine....g	0.018		0		1		0.038		
Tyrosine....g	0.018		0		1		0.038		
Valine....g	0.016		0		1		0.034		
Arginine....g	0.095		0		1		0.200		
Histidine....g	0.012		0		1		0.025		
Alanine....g	0.020		0		1		0.042		
Aspartic acid....g	0.039		0		1		0.082		
Glutamic acid....g	0.114		0		1		0.239		
Glycine....g	0.029		0		1		0.061		
Proline....g	0.022		0		1		0.046		
Serine....g	0.021		0		1		0.044		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11290

Onions, frozen, whole, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11289
Onions, frozen, whole, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.22	0.170	6		1		85.71	256.22	
Energy kcal	35		0	NC	4		34	101	
Energy kJ	148		0	NC	4		141	421	
Protein (N x 6.25) g	0.89	0.046	6		1		0.85	2.53	
Total lipid (fat) g	0.06	0.026	5		1		0.06	0.17	
Ash g	0.38	0.015	6		1		0.36	1.08	
Carbohydrate, by difference g	8.45		0	NC	4		8.03	24.00	
Fiber, total dietary g	1.7		0		1		1.6	4.8	
Sugars, total g	3.81		0	BFSN	4		3.62	10.82	
Starch g									
Minerals:									
Calcium, Ca mg	36	2.252	6		1		34	102	
Iron, Fe mg	0.46	0.173	6		1		0.44	1.31	
Magnesium, Mg mg	10	0.696	3		1		10	28	
Phosphorus, P mg	23	0.328	5		1		22	65	
Potassium, K mg	142	8.231	3		1		135	403	
Sodium, Na mg	10	0.285	3		1		10	28	
Zinc, Zn mg	0.12	0.003	3		1		0.11	0.34	
Copper, Cu mg	0.050	0.003	3		1		0.048	0.142	
Manganese, Mn mg	0.125	0.015	3		1		0.119	0.355	
Selenium, Se µg	0.4	0.103	5	A	1		0.4	1.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0	1.050	6		1		7.6	22.7	
Thiamin mg	0.026	0.002	6		1		0.025	0.074	
Riboflavin mg	0.024	0.004	6		1		0.023	0.068	
Niacin mg	0.175	0.054	6		1		0.166	0.497	
Pantothenic acid mg	0.099		1		1		0.094	0.281	
Vitamin B-6 mg	0.093	0.012	3		1		0.088	0.264	
Folate, total µg	21		0		1		20	60	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		1		20	60	
Folate, DFE µg	21		0	NC	4		20	60	
Choline, total mg	5.5		0	BFSN	4		5.2	15.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSN	4		1	4	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	2		0	NC	4		2	6	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	4		0	BFSN	4		4	11	
Vitamin E (alpha-tocopherol) mg	0.02		0	BFSN	4		0.02	0.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.4		0	BFSN	4		0.4	1.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11289
Onions, frozen, whole, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.011		0		1		0.010	0.031	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.010		0		1		0.010	0.028	
17:0....g									
18:0....g	0.001		0		1		0.001	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.009	0.026	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.009	0.026	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.025		0		1		0.024	0.071	
18:2 undifferentiated....g	0.024		0		1		0.023	0.068	
18:3 undifferentiated....g	0.001		0		1		0.001	0.003	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.012	0.037	
Threonine....g	0.022		0		1		0.021	0.062	
Isoleucine....g	0.032		0		1		0.030	0.091	
Leucine....g	0.031		0		1		0.029	0.088	
Lysine....g	0.043		0		1		0.041	0.122	
Methionine....g	0.007		0		1		0.007	0.020	
Cystine....g	0.016		0		1		0.015	0.045	
Phenylalanine....g	0.023		0		1		0.022	0.065	
Tyrosine....g	0.022		0		1		0.021	0.062	
Valine....g	0.021		0		1		0.020	0.060	
Arginine....g	0.120		0		1		0.114	0.341	
Histidine....g	0.015		0		1		0.014	0.043	
Alanine....g	0.025		0		1		0.024	0.071	
Aspartic acid....g	0.049		0		1		0.047	0.139	
Glutamic acid....g	0.144		0		1		0.137	0.409	
Glycine....g	0.037		0		1		0.035	0.105	
Proline....g	0.028		0		1		0.027	0.080	
Serine....g	0.026		0		1		0.025	0.074	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11289
Onions, frozen, whole, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11282
Onions, raw
Allium cepa

Refuse: 10% Stem ends, sprouts and defects

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.11	0.248	34	JO	11		142.58	102.48	8.91
Energy kcal	40		0	NC	4		64	46	4
Energy kJ	166		0	NC	4		266	191	17
Protein (N x 6.25) g	1.10	0.036	25	JO	11		1.76	1.26	0.11
Total lipid (fat) g	0.10	0.005	22	JO	11		0.17	0.12	0.01
Ash g	0.35	0.003	24	JA	6		0.56	0.40	0.04
Carbohydrate, by difference g	9.34		0	NC	4		14.94	10.74	0.93
Fiber, total dietary g	1.7	0.048	10		1		2.8	2.0	0.2
Sugars, total g	4.24		0	NC	4		6.78	4.88	0.42
Sucrose g	0.99	0.050	16	JA	6		1.58	1.13	0.10
Glucose (dextrose) g	1.97	0.054	16	JA	6		3.15	2.26	0.20
Fructose g	1.29	0.052	16	JA	6		2.06	1.48	0.13
Lactose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.00	0.000	3	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	23	0.568	89	JA	6		36	26	2
Iron, Fe mg	0.21	0.008	90	JA	6		0.34	0.24	0.02
Magnesium, Mg mg	10	0.152	90	JA	6		16	11	1
Phosphorus, P mg	29	0.584	89	JA	6		47	34	3
Potassium, K mg	146	2.951	89	JA	6		234	168	15
Sodium, Na mg	4	0.158	81	JA	6		6	4	0
Zinc, Zn mg	0.17	0.004	90	JA	6		0.27	0.19	0.02
Copper, Cu mg	0.039	0.002	86	JA	6		0.063	0.045	0.004
Manganese, Mn mg	0.129	0.004	89	JA	6		0.206	0.148	0.013
Selenium, Se µg	0.5	0.143	49	JA	6		0.8	0.5	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	7.4	0.053	17		1		11.8	8.5	0.7
Thiamin mg	0.046	0.001	25	JA	6		0.074	0.053	0.005
Riboflavin mg	0.027	0.002	12	JA	6		0.044	0.032	0.003
Niacin mg	0.116	0.003	15	JA	6		0.186	0.134	0.012
Pantothenic acid mg	0.123	0.002	24	JA	6		0.197	0.141	0.012
Vitamin B-6 mg	0.120	0.004	25	JA	6		0.191	0.137	0.012
Folate, total µg	19	0.059	17		1		30	21	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	19	0.059	17		1		30	21	2
Folate, DFE µg	19		0	NC	4		30	21	2
Choline, total mg	6.1		0	AS	1		9.8	7.0	0.6
Betaine mg	0.1		1	A	1		0.1	0.1	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		0	BFSN	4		2	2	0
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	2		0	NC	4		4	3	0
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	4		0	BFSN	4		7	5	0
Vitamin E (alpha-tocopherol) mg	0.02	0.000	5	JO	11		0.03	0.02	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocopherol, gamma mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocopherol, delta mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocotrienol, alpha mg	0.04	0.002	5	JO	11		0.06	0.04	0.00
Tocotrienol, beta mg	0.00	0.000	5	JO	11		0.00	0.00	0.00

NDB No. 11282
Onions, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.4	0.011	9	JO	11		0.7	0.5	0.0
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.042		0	NC	4		0.067	0.048	0.004
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.004	0.000	4	A	1		0.006	0.004	0.000
15:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:0....g	0.034	0.003	4	A	1		0.055	0.039	0.003
17:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0....g	0.004	0.000	4	A	1		0.006	0.004	0.000
20:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.013		0	NC	4		0.021	0.015	0.001
14:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.013	0.002	4	A	1		0.021	0.015	0.001
20:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.017		0	NC	4		0.027	0.020	0.002
18:2 undifferentiated....g	0.013	0.002	4	A	1		0.021	0.015	0.001
18:3 undifferentiated....g	0.004	0.000	4	A	1		0.006	0.004	0.000
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	15		1		1		24	17	2
Amino Acids:									
Tryptophan....g	0.014		0	A	1		0.023	0.017	0.001
Threonine....g	0.021		0	A	1		0.033	0.024	0.002
Isoleucine....g	0.014		0	A	1		0.023	0.017	0.001
Leucine....g	0.025		0	A	1		0.040	0.028	0.002
Lysine....g	0.039		0	A	1		0.063	0.045	0.004
Methionine....g	0.002		0	A	1		0.003	0.002	0.000
Cystine....g	0.004		0	A	1		0.007	0.005	0.000
Phenylalanine....g	0.025		0	A	1		0.040	0.028	0.002
Tyrosine....g	0.014		0	A	1		0.023	0.017	0.001
Valine....g	0.021		0	A	1		0.033	0.024	0.002
Arginine....g	0.104		0	A	1		0.167	0.120	0.010
Histidine....g	0.014		0	A	1		0.023	0.017	0.001
Alanine....g	0.021		0	A	1		0.033	0.024	0.002

NDB No. 11282
Onions, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.091		0	A	1		0.146	0.105	0.009
Glutamic acid....g	0.258		0	A	1		0.413	0.297	0.026
Glycine....g	0.025		0	A	1		0.040	0.028	0.002
Proline....g	0.012		0	A	1		0.020	0.014	0.001
Serine....g	0.021		0	A	1		0.033	0.024	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup, chopped

Measure 2 = 115g: 1 cup, sliced

Measure 3 = 10.0g: 1 tbsp chopped

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11291

Onions, spring or scallions (includes tops and bulb), raw

Allium cepa or Allium fistulosum

Refuse: 4% Rootlets

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.83	0.878	21		1		89.83	5.39	22.46
Energy kcal	32		0	NC	4		32	2	8
Energy kJ	135		0	NC	4		135	8	34
Protein (N x 6.25) g	1.83	0.183	3		1		1.83	0.11	0.46
Total lipid (fat) g	0.19	0.067	3		1		0.19	0.01	0.05
Ash g	0.81	0.084	4		1		0.81	0.05	0.20
Carbohydrate, by difference g	7.34		0	NC	4		7.34	0.44	1.84
Fiber, total dietary g	2.6		0		1		2.6	0.2	0.7
Sugars, total g	2.33		0	BFSN	4		2.33	0.14	0.58
Starch g									
Minerals:									
Calcium, Ca mg	72	15.746	3		1		72	4	18
Iron, Fe mg	1.48	0.874	4		1		1.48	0.09	0.37
Magnesium, Mg mg	20	1.514	4		1		20	1	5
Phosphorus, P mg	37	0.835	3		1		37	2	9
Potassium, K mg	276	1.323	4		1		276	17	69
Sodium, Na mg	16	5.791	12		1		16	1	4
Zinc, Zn mg	0.39	0.093	4		1		0.39	0.02	0.10
Copper, Cu mg	0.083	0.013	4		1		0.083	0.005	0.021
Manganese, Mn mg	0.160		2		1		0.160	0.010	0.040
Selenium, Se µg	0.6		0	BFSN	4		0.6	0.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	18.8		2		1		18.8	1.1	4.7
Thiamin mg	0.055		2		1		0.055	0.003	0.014
Riboflavin mg	0.080		2		1		0.080	0.005	0.020
Niacin mg	0.525		2		1		0.525	0.032	0.131
Pantothenic acid mg	0.075		2		1		0.075	0.005	0.019
Vitamin B-6 mg	0.061		0		4		0.061	0.004	0.015
Folate, total µg	64	11.007	11		1		64	4	16
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	64	11.007	11		1		64	4	16
Folate, DFE µg	64		0	NC	4		64	4	16
Choline, total mg	5.7		0	BFSN	4		5.7	0.3	1.4
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	50		0	NC	4		50	3	12
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	598		0	BFSN	4		598	36	150
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	997		0	NC	4		997	60	249
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	1137		0	BFSN	4		1137	68	284
Vitamin E (alpha-tocopherol) mg	0.55		0	BFSN	4		0.55	0.03	0.14
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	207.0		0	T	4		207.0	12.4	51.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11291

Onions, spring or scallions (includes tops and bulb), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.032		0		1		0.032	0.002	0.008
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		1		1		0.001	0.000	0.000
15:0....g									
16:0....g	0.028		1		1		0.028	0.002	0.007
17:0....g									
18:0....g	0.003		1		1		0.003	0.000	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.027	0.002	0.007
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.027		1		1		0.027	0.002	0.007
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.074		0		1		0.074	0.004	0.019
18:2 undifferentiated....g	0.070		1		1		0.070	0.004	0.018
18:3 undifferentiated....g	0.004		1		1		0.004	0.000	0.001
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.020	0.001	0.005
Threonine....g	0.072		0		1		0.072	0.004	0.018
Isoleucine....g	0.077		0		1		0.077	0.005	0.019
Leucine....g	0.109		0		1		0.109	0.007	0.027
Lysine....g	0.091		0		1		0.091	0.005	0.023
Methionine....g	0.020		0		1		0.020	0.001	0.005
Cystine....g									
Phenylalanine....g	0.059		0		1		0.059	0.004	0.015
Tyrosine....g	0.053		0		1		0.053	0.003	0.013
Valine....g	0.081		0		1		0.081	0.005	0.020
Arginine....g	0.132		0		1		0.132	0.008	0.033
Histidine....g	0.032		0		1		0.032	0.002	0.008
Alanine....g	0.082		0		1		0.082	0.005	0.021
Aspartic acid....g	0.169		0		1		0.169	0.010	0.042
Glutamic acid....g	0.378		0		1		0.378	0.023	0.095
Glycine....g	0.091		0		1		0.091	0.005	0.023
Proline....g	0.121		0		1		0.121	0.007	0.030
Serine....g	0.082		0		1		0.082	0.005	0.021
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11291

Onions, spring or scallions (includes tops and bulb), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 cup, chopped

Measure 2 = 6.0g: 1 tbsp chopped

Measure 3 = 25g: 1 large

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11294
Onions, sweet, raw
Allium cepa

Refuse: 16% Stem, root, and two outermost layers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.24	0.162	8	A	1		135.03	301.99	
Energy kcal	32		0	NC	4		47	106	
Energy kJ	133		0	NC	4		198	442	
Protein g	0.80	0.022	7	A	1		1.18	2.63	
Total lipid (fat) g	0.08	0.008	8	A	1		0.12	0.28	
Ash g	0.34	0.058	7	A	1		0.50	1.11	
Carbohydrate, by difference g	7.55		0	NC	4		11.17	24.99	
Fiber, total dietary g	0.9	0.044	7	A	1		1.4	3.0	
Sugars, total g	5.02		0	AS	1		7.42	16.60	
Sucrose g	0.72	0.041	8	A	1		1.06	2.38	
Glucose (dextrose) g	2.26	0.087	7	A	1		3.34	7.47	
Fructose g	2.02	0.046	8	A	1		2.99	6.69	
Lactose g	0.02	0.019	8	A	1		0.03	0.06	
Maltose g	0.00	0.000	8	A	1		0.00	0.00	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g	0.00	0.000	4	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	20	2.057	8	A	1		30	66	
Iron, Fe mg	0.26	0.011	7	A	1		0.38	0.85	
Magnesium, Mg mg	9	0.421	8	A	1		13	29	
Phosphorus, P mg	27	1.261	8	A	1		40	89	
Potassium, K mg	119	3.872	8	A	1		176	394	
Sodium, Na mg	8	1.995	8	A	1		12	26	
Zinc, Zn mg	0.13	0.014	8	A	1		0.20	0.44	
Copper, Cu mg	0.056	0.002	8	A	1		0.083	0.186	
Manganese, Mn mg	0.076	0.008	8	A	1		0.112	0.251	
Selenium, Se µg	0.5	0.163	4	A	1		0.7	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.8	0.328	8	A	1		7.1	15.8	
Thiamin mg	0.041	0.008	8	A	1		0.060	0.135	
Riboflavin mg	0.020	0.002	8	A	1		0.030	0.066	
Niacin mg	0.133	0.007	6	A	1		0.197	0.440	
Pantothenic acid mg	0.098	0.006	8	A	1		0.145	0.323	
Vitamin B-6 mg	0.130	0.021	8	A	1		0.192	0.430	
Folate, total µg	23	1.800	5	A	1		35	78	
Folic acid µg									
Folate, food µg	23	1.800	5	A	1		35	78	
Folate, DFE µg									
Choline, total mg	5.5		0	AS	1		8.1	18.2	
Betaine mg	0.1		2	A	1		0.1	0.3	
Vitamin B-12 µg									
Vitamin A, RAE µg	0		4	AS	1		0	0	
Retinol µg									
Carotene, beta µg	1	0.000	4	A	1		1	2	
Carotene, alpha µg	0	0.000	4	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	
Vitamin A, IU IU	1		4	AS	1		2	4	
Lycopene µg	0	0.000	4	A	1		0	0	
Lutein + zeaxanthin µg	6	1.275	4	A	1		8	18	
Vitamin E (alpha-tocopherol) mg	0.02	0.002	4	A	1		0.02	0.05	
Tocopherol, beta mg	0.00	0.004	4	A	1		0.01	0.01	
Tocopherol, gamma mg	0.00	0.005	4	A	1		0.01	0.02	
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01	0.009	4	A	1		0.02	0.05	
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00	0.000	4	A	1		0.00	0.00	

NDB No. 11294
Onions, sweet, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3	0.031	8	A	1		0.5	1.1	
Dihydrophylloquinone µg	0.0	0.000	8	A	1		0.0	0.0	
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g									
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.009		0	A	1		0.013	0.030	
Threonine g	0.018		0	A	1		0.027	0.061	
Isoleucine g	0.014		0	A	1		0.021	0.047	
Leucine g	0.025		0	A	1		0.037	0.083	
Lysine g	0.033		0	A	1		0.049	0.109	
Methionine g	0.009		0	A	1		0.013	0.030	
Cystine g	0.009		0	A	1		0.013	0.030	
Phenylalanine g	0.024		0	A	1		0.035	0.078	
Tyrosine g	0.012		0	A	1		0.018	0.039	
Valine g	0.020		0	A	1		0.029	0.065	
Arginine g	0.111		0	A	1		0.165	0.368	
Histidine g	0.011		0	A	1		0.016	0.035	
Alanine g	0.017		0	A	1		0.024	0.055	
Aspartic acid g	0.067		0	A	1		0.100	0.223	
Glutamic acid g	0.177		0	A	1		0.262	0.587	
Glycine g	0.020		0	A	1		0.030	0.067	
Proline g	0.015		0	A	1		0.022	0.049	
Serine g	0.020		0	A	1		0.030	0.066	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 NLEA serving

Measure 2 = 331g: 1 onion

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11293
Onions, welsh, raw
Allium fistulosum

Refuse: 35% Leaf tops and roots

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.50		0		1				
Energy kcal	34		0	NC	4				
Energy kJ	142		0		4				
Protein (N x 6.25) g	1.90		0		1				
Total lipid (fat) g	0.40		0		1				
Ash g	0.70		0		1				
Carbohydrate, by difference g	6.50		0	NC	4				
Fiber, total dietary g	2.4		0	BFSN	4				
Sugars, total g	2.18		0	BFSN	4				
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1				
Iron, Fe mg	1.22		0		4				
Magnesium, Mg mg	23		0		4				
Phosphorus, P mg	49		0		1				
Potassium, K mg	212		0		4				
Sodium, Na mg	17		0		4				
Zinc, Zn mg	0.52		0		4				
Copper, Cu mg	0.070		0		4				
Manganese, Mn mg	0.137		0		4				
Selenium, Se µg	0.6		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	27.0		0		1				
Thiamin mg	0.050		0		1				
Riboflavin mg	0.090		0		1				
Niacin mg	0.400		0		1				
Pantothenic acid mg	0.169		0		4				
Vitamin B-6 mg	0.072		0		4				
Folate, total µg	16		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	16		0		4				
Folate, DFE µg	16		0	NC	4				
Choline, total mg	5.3		0	BFSN	4				
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1160		0		4				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.51		0	BFSN	4				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg	193.4		0	BFSN	4				
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11293
Onions, welsh, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.067		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1				
15:0....g									
16:0....g	0.060		0		1				
17:0....g									
18:0....g	0.005		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.056		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.056		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.156		0		1				
18:2 undifferentiated....g	0.148		0		1				
18:3 undifferentiated....g	0.008		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1				
Threonine....g	0.074		0		1				
Isoleucine....g	0.081		0		1				
Leucine....g	0.113		0		1				
Lysine....g	0.095		0		1				
Methionine....g	0.021		0		1				
Cystine....g									
Phenylalanine....g	0.061		0		1				
Tyrosine....g	0.055		0		1				
Valine....g	0.084		0		1				
Arginine....g	0.137		0		1				
Histidine....g	0.033		0		1				
Alanine....g	0.086		0		1				
Aspartic acid....g	0.176		0		1				
Glutamic acid....g	0.393		0		1				
Glycine....g	0.094		0		1				
Proline....g	0.126		0		1				
Serine....g	0.086		0		1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

NDB No. 11293
Onions, welsh, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11286
Onions, yellow, sauteed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.01	1.122	4	A	1		69.61		
Energy kcal	132		0	NC	4		115		
Energy kJ	554		0	NC	4		482		
Protein g	0.95	0.090	4	A	1		0.82		
Total lipid (fat) g	10.80	0.736	4	A	1		9.40		
Ash g	0.38	0.031	4	A	1		0.33		
Carbohydrate, by difference g	7.86		0	NC	4		6.84		
Fiber, total dietary g	1.7	0.058	4	A	1		1.5		
Sugars, total g									
Sucrose g	0.81	0.213	4	A	1		0.71		
Glucose (dextrose) g	2.10	0.030	4	A	1		1.82		
Fructose g	1.48	0.137	4	A	1		1.29		
Lactose g	0.00	0.000	4	A	1		0.00		
Maltose g	0.00	0.000	4	A	1		0.00		
Galactose g									
Starch g	0.00	0.000	3	A	1		0.00		
Minerals:									
Calcium, Ca mg	20	2.364	4	A	1		17		
Iron, Fe mg	0.27	0.023	4	A	1		0.23		
Magnesium, Mg mg	9	1.091	4	A	1		8		
Phosphorus, P mg	33	3.027	4	A	1		29		
Potassium, K mg	133	6.511	4	A	1		115		
Sodium, Na mg	12	1.557	4	A	1		11		
Zinc, Zn mg	0.21	0.014	4	A	1		0.19		
Copper, Cu mg	0.017	0.000	4	A	1		0.014		
Manganese, Mn mg	0.102	0.011	4	A	1		0.089		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	1.8	0.670	4	A	1		1.5		
Thiamin mg	0.049	0.004	4	A	1		0.043		
Riboflavin mg	0.041	0.008	4	A	1		0.036		
Niacin mg	0.037	0.000	4	A	1		0.032		
Pantothenic acid mg	0.172	0.018	4	A	1		0.150		
Vitamin B-6 mg	0.207	0.019	4	A	1		0.180		
Folate, total µg	2	0.000	4	A	1		2		
Folic acid µg									
Folate, food µg	2	0.000	4	A	1		2		
Folate, DFE µg									
Choline, total mg	6.5		0	AS	1		5.7		
Betaine mg	0.1		1	A	1		0.1		
Vitamin B-12 µg									
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.68		1	A	1		0.59		
Tocopherol, beta mg	0.04		1	A	1		0.03		
Tocopherol, gamma mg	5.64		1	A	1		4.91		
Tocopherol, delta mg	1.57		1	A	1		1.37		
Tocotrienol, alpha mg	0.03		1	A	1		0.03		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11286
Onions, yellow, sauteed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	21.6		2	A	1		18.8		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.477		0	NC	4		1.285		
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.002		2	A	1		0.001		
15:0....g	0.000		2	A	1		0.000		
16:0....g	1.020		2	A	1		0.887		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.395		2	A	1		0.344		
20:0....g	0.030		2	A	1		0.026		
22:0....g	0.030		2	A	1		0.026		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	2.185		0	NC	4		1.901		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.000		2	A	1		0.000		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	2.155		2	A	1		1.875		
20:1....g	0.030		2	A	1		0.026		
22:1 undifferentiated....g	0.000		2	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.470		0	NC	4		4.759		
18:2 undifferentiated....g	4.810		2	A	1		4.185		
18:3 undifferentiated....g	0.660		2	A	1		0.574		
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0	A	1		0.012		
Threonine....g	0.020		0	A	1		0.018		
Isoleucine....g	0.014		0	A	1		0.012		
Leucine....g	0.024		0	A	1		0.021		
Lysine....g	0.038		0	A	1		0.033		
Methionine....g	0.002		0	A	1		0.001		
Cystine....g	0.004		0	A	1		0.004		
Phenylalanine....g	0.024		0	A	1		0.021		
Tyrosine....g	0.014		0	A	1		0.012		
Valine....g	0.020		0	A	1		0.018		
Arginine....g	0.102		0	A	1		0.089		
Histidine....g	0.014		0	A	1		0.012		
Alanine....g	0.020		0	A	1		0.018		
Aspartic acid....g	0.089		0	A	1		0.077		
Glutamic acid....g	0.251		0	A	1		0.219		
Glycine....g	0.024		0	A	1		0.021		

NDB No. 11286
Onions, yellow, sauteed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.012		0	A	1		0.010		
Serine....g	0.020		0	A	1		0.018		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 cup chopped

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11292

Onions, young green, tops only

Allium cepa

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.32	0.373	4	A	1		5.54	11.08	65.55
Energy kcal	27		0	NC	4		2	3	19
Energy kJ	112		0	NC	4		7	13	79
Protein g	0.97	0.031	4	A	1		0.06	0.12	0.69
Total lipid (fat) g	0.47	0.056	4	A	1		0.03	0.06	0.33
Ash g	0.51	0.057	4	A	1		0.03	0.06	0.36
Carbohydrate, by difference g	5.74		0	NC	4		0.34	0.69	4.07
Fiber, total dietary g	1.8	0.075	4	A	1		0.1	0.2	1.3
Sugars, total g	3.91		0	O	4		0.23	0.47	2.78
Sucrose g	0.16	0.127	4	A	1		0.01	0.02	0.11
Glucose (dextrose) g	1.64	0.114	4	A	1		0.10	0.20	1.16
Fructose g	2.12	0.246	4	A	1		0.13	0.25	1.50
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	52	6.143	4	A	1		3	6	37
Iron, Fe mg	0.51	0.027	4	A	1		0.03	0.06	0.36
Magnesium, Mg mg	16	0.476	4	A	1		1	2	11
Phosphorus, P mg	25	0.515	4	A	1		1	3	17
Potassium, K mg	159	14.499	4	A	1		10	19	113
Sodium, Na mg	15	4.584	4	A	1		1	2	11
Zinc, Zn mg	0.20	0.016	4	A	1		0.01	0.02	0.14
Copper, Cu mg	0.031	0.003	4	A	1		0.002	0.004	0.022
Manganese, Mn mg	0.150	0.019	4	A	1		0.009	0.018	0.107
Selenium, Se µg	0.5		0	BFSN	4		0.0	0.1	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	13.4	0.972	4	A	1		0.8	1.6	9.5
Thiamin mg	0.030	0.000	4	A	1		0.002	0.004	0.021
Riboflavin mg	0.026	0.006	4	A	1		0.002	0.003	0.019
Niacin mg	0.330	0.032	4	A	1		0.020	0.040	0.234
Pantothenic acid mg	0.138	0.009	4	A	1		0.008	0.017	0.098
Vitamin B-6 mg	0.088	0.007	4	A	1		0.005	0.011	0.062
Folate, total µg	30		2	A	1		2	4	21
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	30		2	A	1		2	4	21
Folate, DFE µg	30		0	NC	4		2	4	21
Choline, total mg	4.3		0	BFSN	4		0.3	0.5	3.1
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	200		0	NC	4		12	24	142
Retinol µg	0		0	BNA	4		0	0	0
Carotene, beta µg	2400		0	BNA	4		144	288	1704
Carotene, alpha µg	0		0	BNA	4		0	0	0
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	0
Vitamin A, IU IU	4000		0	NC	4		240	480	2840
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	858		0	BFSN	4		52	103	609
Vitamin E (alpha-tocopherol) mg	0.21		0	O	4		0.01	0.03	0.15
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11292
Onions, young green, tops only

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	156.3		0	BFSN	4		9.4	18.8	111.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.087		0	NC	4		0.005	0.010	0.062
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		1	A	1		0.000	0.000	0.000
10:0....g	0.012		1	A	1		0.001	0.001	0.009
12:0....g	0.003		1	A	1		0.000	0.000	0.002
13:0....g									
14:0....g	0.006		1	A	1		0.000	0.001	0.004
15:0....g	0.002		1	A	1		0.000	0.000	0.001
16:0....g	0.045		1	A	1		0.003	0.005	0.032
17:0....g	0.001		1	A	1		0.000	0.000	0.001
18:0....g	0.012		1	A	1		0.001	0.001	0.009
20:0....g	0.002		1	A	1		0.000	0.000	0.001
22:0....g	0.002		1	A	1		0.000	0.000	0.001
24:0....g	0.002		1	A	1		0.000	0.000	0.001
Fatty acids, total monounsaturated....g	0.022		0	NC	4		0.001	0.003	0.016
14:1....g	0.002		1	A	1		0.000	0.000	0.001
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.002		0	AS	1		0.000	0.000	0.001
16:1 c....g	0.002		1	A	1		0.000	0.000	0.001
16:1 t....g	0.000		1	A	1		0.000	0.000	0.000
17:1....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.018		0	AS	1		0.001	0.002	0.013
18:1 c....g	0.018		1	A	1		0.001	0.002	0.013
18:1 t....g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.064		0	NC	4		0.004	0.008	0.045
18:2 undifferentiated....g	0.043		0	AS	1		0.003	0.005	0.031
18:2 n-6 c,c....g	0.043		1	A	1		0.003	0.005	0.031
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.021		0	AS	1		0.001	0.003	0.015
18:3 n-3 c,c,c (ALA)....g	0.021		1	A	1		0.001	0.003	0.015
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 11292
Onions, young green, tops only

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 tbsp

Measure 2 = 12.0g: 1 stalk

Measure 3 = 71g: 1 cup chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31015
PACE, Diced Green Chilies
Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.30		1	MC	9		27.69	27.69	
Energy kcal	27		1	NC	4		8	8	
Energy kJ	112		0	NC	4		33	33	
Protein (N x 6.25) g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	1.03		0	O	4		0.31	0.31	
Carbohydrate, by difference g	6.67		1	LC	8		2.00	2.00	
Fiber, total dietary g	3.3		1	LC	8		1.0	1.0	
Sugars, total g	3.33		1	LC	8		1.00	1.00	
Starch g									
Minerals:									
Calcium, Ca mg									
Iron, Fe mg									
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	333		1	LC	8		100	100	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	12.0		1	LC	8		3.6	3.6	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g									
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31015
PACE, Diced Green Chilies

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 2 tbsp

Measure 2 = 30g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31014

PACE, Jalapenos Nacho Sliced Peppers

Campbell Soup Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.30		1	MC	9		27.39	27.39	
Energy kcal	13		1	NC	4		4	4	
Energy kJ	56		0	NC	4		17	17	
Protein (N x 6.25) g	0.00		1	LC	8		0.00	0.00	
Total lipid (fat) g	0.00		1	LC	8		0.00	0.00	
Ash g	5.37		0	O	4		1.61	1.61	
Carbohydrate, by difference g	3.33		1	LC	8		1.00	1.00	
Fiber, total dietary g	3.3		1	LC	8		1.0	1.0	
Sugars, total g	3.33		1	LC	8		1.00	1.00	
Starch g									
Minerals:									
Calcium, Ca mg	67		1	LC	8		20	20	
Iron, Fe mg									
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	1000		1	LC	8		300	300	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	12.0		1	LC	8		3.6	3.6	
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	333		1	LC	8		100	100	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.000		1	LC	8		0.000	0.000	
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g									
Cholesterol mg	0		1	LC	8		0	0	
Phytosterols mg									

NDB No. 31014
PACE, Jalapenos Nacho Sliced Peppers

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 oz

Measure 2 = 30g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11625
Parsley, freeze-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.00		1		1		0.01	0.03	
Energy kcal	271		0	NC	4		1	4	
Energy kJ	1134		0		4		5	16	
Protein (N x 6.25) g	31.30		1		1		0.13	0.44	
Total lipid (fat) g	5.20		1		1		0.02	0.07	
Ash g	19.12		0		1		0.08	0.27	
Carbohydrate, by difference g	42.38		0	NC	4		0.17	0.59	
Fiber, total dietary g	32.7		0	BFSN	4		0.1	0.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	176		1		1		1	2	
Iron, Fe mg	53.90		1		1		0.22	0.75	
Magnesium, Mg mg	372		0		1		1	5	
Phosphorus, P mg	548		1		1		2	8	
Potassium, K mg	6300		1		1		25	88	
Sodium, Na mg	391		1		1		2	5	
Zinc, Zn mg	6.11		0		1		0.02	0.09	
Copper, Cu mg	0.459		0		1		0.002	0.006	
Manganese, Mn mg	1.338		0		1		0.005	0.019	
Selenium, Se µg	32.3		0	BFSN	4		0.1	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	149.0		1		1		0.6	2.1	
Thiamin mg	1.040		1		1		0.004	0.015	
Riboflavin mg	2.260		1		1		0.009	0.032	
Niacin mg	10.400		1		1		0.042	0.146	
Pantothenic acid mg	2.516		0		1		0.010	0.035	
Vitamin B-6 mg	1.375		0		1		0.006	0.019	
Folate, total µg	194		0	BFSN	4		1	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	194		0	BFSN	4		1	3	
Folate, DFE µg	194		0	NC	4		1	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	63240		1		1		253	885	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11625
Parsley, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.516		0		1		0.002	0.007	
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	3.115		0		1		0.012	0.044	
Methionine....g	0.210		0		1		0.001	0.003	
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.4g: .25 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11297
Parsley, fresh
Petroselinum crispum

Refuse: 5% Tough stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.71	0.668	11		1		52.63	3.33	8.77
Energy kcal	36		0	NC	4		22	1	4
Energy kJ	151		0		4		90	6	15
Protein (N x 6.25) g	2.97	0.426	3		1		1.78	0.11	0.30
Total lipid (fat) g	0.79	0.267	3		1		0.47	0.03	0.08
Ash g	2.20		2		1		1.32	0.08	0.22
Carbohydrate, by difference g	6.33		0	NC	4		3.80	0.24	0.63
Fiber, total dietary g	3.3		0		1		2.0	0.1	0.3
Sugars, total g	0.85		0	T	4		0.51	0.03	0.09
Starch g									
Minerals:									
Calcium, Ca mg	138	6.838	4		1		83	5	14
Iron, Fe mg	6.20		1		1		3.72	0.24	0.62
Magnesium, Mg mg	50	10.578	4		1		30	2	5
Phosphorus, P mg	58	8.035	4		1		35	2	6
Potassium, K mg	554	77.704	7		1		332	21	55
Sodium, Na mg	56	19.862	7		1		34	2	6
Zinc, Zn mg	1.07	0.391	3		1		0.64	0.04	0.11
Copper, Cu mg	0.149	0.013	3		1		0.089	0.006	0.015
Manganese, Mn mg	0.160		1		1		0.096	0.006	0.016
Selenium, Se µg	0.1		0	CAZN	4		0.1	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	133.0	30.935	3		1		79.8	5.1	13.3
Thiamin mg	0.086	0.015	3		1		0.052	0.003	0.009
Riboflavin mg	0.098	0.007	3		1		0.059	0.004	0.010
Niacin mg	1.313	0.334	3		1		0.788	0.050	0.131
Pantothenic acid mg	0.400		2		1		0.240	0.015	0.040
Vitamin B-6 mg	0.090		2		1		0.054	0.003	0.009
Folate, total µg	152	21.740	5		1		91	6	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	152	21.740	5		1		91	6	15
Folate, DFE µg	152		0	NC	4		91	6	15
Choline, total mg	12.8		0	CAZN	4		7.7	0.5	1.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	421		0	AS	1		253	16	42
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5054	310.986	7	A	1		3033	192	505
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	8424		0	AS	1		5054	320	842
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	5561	2753.943	7	A	1		3336	211	556
Vitamin E (alpha-tocopherol) mg	0.75		1		1		0.45	0.03	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		1		1		0.00	0.00	0.00
Tocopherol, gamma mg	0.53		1		1		0.32	0.02	0.05
Tocopherol, delta mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	1640.0	0.000	4		1		984.0	62.3	164.0

NDB No. 11297
Parsley, fresh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.132		0		1		0.079	0.005	0.013
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.008		1		1		0.005	0.000	0.001
15:0....g									
16:0....g	0.084		1		1		0.050	0.003	0.008
17:0....g									
18:0....g	0.039		1		1		0.023	0.001	0.004
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.295		0		1		0.177	0.011	0.030
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		1		1		0.005	0.000	0.001
17:1....g									
18:1 undifferentiated....g	0.287		1		1		0.172	0.011	0.029
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.124		0		1		0.074	0.005	0.012
18:2 undifferentiated....g	0.115		1		1		0.069	0.004	0.012
18:3 undifferentiated....g	0.008		1		1		0.005	0.000	0.001
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	5		1		1		3	0	1
Amino Acids:									
Tryptophan....g	0.045		0		1		0.027	0.002	0.005
Threonine....g	0.122		0		1		0.073	0.005	0.012
Isoleucine....g	0.118		0		1		0.071	0.004	0.012
Leucine....g	0.204		0		1		0.122	0.008	0.020
Lysine....g	0.181		0		1		0.109	0.007	0.018
Methionine....g	0.042		0		1		0.025	0.002	0.004
Cystine....g	0.014		0		1		0.008	0.001	0.001
Phenylalanine....g	0.145		0		1		0.087	0.006	0.015
Tyrosine....g	0.082		0		1		0.049	0.003	0.008
Valine....g	0.172		0		1		0.103	0.007	0.017
Arginine....g	0.122		0		1		0.073	0.005	0.012
Histidine....g	0.061		0		1		0.037	0.002	0.006
Alanine....g	0.195		0		1		0.117	0.007	0.020
Aspartic acid....g	0.294		0		1		0.176	0.011	0.029
Glutamic acid....g	0.249		0		1		0.149	0.009	0.025
Glycine....g	0.145		0		1		0.087	0.006	0.015
Proline....g	0.213		0		1		0.128	0.008	0.021
Serine....g	0.136		0		1		0.082	0.005	0.014
Hydroxyproline....g									

NDB No. 11297
Parsley, fresh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup chopped

Measure 2 = 3.8g: 1 tbsp

Measure 3 = 10.0g: 10 sprigs

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11808
Parsnips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.24		7		1		62.59	128.38	
Energy kcal	71		0	NC	4		56	114	
Energy kJ	299		0	NC	4		233	479	
Protein (N x 6.25) g	1.32	0.075	5		1		1.03	2.12	
Total lipid (fat) g	0.30	0.025	5		1		0.23	0.48	
Ash g	1.13	0.072	5		1		0.88	1.81	
Carbohydrate, by difference g	17.01		0	NC	4		13.27	27.21	
Fiber, total dietary g	4.0		1	A	1		3.1	6.4	
Sugars, total g	4.80		0	BFZN	4		3.74	7.68	
Starch g									
Minerals:									
Calcium, Ca mg	37		0		1		29	59	
Iron, Fe mg	0.58	0.108	5		1		0.45	0.93	
Magnesium, Mg mg	29		0		1		23	46	
Phosphorus, P mg	69		0		1		54	110	
Potassium, K mg	367		0		1		286	587	
Sodium, Na mg	246		0		4		192	394	
Zinc, Zn mg	0.26	0.035	5		1		0.20	0.42	
Copper, Cu mg	0.138	0.018	5		1		0.108	0.221	
Manganese, Mn mg	0.294	0.041	5		1		0.229	0.470	
Selenium, Se µg	1.7		0	BFSN	4		1.3	2.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.0		0		1		10.1	20.8	
Thiamin mg	0.083		0		1		0.065	0.133	
Riboflavin mg	0.051		0		1		0.040	0.082	
Niacin mg	0.724		0		1		0.565	1.158	
Pantothenic acid mg	0.588		0		1		0.459	0.941	
Vitamin B-6 mg	0.093		0		1		0.073	0.149	
Folate, total µg	58		0		1		45	93	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	58		0		1		45	93	
Folate, DFE µg	58		0	NC	4		45	93	
Choline, total mg	27.0		0	BFZN	4		21.0	43.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFZN	4		0	0	
Carotene, alpha µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol) mg	1.00		0	BFZN	4		0.78	1.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1.0		0	BFZN	4		0.8	1.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11808

Parsnips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.050		0		1		0.039	0.080	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.002	0.005	
15:0....g									
16:0....g	0.030		0		1		0.023	0.048	
17:0....g									
18:0....g	0.014		0		1		0.011	0.022	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.112		0		1		0.087	0.179	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.002	0.005	
17:1....g									
18:1 undifferentiated....g	0.102		0		1		0.080	0.163	
20:1....g									
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.037	0.075	
18:2 undifferentiated....g	0.041		0		1		0.032	0.066	
18:3 undifferentiated....g	0.003		0		1		0.002	0.005	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup slices

Measure 2 = 160g: 1 parsnip (9" long)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11299
Parsnips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.24		7		1		62.59	128.38	
Energy kcal	71		0	NC	4		56	114	
Energy kJ	299		0	NC	4		233	479	
Protein (N x 6.25) g	1.32	0.075	5		1		1.03	2.12	
Total lipid (fat) g	0.30		5		1		0.23	0.48	
Ash g	1.13		5		1		0.88	1.81	
Carbohydrate, by difference g	17.01		0	NC	4		13.27	27.21	
Fiber, total dietary g	3.6		2		1		2.8	5.8	
Sugars, total g	4.80		0	T	4		3.74	7.68	
Starch g									
Minerals:									
Calcium, Ca mg	37		0		1		29	59	
Iron, Fe mg	0.58		5		1		0.45	0.92	
Magnesium, Mg mg	29		0		1		23	46	
Phosphorus, P mg	69		0		1		54	110	
Potassium, K mg	367		0		1		286	587	
Sodium, Na mg	10		0		1		8	16	
Zinc, Zn mg	0.26		5		1		0.20	0.41	
Copper, Cu mg	0.138		5		1		0.108	0.221	
Manganese, Mn mg	0.294		5		1		0.230	0.471	
Selenium, Se µg	1.7		0	BFSN	4		1.3	2.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.0		0		1		10.1	20.8	
Thiamin mg	0.083		0		1		0.065	0.133	
Riboflavin mg	0.051		0		1		0.040	0.082	
Niacin mg	0.724		0		1		0.565	1.158	
Pantothenic acid mg	0.588		0		1		0.459	0.941	
Vitamin B-6 mg	0.093		0		1		0.073	0.149	
Folate, total µg	58		0		1		45	93	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	58		0		1		45	93	
Folate, DFE µg	58		0	NC	4		45	93	
Choline, total mg	27.0		0	BFSN	4		21.0	43.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.00		0	O	4		0.78	1.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	1.0		0	T	4		0.8	1.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11299

Parsnips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.050		0		1		0.039	0.080	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.002	0.005	
15:0....g									
16:0....g	0.030		0		1		0.023	0.048	
17:0....g									
18:0....g	0.014		0		1		0.011	0.022	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.112		0		1		0.087	0.179	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.002	0.005	
17:1....g									
18:1 undifferentiated....g	0.102		0		1		0.080	0.163	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.037	0.075	
18:2 undifferentiated....g	0.041		0		1		0.032	0.066	
18:3 undifferentiated....g	0.003		0		1		0.002	0.005	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup slices

Measure 2 = 160g: 1 parsnip (9" long)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11298
Parsnips, raw
Pastinaca sativa

Refuse: 15% Parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.53	1.544	6		1		105.77		
Energy kcal	75		0	NC	4		100		
Energy kJ	314		0	NC	4		417		
Protein (N x 6.25) g	1.20		1		1		1.60		
Total lipid (fat) g	0.30		1		1		0.40		
Ash g	0.98		1		1		1.30		
Carbohydrate, by difference g	17.99		0	NC	4		23.93		
Fiber, total dietary g	4.9		0		4		6.5		
Sugars, total g	4.80		0	T	4		6.38		
Starch g									
Minerals:									
Calcium, Ca mg	36		2		1		48		
Iron, Fe mg	0.59		2		1		0.78		
Magnesium, Mg mg	29		2		1		39		
Phosphorus, P mg	71		2		1		94		
Potassium, K mg	375		2		1		499		
Sodium, Na mg	10		1		1		13		
Zinc, Zn mg	0.59		1		1		0.78		
Copper, Cu mg	0.120		1		1		0.160		
Manganese, Mn mg	0.560		1		1		0.745		
Selenium, Se µg	1.8		0	BFSN	4		2.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0		1		1		22.6		
Thiamin mg	0.090		1		1		0.120		
Riboflavin mg	0.050		1		1		0.067		
Niacin mg	0.700		1		1		0.931		
Pantothenic acid mg	0.600		0		1		0.798		
Vitamin B-6 mg	0.090		0		1		0.120		
Folate, total µg	67	6.900	4		1		89		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	67	6.900	4		1		89		
Folate, DFE µg	67		0	NC	4		89		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.49		0	BFSN	4		1.98		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	22.5		0	BFSN	4		30.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11298
Parsnips, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.050		0		1		0.067		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.003		1		1		0.004		
15:0....g									
16:0....g	0.030		1		1		0.040		
17:0....g									
18:0....g	0.014		1		1		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.112		0		1		0.149		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		1		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.102		1		1		0.136		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.063		
18:2 undifferentiated....g	0.041		1		1		0.055		
18:3 undifferentiated....g	0.003		1		1		0.004		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11816

Peas and carrots, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.15	0.139	155		1		224.78		
Energy kcal	38		0	NC	4		97		
Energy kJ	159		0		4		405		
Protein (N x 6.25) g	2.17	0.043	155		1		5.53		
Total lipid (fat) g	0.27	0.003	155		1		0.69		
Ash g	0.93	0.019	165		1		2.37		
Carbohydrate, by difference g	8.48		0	NC	4		21.62		
Fiber, total dietary g	3.3		0		4		8.4		
Sugars, total g	2.83		0	RA	4		7.22		
Starch g									
Minerals:									
Calcium, Ca mg	23	0.475	164		1		59		
Iron, Fe mg	0.75	0.055	165		1		1.91		
Magnesium, Mg mg	14	0.197	89		1		36		
Phosphorus, P mg	46	0.693	151		1		117		
Potassium, K mg	100	4.393	88		1		255		
Sodium, Na mg	4		0		1		10		
Zinc, Zn mg	0.58	0.020	28		1		1.48		
Copper, Cu mg	0.103	0.004	28		1		0.263		
Manganese, Mn mg	0.357		0		1		0.910		
Selenium, Se µg	0.9		0	BFSN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.6	0.829	165		1		16.8		
Thiamin mg	0.074	0.003	154		1		0.189		
Riboflavin mg	0.053	0.002	155		1		0.135		
Niacin mg	0.581	0.028	155		1		1.482		
Pantothenic acid mg	0.120		0		1		0.306		
Vitamin B-6 mg	0.088		0		1		0.224		
Folate, total µg	18		0		1		47		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		1		47		
Folate, DFE µg	18		0	NC	4		47		
Choline, total mg	12.6		0	RA	4		32.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	343		0	NC	4		874		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3400		0	RA	4		8669		
Carotene, alpha µg	1353		0	RA	4		3451		
Cryptoxanthin, beta µg	72		0	RA	4		184		
Vitamin A, IU IU	6854		0	NC	4		17477		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	1070		0	RA	4		2728		
Vitamin E (alpha-tocopherol) mg	0.38		0	RA	4		0.96		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	13.1		0	RA	4		33.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11816

Peas and carrots, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.049		0		1		0.125		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.043		0		1		0.110		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.059		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.056		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.129		0		1		0.329		
18:2 undifferentiated....g	0.105		0		1		0.268		
18:3 undifferentiated....g	0.023		0		1		0.059		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.041		
Threonine....g	0.081		0		1		0.207		
Isoleucine....g	0.079		0		1		0.201		
Leucine....g	0.125		0		1		0.319		
Lysine....g	0.123		0		1		0.314		
Methionine....g	0.031		0		1		0.079		
Cystine....g	0.013		0		1		0.033		
Phenylalanine....g	0.079		0		1		0.201		
Tyrosine....g	0.045		0		1		0.115		
Valine....g	0.094		0		1		0.240		
Arginine....g	0.164		0		1		0.418		
Histidine....g	0.042		0		1		0.107		
Alanine....g	0.098		0		1		0.250		
Aspartic acid....g	0.206		0		1		0.525		
Glutamic acid....g	0.307		0		1		0.783		
Glycine....g	0.072		0		1		0.184		
Proline....g	0.069		0		1		0.176		
Serine....g	0.072		0		1		0.184		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11816

Peas and carrots, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.98 **Fat** 8.37 **Carbohydrate** 3.16

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11318
Peas and carrots, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.15	0.139	155		1		224.78		
Energy kcal	38		0	NC	4		97		
Energy kJ	159				4		405		
Protein (N x 6.25) g	2.17	0.043	155		1		5.53		
Total lipid (fat) g	0.27	0.003	155		1		0.69		
Ash g	0.93	0.019	165		1		2.37		
Carbohydrate, by difference g	8.48		0	NC	4		21.62		
Fiber, total dietary g	2.0		0		4		5.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	23	0.475	164		1		59		
Iron, Fe mg	0.75	0.055	165		1		1.91		
Magnesium, Mg mg	14	0.197	89		1		36		
Phosphorus, P mg	46	0.693	151		1		117		
Potassium, K mg	100	4.393	88		1		255		
Sodium, Na mg	260	6.594	161		1		663		
Zinc, Zn mg	0.58	0.020	28		1		1.48		
Copper, Cu mg	0.103	0.004	28		1		0.263		
Manganese, Mn mg	0.357		0		1		0.910		
Selenium, Se µg	0.9		0	BFSN	4		2.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.6	0.829	165		1		16.8		
Thiamin mg	0.074	0.003	154		1		0.189		
Riboflavin mg	0.053	0.002	155		1		0.135		
Niacin mg	0.581	0.028	155		1		1.482		
Pantothenic acid mg	0.120		0		1		0.306		
Vitamin B-6 mg	0.088		0		1		0.224		
Folate, total µg	18		0		1		47		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		1		47		
Folate, DFE µg	18		0	NC	4		47		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	289	10.277	165		1		736		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	5770	205.539	165		1		14714		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11318

Peas and carrots, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.049		0		1		0.125		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.043		0		1		0.110		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.059		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.022		0		1		0.056		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.129		0		1		0.329		
18:2 undifferentiated....g	0.105		0		1		0.268		
18:3 undifferentiated....g	0.023		0		1		0.059		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.041		
Threonine....g	0.081		0		1		0.207		
Isoleucine....g	0.079		0		1		0.201		
Leucine....g	0.125		0		1		0.319		
Lysine....g	0.123		0		1		0.314		
Methionine....g	0.031		0		1		0.079		
Cystine....g	0.013		0		1		0.033		
Phenylalanine....g	0.079		0		1		0.201		
Tyrosine....g	0.045		0		1		0.115		
Valine....g	0.094		0		1		0.240		
Arginine....g	0.164		0		1		0.418		
Histidine....g	0.042		0		1		0.107		
Alanine....g	0.098		0		1		0.250		
Aspartic acid....g	0.206		0		1		0.525		
Glutamic acid....g	0.307		0		1		0.783		
Glycine....g	0.072		0		1		0.184		
Proline....g	0.069		0		1		0.176		
Serine....g	0.072		0		1		0.184		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11318

Peas and carrots, canned, regular pack, solids and liquids

Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 3.98 **Fat** 8.37 **Carbohydrate** 3.16

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11817

Peas and carrots, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.80		0		1		68.64	238.52	
Energy kcal	48		0	NC	4		38	133	
Energy kJ	201		0		4		161	558	
Protein (N x 6.25) g	3.09		0		1		2.47	8.59	
Total lipid (fat) g	0.42		0		1		0.34	1.17	
Ash g	0.57		0		1		0.46	1.58	
Carbohydrate, by difference g	10.12		0	NC	4		8.10	28.13	
Fiber, total dietary g	3.1		0		4		2.5	8.6	
Sugars, total g	4.36		0	BFZN	4		3.49	12.13	
Starch g									
Minerals:									
Calcium, Ca mg	23		0		1		18	64	
Iron, Fe mg	0.94		0		1		0.75	2.61	
Magnesium, Mg mg	16		0		1		13	44	
Phosphorus, P mg	49		0		1		39	136	
Potassium, K mg	158		0		1		126	439	
Sodium, Na mg	304		0		4		243	845	
Zinc, Zn mg	0.45		0		1		0.36	1.25	
Copper, Cu mg	0.076		0		1		0.061	0.211	
Manganese, Mn mg	0.202		0		1		0.162	0.562	
Selenium, Se µg	1.1		0	BFSN	4		0.9	3.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.1		0		1		6.5	22.5	
Thiamin mg	0.225		1		1		0.180	0.626	
Riboflavin mg	0.064		1		1		0.051	0.178	
Niacin mg	1.154		0		1		0.923	3.208	
Pantothenic acid mg	0.163		0		1		0.130	0.453	
Vitamin B-6 mg	0.087		1		1		0.070	0.242	
Folate, total µg	26		0		1		21	72	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	26		0		1		21	72	
Folate, DFE µg	26		0	NC	4		21	72	
Choline, total mg	18.1		0	BFZN	4		14.5	50.3	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	476		0	NC	4		381	1322	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4725		0	BFZN	4		3780	13135	
Carotene, alpha µg	1868		0	BFZN	4		1495	5194	
Cryptoxanthin, beta µg	99		0	BFZN	4		80	276	
Vitamin A, IU IU	9514		0	NC	4		7611	26449	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	1538		0	BFZN	4		1230	4276	
Vitamin E (alpha-tocopherol) mg	0.52		0	BFZN	4		0.42	1.45	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	18.8		0	BFZN	4		15.0	52.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11817

Peas and carrots, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.062	0.214	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.001		0		1		0.001	0.003	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.068		0		1		0.054	0.189	
17:0....g									
18:0....g	0.007		0		1		0.006	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.028	0.097	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.028	0.097	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1		0.161	0.559	
18:2 undifferentiated....g	0.164		0		1		0.131	0.456	
18:3 undifferentiated....g	0.036		0		1		0.029	0.100	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.018	0.061	
Threonine....g	0.116		0		1		0.093	0.322	
Isoleucine....g	0.112		0		1		0.090	0.311	
Leucine....g	0.179		0		1		0.143	0.498	
Lysine....g	0.175		0		1		0.140	0.487	
Methionine....g	0.044		0		1		0.035	0.122	
Cystine....g	0.019		0		1		0.015	0.053	
Phenylalanine....g	0.113		0		1		0.090	0.314	
Tyrosine....g	0.064		0		1		0.051	0.178	
Valine....g	0.134		0		1		0.107	0.373	
Arginine....g	0.234		0		1		0.187	0.651	
Histidine....g	0.060		0		1		0.048	0.167	
Alanine....g	0.140		0		1		0.112	0.389	
Aspartic acid....g	0.294		0		1		0.235	0.817	
Glutamic acid....g	0.439		0		1		0.351	1.220	
Glycine....g	0.103		0		1		0.082	0.286	
Proline....g	0.098		0		1		0.078	0.272	
Serine....g	0.103		0		1		0.082	0.286	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11817

Peas and carrots, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: .5 cup

Measure 2 = 278g: 1 package (10 oz) yields

Calories Factors: Protein 3.98 **Fat** 8.37 **Carbohydrate** 3.16

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11323

Peas and carrots, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.80		0		1		238.52	68.64	
Energy kcal	48		0	NC	4		133	38	
Energy kJ	201		0		4		558	161	
Protein (N x 6.25) g	3.09		0		1		8.59	2.47	
Total lipid (fat) g	0.42		0		1		1.17	0.34	
Ash g	0.57		0		1		1.58	0.46	
Carbohydrate, by difference g	10.12		0	NC	4		28.13	8.10	
Fiber, total dietary g	3.1		0		4		8.6	2.5	
Sugars, total g	4.36		0	RA	4		12.13	3.49	
Starch g									
Minerals:									
Calcium, Ca mg	23		0		1		64	18	
Iron, Fe mg	0.94		0		1		2.61	0.75	
Magnesium, Mg mg	16		0		1		44	13	
Phosphorus, P mg	49		0		1		136	39	
Potassium, K mg	158		0		1		439	126	
Sodium, Na mg	68		0		1		189	54	
Zinc, Zn mg	0.45		0		1		1.25	0.36	
Copper, Cu mg	0.076		0		1		0.211	0.061	
Manganese, Mn mg	0.202		0		1		0.562	0.162	
Selenium, Se µg	1.1		0	BFSN	4		3.1	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.1		0		1		22.5	6.5	
Thiamin mg	0.225		1		1		0.626	0.180	
Riboflavin mg	0.064		1		1		0.178	0.051	
Niacin mg	1.154		0		1		3.208	0.923	
Pantothenic acid mg	0.163		0		1		0.453	0.130	
Vitamin B-6 mg	0.087		1		1		0.242	0.070	
Folate, total µg	26		0		1		72	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	26		0		1		72	21	
Folate, DFE µg	26		0	NC	4		72	21	
Choline, total mg	18.1		0	RA	4		50.3	14.5	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	476		0	NC	4		1322	381	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4725		0	RA	4		13135	3780	
Carotene, alpha µg	1868		0	RA	4		5194	1495	
Cryptoxanthin, beta µg	99		0	RA	4		276	80	
Vitamin A, IU IU	9514		0	NC	4		26449	7611	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	1538		0	RA	4		4276	1230	
Vitamin E (alpha-tocopherol) mg	0.52		0	RA	4		1.45	0.42	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	18.8		0	RA	4		52.3	15.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11323

Peas and carrots, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.077		0		1		0.214	0.062	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.003	0.001	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.068		0		1		0.189	0.054	
17:0....g									
18:0....g	0.007		0		1		0.019	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.097	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.035		0		1		0.097	0.028	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.201		0		1		0.559	0.161	
18:2 undifferentiated....g	0.164		0		1		0.456	0.131	
18:3 undifferentiated....g	0.036		0		1		0.100	0.029	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0	RA	4		0.059	0.017	
Threonine....g	0.156		0	RA	4		0.434	0.125	
Isoleucine....g	0.116		0	RA	4		0.323	0.093	
Leucine....g	0.185		0	RA	4		0.515	0.148	
Lysine....g	0.182		0	RA	4		0.507	0.146	
Methionine....g	0.045		0	RA	4		0.126	0.036	
Cystine....g	0.041		0	RA	4		0.113	0.033	
Phenylalanine....g	0.114		0	RA	4		0.317	0.091	
Tyrosine....g	0.067		0	RA	4		0.187	0.054	
Valine....g	0.133		0	RA	4		0.369	0.106	
Arginine....g	0.232		0	RA	4		0.645	0.186	
Histidine....g	0.063		0	RA	4		0.175	0.050	
Alanine....g	0.149		0	RA	4		0.414	0.119	
Aspartic acid....g	0.295		0	RA	4		0.819	0.236	
Glutamic acid....g	0.467		0	RA	4		1.297	0.373	
Glycine....g	0.102		0	RA	4		0.284	0.082	
Proline....g	0.099		0	RA	4		0.276	0.079	
Serine....g	0.103		0	RA	4		0.286	0.082	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11323

Peas and carrots, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 278g: 1 package (10 oz) yields

Measure 2 = 80g: .5 cup

Calories Factors: Protein 3.98 **Fat** 8.37 **Carbohydrate** 3.16

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11322
Peas and carrots, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.36	0.194	29		1		59.05	239.58	
Energy kcal	53		0	NC	4		37	151	
Energy kJ	222				4		155	630	
Protein (N x 6.25) g	3.40	0.064	34		1		2.38	9.66	
Total lipid (fat) g	0.47	0.113	34		1		0.33	1.33	
Ash g	0.62	0.022	27		1		0.43	1.76	
Carbohydrate, by difference g	11.15		0	NC	4		7.81	31.67	
Fiber, total dietary g	3.4		0		4		2.4	9.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	27	0.878	34		1		19	77	
Iron, Fe mg	1.09	0.056	34		1		0.76	3.10	
Magnesium, Mg mg	18	0.875	11		1		13	51	
Phosphorus, P mg	60	1.951	19		1		42	170	
Potassium, K mg	194	11.714	10		1		136	551	
Sodium, Na mg	79	7.437	13		1		55	224	
Zinc, Zn mg	0.52	0.043	8		1		0.36	1.48	
Copper, Cu mg	0.089	0.011	9		1		0.062	0.253	
Manganese, Mn mg	0.235	0.028	7		1		0.165	0.667	
Selenium, Se µg	1.2		0	RA	4		0.8	3.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.2	0.711	28		1		7.8	31.8	
Thiamin mg	0.190	0.009	34		1		0.133	0.540	
Riboflavin mg	0.081	0.004	34		1		0.057	0.230	
Niacin mg	1.412	0.055	34		1		0.988	4.010	
Pantothenic acid mg	0.199		1		1		0.139	0.565	
Vitamin B-6 mg	0.101	0.005	12		1		0.071	0.287	
Folate, total µg	36		0		1		25	101	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	36		0		1		25	101	
Folate, DFE µg	36		0	NC	4		25	101	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	475	25.892	34		1		332	1349	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	9497	517.847	34		1		6648	26971	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11322

Peas and carrots, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.084		0		1		0.059	0.239	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.001		0		1		0.001	0.003	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.074		0		1		0.052	0.210	
17:0....g									
18:0....g	0.008		0		1		0.006	0.023	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0		1		0.027	0.111	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.038		0		1		0.027	0.108	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.221		0		1		0.155	0.628	
18:2 undifferentiated....g	0.181		0		1		0.127	0.514	
18:3 undifferentiated....g	0.040		0		1		0.028	0.114	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.017	0.068	
Threonine....g	0.127		0		1		0.089	0.361	
Isoleucine....g	0.123		0		1		0.086	0.349	
Leucine....g	0.197		0		1		0.138	0.559	
Lysine....g	0.193		0		1		0.135	0.548	
Methionine....g	0.049		0		1		0.034	0.139	
Cystine....g	0.021		0		1		0.015	0.060	
Phenylalanine....g	0.124		0		1		0.087	0.352	
Tyrosine....g	0.071		0		1		0.050	0.202	
Valine....g	0.147		0		1		0.103	0.417	
Arginine....g	0.257		0		1		0.180	0.730	
Histidine....g	0.066		0		1		0.046	0.187	
Alanine....g	0.154		0		1		0.108	0.437	
Aspartic acid....g	0.324		0		1		0.227	0.920	
Glutamic acid....g	0.483		0		1		0.338	1.372	
Glycine....g	0.114		0		1		0.080	0.324	
Proline....g	0.108		0		1		0.076	0.307	
Serine....g	0.114		0		1		0.080	0.324	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11322
Peas and carrots, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.98 **Fat** 8.37 **Carbohydrate** 3.16

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11324
Peas and onions, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.40	0.340	4		1		103.68		
Energy kcal	51		0	NC	4		61		
Energy kJ	213				4		256		
Protein (N x 6.25) g	3.28	0.110	4		1		3.94		
Total lipid (fat) g	0.38	0.020	4		1		0.46		
Ash g	1.37	0.080	4		1		1.64		
Carbohydrate, by difference g	8.57		0	NC	4		10.28		
Fiber, total dietary g	2.3		0		4		2.8		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17	0.780	4		1		20		
Iron, Fe mg	0.87	0.010	4		1		1.04		
Magnesium, Mg mg	16	0.660	4		1		19		
Phosphorus, P mg	51	1.680	4		1		61		
Potassium, K mg	96	5.940	4		1		115		
Sodium, Na mg	442	28.580	4		1		530		
Zinc, Zn mg	0.58	0.080	4		1		0.70		
Copper, Cu mg	0.100	0.010	4		1		0.120		
Manganese, Mn mg	0.255		0		4		0.306		
Selenium, Se µg	0.4		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.0	0.250	4		1		3.6		
Thiamin mg	0.100	0.020	4		1		0.120		
Riboflavin mg	0.070	0.005	4		1		0.084		
Niacin mg	1.280	0.260	4		1		1.536		
Pantothenic acid mg	0.159		0		4		0.191		
Vitamin B-6 mg	0.192		0		4		0.230		
Folate, total µg	27		0		4		32		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	27		0		4		32		
Folate, DFE µg	27		0	NC	4		32		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	8	0.391	4		1		10		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	161	7.810	4		1		193		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11324

Peas and onions, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.068		0		1		0.082		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.061		0		1		0.073		
17:0....g									
18:0....g	0.006		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.043		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.036		0		1		0.043		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.176		0		1		0.211		
18:2 undifferentiated....g	0.145		0		1		0.174		
18:3 undifferentiated....g	0.030		0		1		0.036		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.029		
Threonine....g	0.120		0		1		0.144		
Isoleucine....g	0.118		0		1		0.142		
Leucine....g	0.191		0		1		0.229		
Lysine....g	0.190		0		1		0.228		
Methionine....g	0.048		0		1		0.058		
Cystine....g	0.022		0		1		0.026		
Phenylalanine....g	0.119		0		1		0.143		
Tyrosine....g	0.070		0		1		0.084		
Valine....g	0.138		0		1		0.166		
Arginine....g	0.270		0		1		0.324		
Histidine....g	0.064		0		1		0.077		
Alanine....g	0.142		0		1		0.170		
Aspartic acid....g	0.293		0		1		0.352		
Glutamic acid....g	0.454		0		1		0.545		
Glycine....g	0.113		0		1		0.136		
Proline....g	0.105		0		1		0.126		
Serine....g	0.109		0		1		0.131		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11324
Peas and onions, canned, solids and liquids

Common Measures:
Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.4 **Fat** 8.37 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11818

Peas and onions, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.18		0		1		158.72		
Energy kcal	45		0	NC	4		81		
Energy kJ	188		0		4		339		
Protein (N x 6.25) g	2.54		0		1		4.57		
Total lipid (fat) g	0.20		0		1		0.36		
Ash g	0.45		0		1		0.81		
Carbohydrate, by difference g	8.63		0	NC	4		15.53		
Fiber, total dietary g	2.2		0		4		4.0		
Sugars, total g	3.77		0	RA	4		6.79		
Starch g									
Minerals:									
Calcium, Ca mg	14		0		1		25		
Iron, Fe mg	0.94		0		1		1.69		
Magnesium, Mg mg	13		0		4		23		
Phosphorus, P mg	34		0		4		61		
Potassium, K mg	117		0		4		211		
Sodium, Na mg	273		0		4		491		
Zinc, Zn mg	0.29		0		4		0.52		
Copper, Cu mg	0.063		0		4		0.113		
Manganese, Mn mg	0.166		0		4		0.299		
Selenium, Se µg	0.4		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.9		0		1		12.4		
Thiamin mg	0.150		0		1		0.270		
Riboflavin mg	0.069		0		1		0.124		
Niacin mg	1.044		0		1		1.879		
Pantothenic acid mg	0.090		0		4		0.162		
Vitamin B-6 mg	0.087		0		4		0.157		
Folate, total µg	20		0		4		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20		0		4		36		
Folate, DFE µg	20		0	NC	4		36		
Choline, total mg	15.9		0	RA	4		28.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	53		0	NC	4		95		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	626		0	RA	4		1126		
Carotene, alpha µg	10		0	RA	4		18		
Cryptoxanthin, beta µg	0		0	RA	4		0		
Vitamin A, IU IU	1051		0	NC	4		1892		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	1202		0	RA	4		2163		
Vitamin E (alpha-tocopherol) mg	0.02		0	RA	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	12.1		0	RA	4		21.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11818

Peas and onions, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.036		0		1		0.065		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.000		0	RA	4		0.000		
10:0....g	0.000		0	RA	4		0.000		
12:0....g	0.000		0	RA	4		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.033		0		1		0.059		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	RA	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.034		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.094		0		1		0.169		
18:2 undifferentiated....g	0.078		0		1		0.140		
18:3 undifferentiated....g	0.016		0		1		0.029		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.034		
Threonine....g	0.093		0		1		0.167		
Isoleucine....g	0.091		0		1		0.164		
Leucine....g	0.148		0		1		0.266		
Lysine....g	0.147		0		1		0.265		
Methionine....g	0.037		0		1		0.067		
Cystine....g	0.017		0		1		0.031		
Phenylalanine....g	0.092		0		1		0.166		
Tyrosine....g	0.054		0		1		0.097		
Valine....g	0.107		0		1		0.193		
Arginine....g	0.209		0		1		0.376		
Histidine....g	0.049		0		1		0.088		
Alanine....g	0.110		0		1		0.198		
Aspartic acid....g	0.227		0		1		0.409		
Glutamic acid....g	0.351		0		1		0.632		
Glycine....g	0.087		0		1		0.157		
Proline....g	0.081		0		1		0.146		
Serine....g	0.084		0		1		0.151		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11818

Peas and onions, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Calories Factors: Protein 3.4 **Fat** 8.37 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11327

Peas and onions, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.18		0		1		158.72		
Energy kcal	45		0	NC	4		81		
Energy kJ	188		0		4		339		
Protein (N x 6.25) g	2.54		0		1		4.57		
Total lipid (fat) g	0.20		0		1		0.36		
Ash g	0.45		0		1		0.81		
Carbohydrate, by difference g	8.63		0	NC	4		15.53		
Fiber, total dietary g	2.2		0		4		4.0		
Sugars, total g	3.77		0	RA	4		6.79		
Starch g									
Minerals:									
Calcium, Ca mg	14		0		1		25		
Iron, Fe mg	0.94		0		1		1.69		
Magnesium, Mg mg	13		0		4		23		
Phosphorus, P mg	34		0		4		61		
Potassium, K mg	117		0		4		211		
Sodium, Na mg	37		0		4		67		
Zinc, Zn mg	0.29		0		4		0.52		
Copper, Cu mg	0.063		0		4		0.113		
Manganese, Mn mg	0.166		0		4		0.299		
Selenium, Se µg	0.4		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.9		0		1		12.4		
Thiamin mg	0.150		0		1		0.270		
Riboflavin mg	0.069		0		1		0.124		
Niacin mg	1.044		0		1		1.879		
Pantothenic acid mg	0.090		0		4		0.162		
Vitamin B-6 mg	0.087		0		4		0.157		
Folate, total µg	20		0		4		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20		0		4		36		
Folate, DFE µg	20		0	NC	4		36		
Choline, total mg	15.9		0	RA	4		28.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	53		0	NC	4		95		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	626		0	RA	4		1126		
Carotene, alpha µg	10		0	RA	4		18		
Cryptoxanthin, beta µg	0		0	RA	4		0		
Vitamin A, IU IU	1051		0	NC	4		1892		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	1202		0	RA	4		2163		
Vitamin E (alpha-tocopherol) mg	0.02		0	RA	4		0.04		
Vitamin E, added mg	0.00		0	RA	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	12.1		0	RA	4		21.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11327

Peas and onions, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.036		0		1		0.065		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.033		0		1		0.059		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.034		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.094		0		1		0.169		
18:2 undifferentiated....g	0.078		0		1		0.140		
18:3 undifferentiated....g	0.016		0		1		0.029		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.034		
Threonine....g	0.093		0		1		0.167		
Isoleucine....g	0.091		0		1		0.164		
Leucine....g	0.148		0		1		0.266		
Lysine....g	0.147		0		1		0.265		
Methionine....g	0.037		0		1		0.067		
Cystine....g	0.017		0		1		0.031		
Phenylalanine....g	0.092		0		1		0.166		
Tyrosine....g	0.054		0		1		0.097		
Valine....g	0.107		0		1		0.193		
Arginine....g	0.209		0		1		0.376		
Histidine....g	0.049		0		1		0.088		
Alanine....g	0.110		0		1		0.198		
Aspartic acid....g	0.227		0		1		0.409		
Glutamic acid....g	0.351		0		1		0.632		
Glycine....g	0.087		0		1		0.157		
Proline....g	0.081		0		1		0.146		
Serine....g	0.084		0		1		0.151		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11327

Peas and onions, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Calories Factors: Protein 3.4 **Fat** 8.37 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11326
Peas and onions, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.50		1		1		56.24	231.46	
Energy kcal	70		0	NC	4		48	199	
Energy kJ	293				4		202	832	
Protein (N x 6.25) g	3.98		2		1		2.75	11.30	
Total lipid (fat) g	0.32		2		1		0.22	0.91	
Ash g	0.70		1		1		0.48	1.99	
Carbohydrate, by difference g	13.51		0	NC	4		9.32	38.37	
Fiber, total dietary g	3.5		0		4		2.4	9.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	23		2		1		16	65	
Iron, Fe mg	1.54		2		1		1.06	4.37	
Magnesium, Mg mg	21		0		4		14	60	
Phosphorus, P mg	59		0		4		41	168	
Potassium, K mg	203		0		4		140	577	
Sodium, Na mg	61		0		4		42	173	
Zinc, Zn mg	0.48		0		4		0.33	1.36	
Copper, Cu mg	0.103		0		4		0.071	0.293	
Manganese, Mn mg	0.274		0		4		0.189	0.778	
Selenium, Se µg	0.6		0	RA	4		0.4	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	14.0		2		1		9.7	39.8	
Thiamin mg	0.297		2		1		0.205	0.843	
Riboflavin mg	0.114		2		1		0.079	0.324	
Niacin mg	1.720		2		1		1.187	4.885	
Pantothenic acid mg	0.156		0		4		0.108	0.443	
Vitamin B-6 mg	0.144		0		4		0.099	0.409	
Folate, total µg	45		0		4		31	126	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	45		0		4		31	126	
Folate, DFE µg	45		0	NC	4		31	126	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	27		2		1		19	77	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	544		2		1		375	1545	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11326
Peas and onions, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.057		0		1		0.039	0.162	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.051		0		1		0.035	0.145	
17:0....g									
18:0....g	0.005		0		1		0.003	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		1		0.021	0.088	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.031		0		1		0.021	0.088	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.148		0		1		0.102	0.420	
18:2 undifferentiated....g	0.122		0		1		0.084	0.346	
18:3 undifferentiated....g	0.026		0		1		0.018	0.074	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.020	0.082	
Threonine....g	0.145		0		1		0.100	0.412	
Isoleucine....g	0.143		0		1		0.099	0.406	
Leucine....g	0.232		0		1		0.160	0.659	
Lysine....g	0.230		0		1		0.159	0.653	
Methionine....g	0.059		0		1		0.041	0.168	
Cystine....g	0.027		0		1		0.019	0.077	
Phenylalanine....g	0.144		0		1		0.099	0.409	
Tyrosine....g	0.085		0		1		0.059	0.241	
Valine....g	0.167		0		1		0.115	0.474	
Arginine....g	0.328		0		1		0.226	0.932	
Histidine....g	0.077		0		1		0.053	0.219	
Alanine....g	0.172		0		1		0.119	0.488	
Aspartic acid....g	0.355		0		1		0.245	1.008	
Glutamic acid....g	0.550		0		1		0.380	1.562	
Glycine....g	0.137		0		1		0.095	0.389	
Proline....g	0.127		0		1		0.088	0.361	
Serine....g	0.132		0		1		0.091	0.375	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11326
Peas and onions, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.4 **Fat** 8.37 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11301
Peas, edible-podded, boiled, drained, without salt

Snowpeas, Sugar snap peas
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.91		2		1		142.26		
Energy kcal	42		0	NC	4		67		
Energy kJ	176		0		4		281		
Protein (N x 6.25) g	3.27		2		1		5.23		
Total lipid (fat) g	0.23		2		1		0.37		
Ash g	0.54		2		1		0.86		
Carbohydrate, by difference g	7.05		0	NC	4		11.28		
Fiber, total dietary g	2.8		0		1		4.5		
Sugars, total g	3.99		0	BFSN	4		6.39		
Starch g									
Minerals:									
Calcium, Ca mg	42		1		1		67		
Iron, Fe mg	1.97		0		1		3.15		
Magnesium, Mg mg	26		1		1		42		
Phosphorus, P mg	55		1		1		88		
Potassium, K mg	240		1		1		384		
Sodium, Na mg	4		1		1		6		
Zinc, Zn mg	0.37		1		1		0.59		
Copper, Cu mg	0.077		1		1		0.123		
Manganese, Mn mg	0.168		1		1		0.269		
Selenium, Se µg	0.7		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	47.9		0		1		76.6		
Thiamin mg	0.128		0		1		0.205		
Riboflavin mg	0.076		0		1		0.122		
Niacin mg	0.539		0		1		0.862		
Pantothenic acid mg	0.673		0		1		1.077		
Vitamin B-6 mg	0.144		0		1		0.230		
Folate, total µg	29		0		4		47		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	29		0		4		47		
Folate, DFE µg	29		0	NC	4		47		
Choline, total mg	17.4		0	BFSY	4		27.8		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	52		0	NC	4		82		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	597		0	BFSY	4		956		
Carotene, alpha µg	42		0	BFSY	4		67		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	1030		0	NC	4		1649		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	702		0	BFSY	4		1123		
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.62		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	25.0		0	BFSN	4		39.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11301

Peas, edible-podded, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.070		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.038		0		1		0.061		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.037		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.023		0		1		0.037		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		1		0.160		
18:2 undifferentiated....g	0.085		0		1		0.136		
18:3 undifferentiated....g	0.015		0		1		0.024		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.051		
Threonine....g	0.115		0		1		0.184		
Isoleucine....g	0.188		0		1		0.301		
Leucine....g	0.267		0		1		0.427		
Lysine....g	0.235		0		1		0.376		
Methionine....g	0.013		0		1		0.021		
Cystine....g	0.037		0		1		0.059		
Phenylalanine....g	0.105		0		1		0.168		
Tyrosine....g	0.115		0		1		0.184		
Valine....g	0.319		0		1		0.510		
Arginine....g	0.157		0		1		0.251		
Histidine....g	0.020		0		1		0.032		
Alanine....g	0.068		0		1		0.109		
Aspartic acid....g	0.267		0		1		0.427		
Glutamic acid....g	0.523		0		1		0.837		
Glycine....g	0.084		0		1		0.134		
Proline....g	0.073		0		1		0.117		
Serine....g	0.146		0		1		0.234		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11301
Peas, edible-podded, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11809
Peas, edible-podded, cooked, boiled, drained, with salt

Snowpeas, Sugar snap peas
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.91		2		1		142.26		
Energy kcal	40		0	NC	4		63		
Energy kJ	166		0	NC	4		265		
Protein (N x 6.25) g	3.27		2		1		5.23		
Total lipid (fat) g	0.23		2		1		0.37		
Ash g	1.13		0	O	4		1.81		
Carbohydrate, by difference g	6.46		0	NC	4		10.34		
Fiber, total dietary g	2.8		0		4		4.5		
Sugars, total g	3.99		0	BFSN	4		6.39		
Starch g									
Minerals:									
Calcium, Ca mg	42		1		1		67		
Iron, Fe mg	1.97		0		1		3.15		
Magnesium, Mg mg	26		1		1		42		
Phosphorus, P mg	55		1		1		88		
Potassium, K mg	240		1		1		384		
Sodium, Na mg	240		0		4		384		
Zinc, Zn mg	0.37		1		1		0.59		
Copper, Cu mg	0.077		1		1		0.123		
Manganese, Mn mg	0.168		1		1		0.269		
Selenium, Se µg	0.7		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	47.9		0		1		76.6		
Thiamin mg	0.128		0		1		0.205		
Riboflavin mg	0.076		0		1		0.122		
Niacin mg	0.539		0		1		0.862		
Pantothenic acid mg	0.673		0		1		1.077		
Vitamin B-6 mg	0.144		0		1		0.230		
Folate, total µg	29		0		4		47		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	29		0		4		47		
Folate, DFE µg	29		0	NC	4		47		
Choline, total mg	17.4		0	BFSY	4		27.8		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	52		0	NC	4		82		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	597		0	BFSY	4		956		
Carotene, alpha µg	42		0	BFSY	4		67		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	1030		0	NC	4		1649		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	702		0	BFSY	4		1123		
Vitamin E (alpha-tocopherol) mg	0.39		0	BFSN	4		0.62		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	25.0		0	BFSN	4		39.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11809

Peas, edible-podded, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.070		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g									
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.037		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.023		0		1		0.037		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		1		0.160		
18:2 undifferentiated....g	0.085		0		1		0.136		
18:3 undifferentiated....g	0.015		0		1		0.024		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.051		
Threonine....g	0.115		0		1		0.184		
Isoleucine....g	0.188		0		1		0.301		
Leucine....g	0.267		0		1		0.427		
Lysine....g	0.235		0		1		0.376		
Methionine....g	0.013		0		1		0.021		
Cystine....g	0.037		0		1		0.059		
Phenylalanine....g	0.105		0		1		0.168		
Tyrosine....g	0.115		0		1		0.184		
Valine....g	0.319		0		1		0.510		
Arginine....g	0.157		0		1		0.251		
Histidine....g	0.020		0		1		0.032		
Alanine....g	0.068		0		1		0.109		
Aspartic acid....g	0.267		0		1		0.427		
Glutamic acid....g	0.523		0		1		0.837		
Glycine....g	0.084		0		1		0.134		
Proline....g	0.073		0		1		0.117		
Serine....g	0.146		0		1		0.234		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11809
Peas, edible-podded, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11810
Peas, edible-podded, frozen, cooked, boiled, drained, with salt

Snowpeas, Sugar snap peas
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.60		0		1		138.56	219.10	
Energy kcal	50		0	NC	4		79	126	
Energy kJ	208		0	NC	4		332	525	
Protein (N x 6.25) g	3.50		0		1		5.60	8.86	
Total lipid (fat) g	0.38		0		1		0.61	0.96	
Ash g	1.09		0	O	4		1.74	2.76	
Carbohydrate, by difference g	8.43		0	NC	4		13.49	21.33	
Fiber, total dietary g	3.1		0		4		5.0	7.8	
Sugars, total g	4.82		0	BFSN	4		7.72	12.21	
Starch g									
Minerals:									
Calcium, Ca mg	59		0		1		94	149	
Iron, Fe mg	2.40		0		1		3.84	6.07	
Magnesium, Mg mg	28		0		1		45	71	
Phosphorus, P mg	58		0		1		93	147	
Potassium, K mg	217		0		1		347	549	
Sodium, Na mg	241		0		4		386	610	
Zinc, Zn mg	0.49		0		1		0.78	1.24	
Copper, Cu mg	0.090		0		4		0.144	0.228	
Manganese, Mn mg	0.280		0		4		0.448	0.708	
Selenium, Se µg	0.8		0	BFSN	4		1.3	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	22.0		0		1		35.2	55.7	
Thiamin mg	0.064		0		1		0.102	0.162	
Riboflavin mg	0.119		0		1		0.190	0.301	
Niacin mg	0.563		0		1		0.901	1.424	
Pantothenic acid mg	0.857		0		1		1.371	2.168	
Vitamin B-6 mg	0.174		0		1		0.278	0.440	
Folate, total µg	35		0		4		56	89	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	35		0		4		56	89	
Folate, DFE µg	35		0	NC	4		56	89	
Choline, total mg	21.0		0	BFSN	4		33.6	53.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	66		0	NC	4		105	166	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	760		0	BFSN	4		1216	1922	
Carotene, alpha µg	53		0	BFSN	4		85	134	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1311		0	NC	4		2097	3316	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	893		0	BFSN	4		1428	2258	
Vitamin E (alpha-tocopherol) mg	0.47		0	BFSN	4		0.75	1.19	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	30.2		0	BFSN	4		48.2	76.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11810

Peas, edible-podded, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		1		0.117	0.185	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.003		0		1		0.005	0.008	
15:0....g									
16:0....g	0.063		0		1		0.101	0.159	
17:0....g									
18:0....g	0.006		0		1		0.010	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0		1		0.062	0.099	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.039		0		1		0.062	0.099	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.167		0		1		0.267	0.423	
18:2 undifferentiated....g	0.142		0		1		0.227	0.359	
18:3 undifferentiated....g	0.025		0		1		0.040	0.063	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.054	0.086	
Threonine....g	0.123		0		1		0.197	0.311	
Isoleucine....g	0.202		0		1		0.323	0.511	
Leucine....g	0.286		0		1		0.458	0.724	
Lysine....g	0.252		0		1		0.403	0.638	
Methionine....g	0.014		0		1		0.022	0.035	
Cystine....g	0.040		0		1		0.064	0.101	
Phenylalanine....g	0.112		0		1		0.179	0.283	
Tyrosine....g	0.123		0		1		0.197	0.311	
Valine....g	0.342		0		1		0.547	0.865	
Arginine....g	0.168		0		1		0.269	0.425	
Histidine....g	0.022		0		1		0.035	0.056	
Alanine....g	0.073		0		1		0.117	0.185	
Aspartic acid....g	0.286		0		1		0.458	0.724	
Glutamic acid....g	0.560		0		1		0.896	1.417	
Glycine....g	0.090		0		1		0.144	0.228	
Proline....g	0.078		0		1		0.125	0.197	
Serine....g	0.157		0		1		0.251	0.397	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11810
Peas, edible-podded, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Measure 2 = 253g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11303

Peas, edible-podded, frozen, cooked, boiled, drained, without salt

Snowpeas, Sugar snap peas

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.60		0		1		138.56	219.10	
Energy kcal	52		0	NC	4		83	132	
Energy kJ	218		0		4		348	550	
Protein (N x 6.25) g	3.50		0		1		5.60	8.86	
Total lipid (fat) g	0.38		0		1		0.61	0.96	
Ash g	0.50		0		1		0.80	1.27	
Carbohydrate, by difference g	9.02		0	NC	4		14.43	22.82	
Fiber, total dietary g	3.1		0		4		5.0	7.8	
Sugars, total g	4.82		0	BFSN	4		7.72	12.21	
Starch g									
Minerals:									
Calcium, Ca mg	59		0		1		94	149	
Iron, Fe mg	2.40		0		1		3.84	6.07	
Magnesium, Mg mg	28		0		1		45	71	
Phosphorus, P mg	58		0		1		93	147	
Potassium, K mg	217		0		1		347	549	
Sodium, Na mg	5		0		1		8	13	
Zinc, Zn mg	0.49		0		1		0.78	1.24	
Copper, Cu mg	0.090		0		4		0.144	0.228	
Manganese, Mn mg	0.280		0		4		0.448	0.708	
Selenium, Se µg	0.8		0	BFSN	4		1.3	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	22.0		0		1		35.2	55.7	
Thiamin mg	0.064		0		1		0.102	0.162	
Riboflavin mg	0.119		0		1		0.190	0.301	
Niacin mg	0.563		0		1		0.901	1.424	
Pantothenic acid mg	0.857		0		1		1.371	2.168	
Vitamin B-6 mg	0.174		0		1		0.278	0.440	
Folate, total µg	35		0		4		56	89	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	35		0		4		56	89	
Folate, DFE µg	35		0	NC	4		56	89	
Choline, total mg	21.0		0	BFSN	4		33.6	53.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	66		0	NC	4		105	166	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	760		0	BFSN	4		1216	1922	
Carotene, alpha µg	53		0	BFSN	4		85	134	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1311		0	NC	4		2097	3316	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	893		0	BFSN	4		1428	2258	
Vitamin E (alpha-tocopherol) mg	0.47		0	BFSN	4		0.75	1.19	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	30.2		0	BFSN	4		48.2	76.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11303

Peas, edible-podded, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		1		0.117	0.185	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.005	0.008	
15:0....g									
16:0....g	0.063		0		1		0.101	0.159	
17:0....g									
18:0....g	0.006		0		1		0.010	0.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.039		0		1		0.062	0.099	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.039		0		1		0.062	0.099	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.167		0		1		0.267	0.423	
18:2 undifferentiated....g	0.142		0		1		0.227	0.359	
18:3 undifferentiated....g	0.025		0		1		0.040	0.063	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.054	0.086	
Threonine....g	0.123		0		1		0.197	0.311	
Isoleucine....g	0.202		0		1		0.323	0.511	
Leucine....g	0.286		0		1		0.458	0.724	
Lysine....g	0.252		0		1		0.403	0.638	
Methionine....g	0.014		0		1		0.022	0.035	
Cystine....g	0.040		0		1		0.064	0.101	
Phenylalanine....g	0.112		0		1		0.179	0.283	
Tyrosine....g	0.123		0		1		0.197	0.311	
Valine....g	0.342		0		1		0.547	0.865	
Arginine....g	0.168		0		1		0.269	0.425	
Histidine....g	0.022		0		1		0.035	0.056	
Alanine....g	0.073		0		1		0.117	0.185	
Aspartic acid....g	0.286		0		1		0.458	0.724	
Glutamic acid....g	0.560		0		1		0.896	1.417	
Glycine....g	0.090		0		1		0.144	0.228	
Proline....g	0.078		0		1		0.125	0.197	
Serine....g	0.157		0		1		0.251	0.397	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11303

Peas, edible-podded, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Measure 2 = 253g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11302
Peas, edible-podded, frozen, unprepared

Snowpeas, Sugar snap peas
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.30		1		1		128.59	253.61	
Energy kcal	42		0	NC	4		60	119	
Energy kJ	176		0		4		253	499	
Protein (N x 6.25) g	2.80		1		1		4.03	7.95	
Total lipid (fat) g	0.30		1		1		0.43	0.85	
Ash g	0.40		1		1		0.58	1.14	
Carbohydrate, by difference g	7.20		0	NC	4		10.37	20.45	
Fiber, total dietary g	3.1		0		1		4.5	8.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	50		1		1		72	142	
Iron, Fe mg	2.00		1		1		2.88	5.68	
Magnesium, Mg mg	23		0		1		33	65	
Phosphorus, P mg	51		0		1		73	145	
Potassium, K mg	192		0		1		276	545	
Sodium, Na mg	4		0		1		6	11	
Zinc, Zn mg	0.41		1		1		0.59	1.16	
Copper, Cu mg	0.076		0		4		0.109	0.216	
Manganese, Mn mg	0.235		0		4		0.338	0.667	
Selenium, Se µg	0.7		0	BFSN	4		1.0	2.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	22.0		1		1		31.7	62.5	
Thiamin mg	0.060		1		1		0.086	0.170	
Riboflavin mg	0.100		1		1		0.144	0.284	
Niacin mg	0.500		1		1		0.720	1.420	
Pantothenic acid mg	0.720		0		1		1.037	2.045	
Vitamin B-6 mg	0.154		0		1		0.222	0.437	
Folate, total µg	40		0		4		58	114	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	40		0		4		58	114	
Folate, DFE µg	40		0	NC	4		58	114	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		1		1		10	20	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	140		1		1		202	398	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11302

Peas, edible-podded, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.058		0		1		0.084	0.165	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.002		0		1		0.003	0.006	
15:0....g									
16:0....g	0.050		0		1		0.072	0.142	
17:0....g									
18:0....g	0.005		0		1		0.007	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		1		0.045	0.088	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.031		0		1		0.045	0.088	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.133		0		1		0.192	0.378	
18:2 undifferentiated....g	0.113		0		1		0.163	0.321	
18:3 undifferentiated....g	0.020		0		1		0.029	0.057	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.039	0.077	
Threonine....g	0.099		0		1		0.143	0.281	
Isoleucine....g	0.161		0		1		0.232	0.457	
Leucine....g	0.228		0		1		0.328	0.648	
Lysine....g	0.202		0		1		0.291	0.574	
Methionine....g	0.011		0		1		0.016	0.031	
Cystine....g	0.032		0		1		0.046	0.091	
Phenylalanine....g	0.090		0		1		0.130	0.256	
Tyrosine....g	0.099		0		1		0.143	0.281	
Valine....g	0.273		0		1		0.393	0.775	
Arginine....g	0.134		0		1		0.193	0.381	
Histidine....g	0.017		0		1		0.024	0.048	
Alanine....g	0.058		0		1		0.084	0.165	
Aspartic acid....g	0.228		0		1		0.328	0.648	
Glutamic acid....g	0.448		0		1		0.645	1.272	
Glycine....g	0.072		0		1		0.104	0.204	
Proline....g	0.063		0		1		0.091	0.179	
Serine....g	0.125		0		1		0.180	0.355	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11302
Peas, edible-podded, frozen, unprepared

Common Measures:

Measure 1 = 144g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11300

Peas, edible-podded, raw

Pisum sativum

Snowpeas, Sugar snap peas

Refuse: 6% Ends and strings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.89		2		1		87.11	56.00	30.22
Energy kcal	42		0	NC	4		41	27	14
Energy kJ	176		0	NC	4		173	111	60
Protein (N x 6.25) g	2.80		1		1		2.74	1.76	0.95
Total lipid (fat) g	0.20		1		1		0.20	0.13	0.07
Ash g	0.56		0		1		0.55	0.35	0.19
Carbohydrate, by difference g	7.55		0	NC	4		7.40	4.76	2.57
Fiber, total dietary g	2.6		0		1		2.5	1.6	0.9
Sugars, total g	4.00		0	T	4		3.92	2.52	1.36
Starch g									
Minerals:									
Calcium, Ca mg	43		1		1		42	27	15
Iron, Fe mg	2.08		1		1		2.04	1.31	0.71
Magnesium, Mg mg	24		2		1		24	15	8
Phosphorus, P mg	53		1		1		52	33	18
Potassium, K mg	200		2		1		196	126	68
Sodium, Na mg	4		2		1		4	3	1
Zinc, Zn mg	0.27		0		4		0.26	0.17	0.09
Copper, Cu mg	0.079		0		4		0.077	0.050	0.027
Manganese, Mn mg	0.244		0		4		0.239	0.154	0.083
Selenium, Se µg	0.7		0	BFSN	4		0.7	0.4	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	60.0		1		1		58.8	37.8	20.4
Thiamin mg	0.150		1		1		0.147	0.095	0.051
Riboflavin mg	0.080		1		1		0.078	0.050	0.027
Niacin mg	0.600		1		1		0.588	0.378	0.204
Pantothenic acid mg	0.750		0		1		0.735	0.473	0.255
Vitamin B-6 mg	0.160		0		1		0.157	0.101	0.054
Folate, total µg	42		0		4		41	26	14
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	42		0		4		41	26	14
Folate, DFE µg	42		0	NC	4		41	26	14
Choline, total mg	17.4		0	BFSN	4		17.1	11.0	5.9
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	54		0	NC	4		53	34	18
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	630		0	T	4		617	397	214
Carotene, alpha µg	44		0	T	4		43	28	15
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	1087		0	NC	4		1065	685	369
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	740		0	T	4		725	466	252
Vitamin E (alpha-tocopherol) mg	0.39		0	O	4		0.38	0.25	0.13
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	25.0		0	T	4		24.5	15.8	8.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11300
Peas, edible-podded, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.039		0		1		0.038	0.025	0.013
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.002		4		1		0.002	0.001	0.001
15:0....g									
16:0....g	0.033		5		1		0.032	0.021	0.011
17:0....g									
18:0....g	0.003		5		1		0.003	0.002	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.021		0		1		0.021	0.013	0.007
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.021		5		1		0.021	0.013	0.007
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0		1		0.087	0.056	0.030
18:2 undifferentiated....g	0.075		5		1		0.074	0.047	0.026
18:3 undifferentiated....g	0.013		5		1		0.013	0.008	0.004
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		1		1		0.026	0.017	0.009
Threonine....g	0.099		1		1		0.097	0.062	0.034
Isoleucine....g	0.161		1		1		0.158	0.101	0.055
Leucine....g	0.228		1		1		0.223	0.144	0.078
Lysine....g	0.202		1		1		0.198	0.127	0.069
Methionine....g	0.011		1		1		0.011	0.007	0.004
Cystine....g	0.032		1		1		0.031	0.020	0.011
Phenylalanine....g	0.090		1		1		0.088	0.057	0.031
Tyrosine....g	0.099		1		1		0.097	0.062	0.034
Valine....g	0.273		1		1		0.268	0.172	0.093
Arginine....g	0.134		1		1		0.131	0.084	0.046
Histidine....g	0.017		1		1		0.017	0.011	0.006
Alanine....g	0.058		1		1		0.057	0.037	0.020
Aspartic acid....g	0.228		1		1		0.223	0.144	0.078
Glutamic acid....g	0.448		1		1		0.439	0.282	0.152
Glycine....g	0.072		1		1		0.071	0.045	0.024
Proline....g	0.063		1		1		0.062	0.040	0.021
Serine....g	0.125		1		1		0.123	0.079	0.043
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11300
Peas, edible-podded, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 cup, chopped

Measure 2 = 63g: 1 cup, whole

Measure 3 = 34g: 10 pea pods

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11308

Peas, green (includes baby and lesuer types), canned, drained solids, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.29	0.430	16	JA	6		144.00	257.56	
Energy kcal	68		0	NC	4		120	214	
Energy kJ	286		0	NC	4		501	895	
Protein (N x 6.25) g	4.47	0.119	9	A	1		7.82	13.99	
Total lipid (fat) g	0.80	0.021	9	A	1		1.39	2.49	
Ash g	1.09	0.066	9	A	1		1.90	3.40	
Carbohydrate, by difference g	11.36		0	NC	4		19.88	35.56	
Fiber, total dietary g	4.9	0.188	7	JA	6		8.6	15.3	
Sugars, total g	2.99		0	NC	4		5.23	9.35	
Sucrose g	2.60	0.377	11	JA	6		4.55	8.14	
Glucose (dextrose) g	0.17	0.090	11	JA	6		0.29	0.52	
Fructose g	0.05	0.011	11	JA	6		0.08	0.15	
Lactose g	0.00	0.000	5	A	1		0.00	0.00	
Maltose g	0.04	0.013	12	JA	6		0.07	0.12	
Galactose g	0.14	0.007	5	A	1		0.24	0.43	
Starch g	4.04	0.635	5	A	1		7.07	12.65	
Minerals:									
Calcium, Ca mg	23	1.104	9	A	1		41	73	
Iron, Fe mg	1.18	0.063	9	A	1		2.07	3.70	
Magnesium, Mg mg	18	0.383	9	A	1		32	57	
Phosphorus, P mg	67	1.993	9	A	1		118	211	
Potassium, K mg	106	6.169	9	A	1		185	331	
Sodium, Na mg	273	12.095	9	A	1		477	854	
Zinc, Zn mg	0.66	0.034	9	A	1		1.15	2.06	
Copper, Cu mg	0.106	0.003	9	A	1		0.185	0.331	
Manganese, Mn mg	0.213	0.014	9	A	1		0.372	0.666	
Selenium, Se µg	1.7	0.460	16	A	1		3.0	5.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2	0.056	9	A	1		7.4	13.3	
Thiamin mg	0.107	0.006	9	A	1		0.187	0.334	
Riboflavin mg	0.053	0.004	9	A	1		0.093	0.167	
Niacin mg	0.979	0.050	9	A	1		1.713	3.064	
Pantothenic acid mg	0.240	0.019	5	A	1		0.420	0.751	
Vitamin B-6 mg	0.056	0.005	5	A	1		0.098	0.175	
Folate, total (1) µg	31		0	A	1		54	97	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (1) µg	31		0	A	1		54	97	
Folate, DFE (1) µg	31		0	NC	4		54	97	
Choline, total mg	30.2		0	AS	1		52.8	94.4	
Betaine mg	0.2		2	A	1		0.4	0.8	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	43		0	AS	1		76	135	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	514	39.129	6	A	1		900	1609	
Carotene, alpha µg	9	0.000	6	A	1		16	29	
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	
Vitamin A, IU IU	865		0	AS	1		1513	2706	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	1350		1	A	1		2363	4226	
Vitamin E (alpha-tocopherol) mg	0.38		0	NR	4		0.67	1.19	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11308

Peas, green (includes baby and lesuer types), canned, drained solids, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	36.8	1.837	5	A	1		64.4	115.2	
Dihydrophylloquinone....µg	0.0	0.000	5	A	1		0.0	0.0	
Menaquinone-4....µg	0.0	0.000	5	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.143		0		1		0.249	0.446	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.129		0		1		0.225	0.403	
17:0....g									
18:0....g	0.014		0		1		0.024	0.043	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.071		0		1		0.125	0.223	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.071		0		1		0.125	0.223	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.375		0		1		0.656	1.173	
18:2 undifferentiated....g	0.304		0		1		0.531	0.950	
18:3 undifferentiated....g	0.071		0		1		0.125	0.223	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0	A	1		0.053	0.096	
Threonine....g	0.167		0	A	1		0.293	0.524	
Isoleucine....g	0.161		0	A	1		0.281	0.503	
Leucine....g	0.266		0	A	1		0.466	0.834	
Lysine....g	0.261		0	A	1		0.458	0.818	
Methionine....g	0.068		0	A	1		0.118	0.212	
Cystine....g	0.026		0	A	1		0.046	0.083	
Phenylalanine....g	0.165		0	A	1		0.289	0.516	
Tyrosine....g	0.094		0	A	1		0.165	0.294	
Valine....g	0.194		0	A	1		0.339	0.607	
Arginine....g	0.353		0	A	1		0.618	1.105	
Histidine....g	0.088		0	A	1		0.154	0.276	
Alanine....g	0.198		0	A	1		0.346	0.620	
Aspartic acid....g	0.409		0	A	1		0.716	1.281	
Glutamic acid....g	0.611		0	A	1		1.070	1.913	

NDB No. 11308

Peas, green (includes baby and lesuer types), canned, drained solids, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.152		0	A	1		0.266	0.475	
Proline....g	0.143		0	A	1		0.250	0.447	
Serine....g	0.149		0	A	1		0.261	0.467	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 cup

Measure 2 = 313g: 1 can (303 x 406)

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11311
Peas, green, canned, drained solids, rinsed in tap water

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.89	0.909	4	A	1		210.44	133.47	
Energy kcal	71		0	NC	4		183	116	
Energy kJ	298		0	NC	4		766	486	
Protein (N x 6.25) g	4.33	0.121	4	A	1		11.13	7.06	
Total lipid (fat) g	0.95	0.043	4	A	1		2.45	1.55	
Ash g	1.01	0.091	4	A	1		2.60	1.65	
Carbohydrate, by difference g	11.82		0	NC	4		30.38	19.27	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	24	1.693	4	A	1		61	39	
Iron, Fe mg	1.09	0.056	4	A	1		2.80	1.78	
Magnesium, Mg mg	18	0.562	4	A	1		46	29	
Phosphorus, P mg	65	4.208	4	A	1		167	106	
Potassium, K mg	105	9.284	4	A	1		271	172	
Sodium, Na mg	231	15.472	4	A	1		594	377	
Zinc, Zn mg	0.68	0.069	4	A	1		1.75	1.11	
Copper, Cu mg	0.108	0.008	4	A	1		0.277	0.176	
Manganese, Mn mg	0.222	0.026	4	A	1		0.571	0.362	
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	9.3	0.541	4	A	1		23.8	15.1	
Thiamin mg	0.067	0.005	4	A	1		0.173	0.110	
Riboflavin mg	0.040	0.009	4	A	1		0.103	0.065	
Niacin mg	1.012	0.120	4	A	1		2.602	1.650	
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total (1) µg	30		0	A	1		77	49	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (1) µg	30		0	A	1		77	49	
Folate, DFE (1) µg	30		0	NC	4		77	49	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11311

Peas, green, canned, drained solids, rinsed in tap water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.170		0	BFSN	4		0.438	0.277	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0	BFSN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000	0.000	
15:0....g									
16:0....g	0.153		0	BFSN	4		0.394	0.250	
17:0....g									
18:0....g	0.017		0	BFSN	4		0.044	0.028	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.085		0	BFSN	4		0.219	0.139	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.085		0	BFSN	4		0.219	0.139	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.449		0	BFSN	4		1.155	0.733	
18:2 undifferentiated....g	0.364		0	BFSN	4		0.936	0.594	
18:3 undifferentiated....g	0.085		0	BFSN	4		0.219	0.139	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.103	0.065	
Threonine....g	0.130		0	A	1		0.335	0.213	
Isoleucine....g	0.137		0	A	1		0.353	0.224	
Leucine....g	0.540		0	A	1		1.387	0.880	
Lysine....g	0.407		0	A	1		1.047	0.664	
Methionine....g	0.100		0	A	1		0.257	0.163	
Cystine....g	0.067		0	A	1		0.171	0.109	
Phenylalanine....g	0.201		0	A	1		0.516	0.327	
Tyrosine....g	0.167		0	A	1		0.430	0.273	
Valine....g	0.204		0	A	1		0.524	0.332	
Arginine....g	0.180		0	A	1		0.464	0.294	
Histidine....g	0.117		0	A	1		0.302	0.191	
Alanine....g	0.350		0	A	1		0.900	0.571	
Aspartic acid....g	0.304		0	A	1		0.782	0.496	
Glutamic acid....g	0.857		0	A	1		2.202	1.396	
Glycine....g	0.157		0	A	1		0.404	0.256	
Proline....g	0.544		0	A	1		1.397	0.886	
Serine....g	0.241		0	A	1		0.619	0.393	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11311

Peas, green, canned, drained solids, rinsed in tap water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257g: 1 can

Measure 2 = 163g: 1 cup

Footnotes:

1 Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11813
Peas, green, canned, no salt added, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.70	0.788	11		1		69.45	255.72	
Energy kcal	69		0	NC	4		59	216	
Energy kJ	289				4		245	904	
Protein (N x 6.25) g	4.42	0.174	11		1		3.76	13.83	
Total lipid (fat) g	0.35	0.028	11		1		0.30	1.10	
Ash g	0.97	0.058	11		1		0.82	3.04	
Carbohydrate, by difference g	12.58		0	NC	4		10.69	39.38	
Fiber, total dietary g	4.1		0	BFZN	4		3.5	12.8	
Sugars, total g	4.16		0	NC	4		3.53	13.01	
Sucrose g	3.83		0	BFSN	4		3.26	11.99	
Glucose (dextrose) g	0.11		0	BFSN	4		0.09	0.34	
Fructose g	0.13		0	BFSN	4		0.11	0.39	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.09		0	BFSN	4		0.08	0.29	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20	1.769	6		1		17	63	
Iron, Fe mg	0.95	0.137	11		1		0.81	2.97	
Magnesium, Mg mg	17	0.469	6		1		14	53	
Phosphorus, P mg	67	1.901	6		1		57	210	
Potassium, K mg	173	16.888	6		1		147	541	
Sodium, Na mg	2		0		1		2	6	
Zinc, Zn mg	0.71	0.085	11		1		0.60	2.22	
Copper, Cu mg	0.082	0.007	11		1		0.070	0.257	
Manganese, Mn mg	0.303	0.033	10		1		0.258	0.948	
Selenium, Se µg	1.7	0.460	16	A	1		1.4	5.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.6	1.271	6		1		8.2	30.0	
Thiamin mg	0.121	0.011	6		1		0.103	0.379	
Riboflavin mg	0.078	0.005	6		1		0.066	0.244	
Niacin mg	0.732	0.048	6		1		0.622	2.291	
Pantothenic acid mg	0.128		0		1		0.109	0.401	
Vitamin B-6 mg	0.064	0.003	6		1		0.054	0.200	
Folate, total µg	44	6.200	4		1		38	139	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	44	6.200	4		1		38	139	
Folate, DFE µg	44		0	NC	4		38	139	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	27		0	AS	1		23	83	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	320		1	A	1		272	1002	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	533		0	AS	1		453	1669	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	1350		1	A	1		1148	4226	
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.02	0.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	2.21		0	BFSN	4		1.88	6.92	
Tocopherol, delta mg	0.04		0	BFSN	4		0.03	0.12	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11813

Peas, green, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	21.4		0	BFSN	4		18.2	67.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.062		0		1		0.053	0.194	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.056		0		1		0.048	0.175	
17:0....g									
18:0....g	0.006		0		1		0.005	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		1		0.026	0.097	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.031		0		1		0.026	0.097	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.163		0		1		0.139	0.510	
18:2 undifferentiated....g	0.132		0		1		0.112	0.413	
18:3 undifferentiated....g	0.031		0		1		0.026	0.097	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.026	0.094	
Threonine....g	0.165		0		1		0.140	0.516	
Isoleucine....g	0.159		0		1		0.135	0.498	
Leucine....g	0.264		0		1		0.224	0.826	
Lysine....g	0.259		0		1		0.220	0.811	
Methionine....g	0.067		0		1		0.057	0.210	
Cystine....g	0.026		0		1		0.022	0.081	
Phenylalanine....g	0.163		0		1		0.139	0.510	
Tyrosine....g	0.093		0		1		0.079	0.291	
Valine....g	0.192		0		1		0.163	0.601	
Arginine....g	0.349		0		1		0.297	1.092	
Histidine....g	0.087		0		1		0.074	0.272	
Alanine....g	0.196		0		1		0.167	0.613	
Aspartic acid....g	0.404		0		1		0.343	1.265	
Glutamic acid....g	0.604		0		1		0.513	1.891	

NDB No. 11813

Peas, green, canned, no salt added, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.150		0		1		0.128	0.470	
Proline....g	0.141		0		1		0.120	0.441	
Serine....g	0.148		0		1		0.126	0.463	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: .5 cup

Measure 2 = 313g: 1 can (303 x 406)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11812
Peas, green, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.92	0.110	521	A	1		106.54	414.13	
Energy kcal	53		0	NC	4		66	255	
Energy kJ	222		0		4		275	1069	
Protein (N x 6.25) g	3.19	0.025	566	A	1		3.96	15.38	
Total lipid (fat) g	0.30	0.007	564	A	1		0.37	1.45	
Ash g	0.84	0.015	536	A	1		1.04	4.05	
Carbohydrate, by difference g	9.75		0	NC	4		12.09	47.00	
Fiber, total dietary g	3.3	0.120	37		1		4.1	15.9	
Sugars, total g	3.20		0	NC	4		3.96	15.41	
Sucrose g	2.95	0.205	11		1		3.65	14.21	
Glucose (dextrose) g	0.08	0.037	9		1		0.10	0.40	
Fructose g	0.10	0.037	9		1		0.12	0.46	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.07	0.032	11		1		0.09	0.34	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18	0.239	592	A	1		22	87	
Iron, Fe mg	1.02	0.021	595	A	1		1.26	4.92	
Magnesium, Mg mg	17	0.275	259		1		21	82	
Phosphorus, P mg	53	0.794	365		1		66	255	
Potassium, K mg	100	1.217	391	A	1		124	482	
Sodium, Na mg	9	1.439	35	A	1		11	43	
Zinc, Zn mg	0.70	0.073	176		1		0.87	3.37	
Copper, Cu mg	0.108	0.002	167		1		0.134	0.521	
Manganese, Mn mg	0.264		0		1		0.327	1.272	
Selenium, Se µg	1.3	0.306	38		1		1.6	6.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.8	0.147	580	A	1		12.2	47.2	
Thiamin mg	0.111	0.002	479		1		0.138	0.535	
Riboflavin mg	0.073	0.001	459		1		0.091	0.352	
Niacin mg	0.842		452		1		1.044	4.058	
Pantothenic acid mg	0.091		0		1		0.113	0.439	
Vitamin B-6 mg	0.065	0.000	9		1		0.081	0.313	
Folate, total µg	29	7.318	3		1		35	137	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	29	7.318	3		1		35	137	
Folate, DFE µg	29		0	NC	4		35	137	
Choline, total mg	18.9		0	BFSN	4		23.5	91.2	
Betaine mg	0.1		0	BFSN	4		0.1	0.5	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	72		0	NC	4		90	348	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	859		0	BFSN	4		1066	4142	
Carotene, alpha µg	14		0	BFSN	4		17	68	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1444		0	NC	4		1791	6960	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1650		0	BFSN	4		2046	7953	
Vitamin E (alpha-tocopherol) mg	0.02		1		1		0.02	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1		1		0.00	0.00	
Tocopherol, gamma mg	1.70		1		1		2.11	8.19	
Tocopherol, delta mg	0.03		1		1		0.04	0.14	
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	

NDB No. 11812

Peas, green, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.05		1		1		0.06	0.24	
Tocotrienol, delta....mg	0.00		1		1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	16.5		0	BFSN	4		20.5	79.5	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.054		0	BFFN	4		0.067	0.260	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.048		0	BFFN	4		0.060	0.231	
17:0....g									
18:0....g	0.005		0	BFFN	4		0.006	0.024	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0	BFFN	4		0.033	0.130	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.027		0	BFFN	4		0.033	0.130	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.142		0	BFFN	4		0.176	0.684	
18:2 undifferentiated....g	0.115		0	BFFN	4		0.143	0.554	
18:3 undifferentiated....g	0.027		0	BFFN	4		0.033	0.130	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0	BFPN	4		0.027	0.106	
Threonine....g	0.120		0	BFPN	4		0.149	0.578	
Isoleucine....g	0.114		0	BFPN	4		0.141	0.549	
Leucine....g	0.190		0	BFPN	4		0.236	0.916	
Lysine....g	0.187		0	BFPN	4		0.232	0.901	
Methionine....g	0.048		0	BFPN	4		0.060	0.231	
Cystine....g	0.019		0	BFPN	4		0.024	0.092	
Phenylalanine....g	0.118		0	BFPN	4		0.146	0.569	
Tyrosine....g	0.066		0	BFPN	4		0.082	0.318	
Valine....g	0.138		0	BFPN	4		0.171	0.665	
Arginine....g	0.252		0	BFPN	4		0.312	1.215	
Histidine....g	0.063		0	BFPN	4		0.078	0.304	
Alanine....g	0.141		0	BFPN	4		0.175	0.680	

NDB No. 11812

Peas, green, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.292		0	BFPN	4		0.362	1.407	
Glutamic acid....g	0.436		0	BFPN	4		0.541	2.102	
Glycine....g	0.108		0	BFPN	4		0.134	0.521	
Proline....g	0.102		0	BFPN	4		0.126	0.492	
Serine....g	0.107		0	BFPN	4		0.133	0.516	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11306

Peas, green, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.13	0.989	53	JO	11		105.57	410.34	
Energy kcal	58		0	NC	4		71	278	
Energy kJ	241		0	NC	4		299	1162	
Protein (N x 6.25) g	3.01	0.073	40	JO	11		3.73	14.51	
Total lipid (fat) g	0.48	0.029	42	JO	11		0.59	2.31	
Ash g	0.77	0.052	41	JA	6		0.96	3.72	
Carbohydrate, by difference g	10.60		0	NC	4		13.15	51.12	
Fiber, total dietary g	3.3	0.120	37		1		4.1	15.9	
Sugars, total g	3.20		0	NC	4		3.96	15.41	
Sucrose g	2.95	0.205	11		1		3.65	14.21	
Glucose (dextrose) g	0.08	0.037	9		1		0.10	0.40	
Fructose g	0.10	0.037	9		1		0.12	0.46	
Lactose g	0.00		0	Z	7		0.00	0.00	
Maltose g	0.07	0.032	11		1		0.09	0.34	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	20	0.408	86	JA	6		25	96	
Iron, Fe mg	1.29	0.046	87	JA	6		1.59	6.20	
Magnesium, Mg mg	19	0.347	50	JA	6		23	91	
Phosphorus, P mg	63	1.016	49	JA	6		78	303	
Potassium, K mg	106	2.256	66	JA	6		131	509	
Sodium, Na mg	185	10.207	87	JA	6		230	892	
Zinc, Zn mg	0.72	0.020	50	JA	6		0.89	3.46	
Copper, Cu mg	0.099	0.006	49	JA	6		0.123	0.480	
Manganese, Mn mg	0.211	0.005	50	JA	6		0.262	1.019	
Selenium, Se µg	1.3	0.306	38		1		1.6	6.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.8	0.711	41	JA	6		9.7	37.7	
Thiamin mg	0.077	0.005	4	A	1		0.096	0.373	
Riboflavin mg	0.024	0.004	4	A	1		0.029	0.114	
Niacin mg	0.995	0.086	4	A	1		1.234	4.796	
Pantothenic acid mg	0.091		0		1		0.113	0.439	
Vitamin B-6 mg	0.065	0.000	9		1		0.081	0.313	
Folate, total (1) µg	24		0	A	1		29	113	
Folic acid µg	0		0	Z	7		0	0	
Folate, food (1) µg	24		0	A	1		29	113	
Folate, DFE (1) µg	24		0	NC	4		29	113	
Choline, total mg	20.0		0	BFSN	4		24.8	96.5	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	76		0	NC	4		95	368	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	910		0	BFSN	4		1128	4385	
Carotene, alpha µg	15		0	BFSN	4		18	72	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1529		0	NC	4		1895	7368	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1747		0	BFSN	4		2166	8418	
Vitamin E (alpha-tocopherol) mg	0.02		1	A	1		0.02	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	1.70		1	A	1		2.11	8.19	
Tocopherol, delta mg	0.03		1	A	1		0.04	0.14	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	

NDB No. 11306

Peas, green, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.05		1	A	1		0.06	0.24	
Tocotrienol, delta....mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	20.7		0	BFSN	4		25.7	99.9	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.086		0		1		0.106	0.413	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.077		0		1		0.096	0.371	
17:0....g									
18:0....g	0.009		0		1		0.011	0.041	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.043		0		1		0.053	0.206	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.043		0		1		0.053	0.206	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.226		0		1		0.280	1.090	
18:2 undifferentiated....g	0.183		0		1		0.227	0.883	
18:3 undifferentiated....g	0.043		0		1		0.053	0.206	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0	JA	6		0.026	0.101	
Threonine....g	0.115		0	JA	6		0.143	0.555	
Isoleucine....g	0.111		0	JA	6		0.137	0.533	
Leucine....g	0.183		0	JA	6		0.227	0.884	
Lysine....g	0.180		0	JA	6		0.223	0.867	
Methionine....g	0.047		0	JA	6		0.058	0.224	
Cystine....g	0.018		0	JA	6		0.023	0.088	
Phenylalanine....g	0.114		0	JA	6		0.141	0.547	
Tyrosine....g	0.065		0	JA	6		0.080	0.312	
Valine....g	0.133		0	JA	6		0.165	0.643	
Arginine....g	0.243		0	JA	6		0.301	1.171	
Histidine....g	0.061		0	JA	6		0.075	0.293	
Alanine....g	0.136		0	JA	6		0.169	0.657	

NDB No. 11306

Peas, green, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.282		0	JA	6		0.349	1.357	
Glutamic acid....g	0.421		0	JA	6		0.522	2.027	
Glycine....g	0.104		0	JA	6		0.129	0.503	
Proline....g	0.098		0	JA	6		0.122	0.473	
Serine....g	0.103		0	JA	6		0.127	0.495	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

Footnotes:

1 Folate value based on the analysis of 5-methyltetrahydrofolate

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11310
Peas, green, canned, seasoned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.51	0.179	36		1		196.38	98.62	
Energy kcal	50		0	NC	4		114	57	
Energy kJ	209				4		475	238	
Protein (N x 6.25) g	3.09	0.044	36		1		7.01	3.52	
Total lipid (fat) g	0.27	0.008	36		1		0.61	0.31	
Ash g	0.88	0.013	36		1		2.00	1.00	
Carbohydrate, by difference g	9.25		0	NC	4		21.00	10.55	
Fiber, total dietary g	2.0		0		4		4.5	2.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15	0.581	36		1		34	17	
Iron, Fe mg	1.20	0.023	36		1		2.72	1.37	
Magnesium, Mg mg	15	0.279	36		1		34	17	
Phosphorus, P mg	54	0.635	36		1		123	62	
Potassium, K mg	122	2.710	36		1		277	139	
Sodium, Na mg	254	4.173	36		1		577	290	
Zinc, Zn mg	0.65	0.026	36		1		1.48	0.74	
Copper, Cu mg	0.099	0.004	36		1		0.225	0.113	
Manganese, Mn mg	0.268		0		1		0.608	0.306	
Selenium, Se µg	1.3		0	BFSN	4		3.0	1.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.5	0.391	36		1		26.1	13.1	
Thiamin mg	0.096	0.003	36		1		0.218	0.109	
Riboflavin mg	0.071	0.001	36		1		0.161	0.081	
Niacin mg	0.690	0.035	36		1		1.566	0.787	
Pantothenic acid mg	0.089		0		4		0.202	0.101	
Vitamin B-6 mg	0.098		0		4		0.222	0.112	
Folate, total µg	29		0		4		65	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	29		0		4		65	33	
Folate, DFE µg	29		0	NC	4		65	33	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	22	0.611	36		1		49	25	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	433	12.225	36		1		983	494	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11310

Peas, green, canned, seasoned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.048		0		1		0.109	0.055	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.044		0		1		0.100	0.050	
17:0....g									
18:0....g	0.005		0		1		0.011	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1		0.054	0.027	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.054	0.027	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.127		0		1		0.288	0.145	
18:2 undifferentiated....g	0.103		0		1		0.234	0.117	
18:3 undifferentiated....g	0.024		0		1		0.054	0.027	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.048	0.024	
Threonine....g	0.116		0		1		0.263	0.132	
Isoleucine....g	0.111		0		1		0.252	0.127	
Leucine....g	0.184		0		1		0.418	0.210	
Lysine....g	0.181		0		1		0.411	0.206	
Methionine....g	0.047		0		1		0.107	0.054	
Cystine....g	0.018		0		1		0.041	0.021	
Phenylalanine....g	0.114		0		1		0.259	0.130	
Tyrosine....g	0.065		0		1		0.148	0.074	
Valine....g	0.134		0		1		0.304	0.153	
Arginine....g	0.244		0		1		0.554	0.278	
Histidine....g	0.061		0		1		0.138	0.070	
Alanine....g	0.137		0		1		0.311	0.156	
Aspartic acid....g	0.283		0		1		0.642	0.323	
Glutamic acid....g	0.422		0		1		0.958	0.481	
Glycine....g	0.105		0		1		0.238	0.120	
Proline....g	0.099		0		1		0.225	0.113	
Serine....g	0.103		0		1		0.234	0.117	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11310

Peas, green, canned, seasoned, solids and liquids

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 114g: .5 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11811
Peas, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.87	1.000	14		1		124.59		
Energy kcal	84		0	NC	4		134		
Energy kJ	352		0	NC	4		563		
Protein (N x 6.25) g	5.36	0.258	14		1		8.58		
Total lipid (fat) g	0.22	0.018	14		1		0.35		
Ash g	0.92	0.052	14		1		1.47		
Carbohydrate, by difference g	15.63		0	NC	4		25.01		
Fiber, total dietary g	5.5		1	A	1		8.8		
Sugars, total g	5.93		0	NC	4		9.50		
Sucrose g	5.22		0	BFSN	4		8.36		
Glucose (dextrose) g	0.13		0	BFSN	4		0.20		
Fructose g	0.41		0	BFSN	4		0.65		
Lactose g	0.00		0	BFSN	4		0.00		
Maltose g	0.18		0	BFSN	4		0.28		
Galactose g	0.00		0	BFSN	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	27	0.969	12		1		43		
Iron, Fe mg	1.54	0.055	14		1		2.46		
Magnesium, Mg mg	39	2.447	13		1		62		
Phosphorus, P mg	117	2.787	12		1		187		
Potassium, K mg	271	12.010	12		1		434		
Sodium, Na mg	239		0		4		382		
Zinc, Zn mg	1.19	0.094	14		1		1.90		
Copper, Cu mg	0.173	0.008	14		1		0.277		
Manganese, Mn mg	0.525	0.033	14		1		0.840		
Selenium, Se µg	1.9		0	BFSN	4		3.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	14.2	1.200	12		1		22.7		
Thiamin mg	0.259	0.018	12		1		0.414		
Riboflavin mg	0.149	0.003	12		1		0.238		
Niacin mg	2.021	0.070	12		1		3.234		
Pantothenic acid mg	0.153		0		1		0.245		
Vitamin B-6 mg	0.216	0.005	12		1		0.346		
Folate, total µg	63		0		1		101		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	63		0		1		101		
Folate, DFE µg	63		0	NC	4		101		
Choline, total mg	29.7		0	BFSN	4		47.6		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	40		0	NC	4		64		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	470		0	BFSN	4		751		
Carotene, alpha µg	22		0	BFSN	4		35		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	801		0	NC	4		1282		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	2593		0	BFSN	4		4149		
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.22		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma mg	0.99		0	BFSN	4		1.58		
Tocopherol, delta mg	0.02		0	BFSN	4		0.03		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11811

Peas, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	25.9		0	BFSN	4		41.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.039		0		1		0.062		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.035		0		1		0.056		
17:0....g									
18:0....g	0.004		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.019		0		1		0.030		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.019		0		1		0.030		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		0		1		0.163		
18:2 undifferentiated....g	0.082		0		1		0.131		
18:3 undifferentiated....g	0.019		0		1		0.030		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.059		
Threonine....g	0.201		0		1		0.322		
Isoleucine....g	0.193		0		1		0.309		
Leucine....g	0.320		0		1		0.512		
Lysine....g	0.314		0		1		0.502		
Methionine....g	0.081		0		1		0.130		
Cystine....g	0.032		0		1		0.051		
Phenylalanine....g	0.198		0		1		0.317		
Tyrosine....g	0.112		0		1		0.179		
Valine....g	0.232		0		1		0.371		
Arginine....g	0.423		0		1		0.677		
Histidine....g	0.105		0		1		0.168		
Alanine....g	0.237		0		1		0.379		
Aspartic acid....g	0.490		0		1		0.784		
Glutamic acid....g	0.733		0		1		1.173		

NDB No. 11811
Peas, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.182		0		1		0.291		
Proline....g	0.171		0		1		0.274		
Serine....g	0.179		0		1		0.286		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11305
Peas, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.87	1.000	14		1		124.59		
Energy kcal	84		0	NC	4		134		
Energy kJ	352		0	NC	4		563		
Protein (N x 6.25) g	5.36	0.258	14		1		8.58		
Total lipid (fat) g	0.22	0.018	14		1		0.35		
Ash g	0.92	0.052	14		1		1.47		
Carbohydrate, by difference g	15.63		0	NC	4		25.01		
Fiber, total dietary g	5.5		0		1		8.8		
Sugars, total g	5.93		0	NC	4		9.50		
Sucrose g	5.22		0	BFSN	4		8.36		
Glucose (dextrose) g	0.13		0	BFSN	4		0.20		
Fructose g	0.41		0	BFSN	4		0.65		
Lactose g	0.00		0	BFSN	4		0.00		
Maltose g	0.18		0	BFSN	4		0.28		
Galactose g	0.00		0	BFSN	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	27	0.969	12		1		43		
Iron, Fe mg	1.54	0.055	14		1		2.46		
Magnesium, Mg mg	39	2.447	13		1		62		
Phosphorus, P mg	117	2.787	12		1		187		
Potassium, K mg	271	12.010	12		1		434		
Sodium, Na mg	3	1.006	8		1		5		
Zinc, Zn mg	1.19	0.094	14		1		1.90		
Copper, Cu mg	0.173	0.008	14		1		0.277		
Manganese, Mn mg	0.525	0.033	14		1		0.840		
Selenium, Se µg	1.9		0	BFSN	4		3.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	14.2	1.200	12		1		22.7		
Thiamin mg	0.259	0.018	12		1		0.414		
Riboflavin mg	0.149	0.003	12		1		0.238		
Niacin mg	2.021	0.070	12		1		3.234		
Pantothenic acid mg	0.153		0		1		0.245		
Vitamin B-6 mg	0.216	0.005	12		1		0.346		
Folate, total µg	63		0		1		101		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	63		0		1		101		
Folate, DFE µg	63		0	NC	4		101		
Choline, total mg	29.7		0	BFSN	4		47.6		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	40		0	NC	4		64		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	470		0	BFSN	4		751		
Carotene, alpha µg	22		0	BFSN	4		35		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	801		0	NC	4		1282		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	2593		0	BFSN	4		4149		
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.22		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma mg	0.99		0	BFSN	4		1.58		
Tocopherol, delta mg	0.02		0	BFSN	4		0.03		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11305

Peas, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	25.9		0	BFSN	4		41.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.039		0		1		0.062		
4:0 g	0.000		0		1		0.000		
6:0 g	0.000		0		1		0.000		
8:0 g	0.000		0		1		0.000		
10:0 g	0.000		0		1		0.000		
12:0 g	0.000		0		1		0.000		
13:0 g									
14:0 g	0.000		0		1		0.000		
15:0 g									
16:0 g	0.035		0		1		0.056		
17:0 g									
18:0 g	0.004		0		1		0.006		
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.019		0		1		0.030		
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000		
17:1 g									
18:1 undifferentiated g	0.019		0		1		0.030		
20:1 g	0.000		0		1		0.000		
22:1 undifferentiated g	0.000		0		1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.102		0		1		0.163		
18:2 undifferentiated g	0.082		0		1		0.131		
18:3 undifferentiated g	0.019		0		1		0.030		
18:4 g	0.000		0		1		0.000		
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000		
20:5 n-3 (EPA) g	0.000		0		1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000		
22:6 n-3 (DHA) g	0.000		0		1		0.000		
Fatty acids, total trans g	0.000		0	Z	7		0.000		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.037		0		1		0.059		
Threonine g	0.201		0		1		0.322		
Isoleucine g	0.193		0		1		0.309		
Leucine g	0.320		0		1		0.512		
Lysine g	0.314		0		1		0.502		
Methionine g	0.081		0		1		0.130		
Cystine g	0.032		0		1		0.051		
Phenylalanine g	0.198		0		1		0.317		
Tyrosine g	0.112		0		1		0.179		
Valine g	0.232		0		1		0.371		
Arginine g	0.423		0		1		0.677		
Histidine g	0.105		0		1		0.168		
Alanine g	0.237		0		1		0.379		
Aspartic acid g	0.490		0		1		0.784		
Glutamic acid g	0.733		0		1		1.173		

NDB No. 11305
Peas, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.182		0		1		0.291		
Proline....g	0.171		0		1		0.274		
Serine....g	0.179		0		1		0.286		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11814
Peas, green, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.52	0.681	11		1		63.62	201.19	
Energy kcal	78		0	NC	4		62	197	
Energy kJ	326		0		4		261	826	
Protein (N x 6.25) g	5.15	0.205	11		1		4.12	13.03	
Total lipid (fat) g	0.27	0.049	11		1		0.22	0.68	
Ash g	0.80	0.100	11		1		0.64	2.02	
Carbohydrate, by difference g	14.26		0	NC	4		11.41	36.08	
Fiber, total dietary g	4.5		0	BFZN	4		3.6	11.5	
Sugars, total g	4.40		0	BFZN	4		3.52	11.14	
Sucrose g	4.06		0	BFZN	4		3.25	10.27	
Glucose (dextrose) g	0.11		0	BFZN	4		0.09	0.29	
Fructose g	0.13		0	BFZN	4		0.11	0.34	
Lactose g	0.00		0	BFZN	4		0.00	0.00	
Maltose g	0.10		0	BFZN	4		0.08	0.25	
Galactose g	0.00		0	BFZN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24	0.765	47		1		19	61	
Iron, Fe mg	1.52	0.043	48		1		1.21	3.84	
Magnesium, Mg mg	22	0.521	48		1		17	55	
Phosphorus, P mg	77	1.458	47		1		62	196	
Potassium, K mg	110	3.108	48		1		88	278	
Sodium, Na mg	323		0		4		258	817	
Zinc, Zn mg	0.67	0.024	48		1		0.54	1.71	
Copper, Cu mg	0.105	0.003	47		1		0.084	0.265	
Manganese, Mn mg	0.279	0.009	48		1		0.224	0.707	
Selenium, Se µg	1.0	0.228	40		1		0.8	2.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.9	0.906	9		1		7.9	25.0	
Thiamin mg	0.283	0.022	11		1		0.226	0.716	
Riboflavin mg	0.100	0.005	11		1		0.080	0.253	
Niacin mg	1.480	0.053	9		1		1.184	3.744	
Pantothenic acid mg	0.142	0.018	3		1		0.114	0.359	
Vitamin B-6 mg	0.113	0.008	11		1		0.090	0.286	
Folate, total µg	59	3.802	18		1		47	148	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	59	3.802	18		1		47	148	
Folate, DFE µg	59		0	NC	4		47	148	
Choline, total mg	27.5		0	AS	1		22.0	69.6	
Betaine mg	0.1		1	A	1		0.1	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	105		0	NC	4		84	266	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1250	50.000	7	A	1		1000	3163	
Carotene, alpha µg	20		0	BFZN	4		16	52	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	2100		0	NC	4		1680	5314	
Lycopene µg									
Lutein + zeaxanthin µg	2400	0.000	8	A	1		1920	6072	
Vitamin E (alpha-tocopherol) mg	0.03		0	BFZN	4		0.02	0.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma mg	2.34		0	BFZN	4		1.87	5.92	
Tocopherol, delta mg	0.04		0	BFZN	4		0.03	0.10	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11814

Peas, green, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	24.0		1		1		19.2	60.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.049		0		1		0.039	0.124	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.044		0		1		0.035	0.111	
17:0....g									
18:0....g	0.005		0		1		0.004	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1		0.019	0.061	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.019	0.061	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.129		0		1		0.103	0.326	
18:2 undifferentiated....g	0.105		0		1		0.084	0.266	
18:3 undifferentiated....g	0.024		0		1		0.019	0.061	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.028	0.089	
Threonine....g	0.193		0		1		0.154	0.488	
Isoleucine....g	0.185		0		1		0.148	0.468	
Leucine....g	0.307		0		1		0.246	0.777	
Lysine....g	0.302		0		1		0.242	0.764	
Methionine....g	0.078		0		1		0.062	0.197	
Cystine....g	0.030		0		1		0.024	0.076	
Phenylalanine....g	0.190		0		1		0.152	0.481	
Tyrosine....g	0.108		0		1		0.086	0.273	
Valine....g	0.223		0		1		0.178	0.564	
Arginine....g	0.407		0		1		0.326	1.030	
Histidine....g	0.101		0		1		0.081	0.256	
Alanine....g	0.228		0		1		0.182	0.577	
Aspartic acid....g	0.471		0		1		0.377	1.192	
Glutamic acid....g	0.705		0		1		0.564	1.784	

NDB No. 11814

Peas, green, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.175		0		1		0.140	0.443	
Proline....g	0.165		0		1		0.132	0.417	
Serine....g	0.172		0		1		0.138	0.435	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: .5 cup

Measure 2 = 253g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.52	0.681	11		1		63.62	201.19	
Energy kcal	78		0	NC	4		62	197	
Energy kJ	326		0		4		261	826	
Protein (N x 6.25) g	5.15	0.205	11		1		4.12	13.03	
Total lipid (fat) g	0.27	0.049	11		1		0.22	0.68	
Ash g	0.80	0.100	11		1		0.64	2.02	
Carbohydrate, by difference g	14.26		0	NC	4		11.41	36.08	
Fiber, total dietary g	4.5		0	BFSN	4		3.6	11.5	
Sugars, total g	4.40		0	NC	4		3.52	11.14	
Sucrose g	4.06		0	BFSN	4		3.25	10.27	
Glucose (dextrose) g	0.11		0	BFSN	4		0.09	0.29	
Fructose g	0.13		0	BFSN	4		0.11	0.34	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.10		0	BFSN	4		0.08	0.25	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24	0.765	47		1		19	61	
Iron, Fe mg	1.52	0.043	48		1		1.21	3.84	
Magnesium, Mg mg	22	0.521	48		1		17	55	
Phosphorus, P mg	77	1.458	47		1		62	196	
Potassium, K mg	110	3.108	48		1		88	278	
Sodium, Na mg	72	4.091	47		1		58	182	
Zinc, Zn mg	0.67	0.024	48		1		0.54	1.71	
Copper, Cu mg	0.105	0.003	47		1		0.084	0.265	
Manganese, Mn mg	0.279	0.009	48		1		0.224	0.707	
Selenium, Se µg	1.0	0.228	40		1		0.8	2.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.9	0.906	9		1		7.9	25.0	
Thiamin mg	0.283	0.022	11		1		0.226	0.716	
Riboflavin mg	0.100	0.005	11		1		0.080	0.253	
Niacin mg	1.480	0.053	9		1		1.184	3.744	
Pantothenic acid mg	0.142	0.018	3		1		0.114	0.359	
Vitamin B-6 mg	0.113	0.008	11		1		0.090	0.286	
Folate, total µg	59	3.802	18		1		47	148	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	59	3.802	18		1		47	148	
Folate, DFE µg	59		0	NC	4		47	148	
Choline, total mg	27.5		0	AS	1		22.0	69.6	
Betaine mg	0.1		1	A	1		0.1	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	105		0	NC	4		84	266	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1250	50.000	7	A	1		1000	3163	
Carotene, alpha µg	20		0	BFSN	4		16	52	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	2100		0	NC	4		1680	5314	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	2400	0.000	8	A	1		1920	6072	
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.02	0.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	2.34		0	BFSN	4		1.87	5.92	
Tocopherol, delta mg	0.04		0	BFSN	4		0.03	0.10	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	24.0		1		1		19.2	60.7	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.049		0		1		0.039	0.124	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.044		0		1		0.035	0.111	
17:0....g									
18:0....g	0.005		0		1		0.004	0.013	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0		1		0.019	0.061	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.019	0.061	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.129		0		1		0.103	0.326	
18:2 undifferentiated....g	0.105		0		1		0.084	0.266	
18:3 undifferentiated....g	0.024		0		1		0.019	0.061	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.028	0.089	
Threonine....g	0.193		0		1		0.154	0.488	
Isoleucine....g	0.185		0		1		0.148	0.468	
Leucine....g	0.307		0		1		0.246	0.777	
Lysine....g	0.302		0		1		0.242	0.764	
Methionine....g	0.078		0		1		0.062	0.197	
Cystine....g	0.030		0		1		0.024	0.076	
Phenylalanine....g	0.190		0		1		0.152	0.481	
Tyrosine....g	0.108		0		1		0.086	0.273	
Valine....g	0.223		0		1		0.178	0.564	
Arginine....g	0.407		0		1		0.326	1.030	
Histidine....g	0.101		0		1		0.081	0.256	
Alanine....g	0.228		0		1		0.182	0.577	
Aspartic acid....g	0.471		0		1		0.377	1.192	
Glutamic acid....g	0.705		0		1		0.564	1.784	

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.175		0		1		0.140	0.443	
Proline....g	0.165		0		1		0.132	0.417	
Serine....g	0.172		0		1		0.138	0.435	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 80g: .5 cup

Measure 2 = 253g: 1 package (10 oz) yields

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11312
Peas, green, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.98	0.240	105	JO	11		107.17	227.14	
Energy kcal	77		0	NC	4		103	218	
Energy kJ	322		0	NC	4		431	914	
Protein (N x 6.25) g	5.22	0.057	95	JA	6		7.00	14.83	
Total lipid (fat) g	0.40	0.025	101	JO	11		0.53	1.13	
Ash g	0.78	0.070	86	JA	6		1.04	2.21	
Carbohydrate, by difference g	13.62		0	NC	4		18.25	38.69	
Fiber, total dietary g	4.5	0.131	7	JA	6		6.1	12.9	
Sugars, total g	5.00		0	NC	4		6.71	14.21	
Sucrose g	4.60	0.193	9	JA	6		6.17	13.07	
Glucose (dextrose) g	0.08	0.037	6	JA	6		0.10	0.22	
Fructose g	0.25	0.210	6	JA	6		0.33	0.70	
Lactose g	0.00	0.000	3	A	1	D	0.00	0.00	
Maltose g	0.08	0.014	6	JA	6		0.11	0.23	
Galactose g	0.00		1	A	1	D	0.00	0.00	
Starch g	4.17	0.203	3	A	1	D	5.58	11.83	
Minerals:									
Calcium, Ca mg	22	1.223	90	JA	6		30	63	
Iron, Fe mg	1.53	0.032	95	JA	6		2.05	4.35	
Magnesium, Mg mg	26	0.881	31	JA	6		34	73	
Phosphorus, P mg	82	2.212	45	JA	6		110	233	
Potassium, K mg	153	5.477	38	JA	6		205	434	
Sodium, Na mg	108	22.670	56	JA	6		144	306	
Zinc, Zn mg	0.82	0.016	33	JA	6		1.10	2.32	
Copper, Cu mg	0.124	0.004	34	JA	6		0.166	0.352	
Manganese, Mn mg	0.336	0.031	33	JA	6		0.450	0.955	
Selenium, Se µg	1.9	0.420	19	A	1	D	2.6	5.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	18.0	0.655	77		1		24.1	51.1	
Thiamin mg	0.259	0.009	89	JA	6		0.346	0.734	
Riboflavin mg	0.100	0.003	90	JA	6		0.134	0.284	
Niacin mg	1.723	0.058	90	JA	6		2.309	4.894	
Pantothenic acid mg	0.547	0.029	3	JA	6		0.733	1.553	
Vitamin B-6 mg	0.083	0.003	3	JA	6		0.112	0.236	
Folate, total µg	53		0		1		71	151	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	53		0		1		71	151	
Folate, DFE µg	53		0	NC	4		71	151	
Choline, total mg	27.0		0	BFSN	4		36.1	76.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	103		0	NC	4		138	292	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1225		0	BFSN	4		1641	3479	
Carotene, alpha µg	20		0	BFSN	4		27	57	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	2058		0	NC	4		2758	5846	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	2352		0	BFSN	4		3152	6680	
Vitamin E (alpha-tocopherol) mg	0.02	0.003	6	A	1		0.03	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma mg	0.75	0.054	6	A	1		1.00	2.13	
Tocopherol, delta mg	0.01	0.002	6	A	1		0.02	0.04	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11312
Peas, green, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	27.9		2	A	1	D	37.4	79.3	
Dihydrophylloquinone....µg	0.0		2	A	1	D	0.0	0.0	
Menaquinone-4....µg	0.0		2	A	1	D	0.0	0.0	
Lipids:									
Fatty acids, total saturated....g	0.066		0		1		0.088	0.187	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.060		0		1		0.080	0.170	
17:0....g									
18:0....g	0.007		0		1		0.009	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0		1		0.044	0.094	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.033		0		1		0.044	0.094	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.175		0		1		0.235	0.497	
18:2 undifferentiated....g	0.142		0		1		0.190	0.403	
18:3 undifferentiated....g	0.033		0		1		0.044	0.094	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.036		0		1		0.048	0.102	
Threonine....g	0.195		0		1		0.261	0.554	
Isoleucine....g	0.187		0		1		0.251	0.531	
Leucine....g	0.311		0		1		0.417	0.883	
Lysine....g	0.305		0		1		0.409	0.866	
Methionine....g	0.079		0		1		0.106	0.224	
Cystine....g	0.031		0		1		0.042	0.088	
Phenylalanine....g	0.192		0		1		0.257	0.545	
Tyrosine....g	0.109		0		1		0.146	0.310	
Valine....g	0.226		0		1		0.303	0.642	
Arginine....g	0.412		0		1		0.552	1.170	
Histidine....g	0.102		0		1		0.137	0.290	
Alanine....g	0.231		0		1		0.310	0.656	
Aspartic acid....g	0.476		0		1		0.638	1.352	
Glutamic acid....g	0.712		0		1		0.954	2.022	

NDB No. 11312
Peas, green, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.177		0		1		0.237	0.503	
Proline....g	0.167		0		1		0.224	0.474	
Serine....g	0.174		0		1		0.233	0.494	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 cup

Measure 2 = 284g: 1 package

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11304
Peas, green, raw
Pisum sativum

Refuse: 62% Pods and inedible peas

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.86	0.508	10		1		114.35		
Energy kcal	81		0	NC	4		117		
Energy kJ	339		0	NC	4		492		
Protein (N x 6.25) g	5.42	0.131	7		1		7.86		
Total lipid (fat) g	0.40	0.033	7		1		0.58		
Ash g	0.87	0.042	7		1		1.26		
Carbohydrate, by difference g	14.45		0	NC	4		20.95		
Fiber, total dietary g	5.7		0	BFSN	4		8.2		
Sugars, total g	5.67		0	NC	4		8.22		
Sucrose g	4.99		0	BFSN	4		7.24		
Glucose (dextrose) g	0.12		0	BFSN	4		0.18		
Fructose g	0.39		0	BFSN	4		0.57		
Lactose g	0.00		0	BFSN	4		0.00		
Maltose g	0.17		0	BFSN	4		0.24		
Galactose g	0.00		0	BFSN	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	25	2.027	8		1		36		
Iron, Fe mg	1.47	0.050	8		1		2.13		
Magnesium, Mg mg	33	1.096	8		1		48		
Phosphorus, P mg	108	4.166	8		1		157		
Potassium, K mg	244	16.659	10		1		354		
Sodium, Na mg	5	1.287	7		1		7		
Zinc, Zn mg	1.24	0.042	7		1		1.80		
Copper, Cu mg	0.176	0.013	7		1		0.255		
Manganese, Mn mg	0.410	0.030	7		1		0.595		
Selenium, Se µg	1.8		0	BFSN	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	40.0		1		1		58.0		
Thiamin mg	0.266	0.029	7		1		0.386		
Riboflavin mg	0.132	0.009	7		1		0.191		
Niacin mg	2.090	0.137	7		1		3.031		
Pantothenic acid mg	0.104		1		1		0.151		
Vitamin B-6 mg	0.169	0.013	7		1		0.245		
Folate, total µg	65		1		1		94		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	65		1		1		94		
Folate, DFE µg	65		0	NC	4		94		
Choline, total mg	28.4		0	BFSN	4		41.2		
Betaine mg	0.2		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	38		0	AS	1		55		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	449	108.530	40	A	1		651		
Carotene, alpha µg	21	5.140	40	A	1		31		
Cryptoxanthin, beta µg	0		15	A	1		0		
Vitamin A, IU IU	765		0	AS	1		1110		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	2477		0	BFSN	4		3592		
Vitamin E (alpha-tocopherol) mg	0.13		1		1		0.19		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	BFSN	4		0.00		
Tocopherol, gamma mg	0.95		0	BFSN	4		1.37		
Tocopherol, delta mg	0.02		0	BFSN	4		0.02		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11304
Peas, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	24.8		0	BFSN	4		35.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.071		0		1		0.103		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.064		1		1		0.093		
17:0....g									
18:0....g	0.007		1		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.035		0		1		0.051		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.035		1		1		0.051		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.187		0		1		0.271		
18:2 undifferentiated....g	0.152		1		1		0.220		
18:3 undifferentiated....g	0.035		1		1		0.051		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.054		
Threonine....g	0.203		0		1		0.294		
Isoleucine....g	0.195		0		1		0.283		
Leucine....g	0.323		0		1		0.468		
Lysine....g	0.317		0		1		0.460		
Methionine....g	0.082		0		1		0.119		
Cystine....g	0.032		0		1		0.046		
Phenylalanine....g	0.200		0		1		0.290		
Tyrosine....g	0.114		0		1		0.165		
Valine....g	0.235		0		1		0.341		
Arginine....g	0.428		0		1		0.621		
Histidine....g	0.107		0		1		0.155		
Alanine....g	0.240		0		1		0.348		
Aspartic acid....g	0.496		0		1		0.719		
Glutamic acid....g	0.741		0		1		1.074		

NDB No. 11304
Peas, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.184		0		1		0.267		
Proline....g	0.173		0		1		0.251		
Serine....g	0.181		0		1		0.262		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11815

Peas, mature seeds, sprouted, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.37		0		1				
Energy kcal	98		0	NC	4				
Energy kJ	411		0	NC	4				
Protein (N x 6.25) g	7.05		0		1				
Total lipid (fat) g	0.51		0		1				
Ash g	0.99		0		1				
Carbohydrate, by difference g	17.08		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1				
Iron, Fe mg	1.67		0		1				
Magnesium, Mg mg	41		0		1				
Phosphorus, P mg	24		0		1				
Potassium, K mg	268		0		1				
Sodium, Na mg	239		0		4				
Zinc, Zn mg	0.78		0		1				
Copper, Cu mg	0.020		0		1				
Manganese, Mn mg	0.325		0		1				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	6.6		0		1				
Thiamin mg	0.216		0		1				
Riboflavin mg	0.285		0		1				
Niacin mg	1.072		0		1				
Pantothenic acid mg	0.683		0		1				
Vitamin B-6 mg	0.128		0		1				
Folate, total µg	36		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	36		0		1				
Folate, DFE µg	36		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	5		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	107		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11815

Peas, mature seeds, sprouted, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.090		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.082		0		1				
17:0....g									
18:0....g	0.009		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.045		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0		1				
18:2 undifferentiated....g	0.195		0		1				
18:3 undifferentiated....g	0.045		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.240		0		1				
Isoleucine....g	0.221		0		1				
Leucine....g	0.473		0		1				
Lysine....g	0.497		0		1				
Methionine....g	0.089		0		1				
Cystine....g	0.200		0		1				
Phenylalanine....g	0.325		0		1				
Tyrosine....g	0.164		0		1				
Valine....g	0.285		0		1				
Arginine....g	0.627		0		1				
Histidine....g	0.217		0		1				
Alanine....g	0.317		0		1				
Aspartic acid....g	0.849		0		1				
Glutamic acid....g	1.317		0		1				
Glycine....g	0.270		0		1				
Proline....g	0.359		0		1				
Serine....g	0.386		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11815

Peas, mature seeds, sprouted, cooked, boiled, drained, with salt

Common Measures:

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11317

Peas, mature seeds, sprouted, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.37		0		1				
Energy kcal	98		0	NC	4				
Energy kJ	411		0	NC	4				
Protein (N x 6.25) g	7.05		0		1				
Total lipid (fat) g	0.51		0		1				
Ash g	0.99		0		1				
Carbohydrate, by difference g	17.08		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1				
Iron, Fe mg	1.67		0		1				
Magnesium, Mg mg	41		0		1				
Phosphorus, P mg	24		0		1				
Potassium, K mg	268		0		1				
Sodium, Na mg	3		0		1				
Zinc, Zn mg	0.78		0		1				
Copper, Cu mg	0.020		0		1				
Manganese, Mn mg	0.325		0		1				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	6.6		0		1				
Thiamin mg	0.216		0		1				
Riboflavin mg	0.285		0		1				
Niacin mg	1.072		0		1				
Pantothenic acid mg	0.683		0		1				
Vitamin B-6 mg	0.128		0		1				
Folate, total µg	36		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	36		0		1				
Folate, DFE µg	36		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	5		0	NR	4				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	107		0	NR	4				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11317

Peas, mature seeds, sprouted, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.090		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.082		0		1				
17:0....g									
18:0....g	0.009		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.045		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0		1				
18:2 undifferentiated....g	0.195		0		1				
18:3 undifferentiated....g	0.045		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.240		0		1				
Isoleucine....g	0.221		0		1				
Leucine....g	0.473		0		1				
Lysine....g	0.497		0		1				
Methionine....g	0.089		0		1				
Cystine....g	0.200		0		1				
Phenylalanine....g	0.325		0		1				
Tyrosine....g	0.164		0		1				
Valine....g	0.285		0		1				
Arginine....g	0.627		0		1				
Histidine....g	0.217		0		1				
Alanine....g	0.317		0		1				
Aspartic acid....g	0.849		0		1				
Glutamic acid....g	1.317		0		1				
Glycine....g	0.270		0		1				
Proline....g	0.359		0		1				
Serine....g	0.386		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11317

Peas, mature seeds, sprouted, cooked, boiled, drained, without salt

Common Measures:

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11316
Peas, mature seeds, sprouted, raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.27	2.010	4		1		74.72		
Energy kcal	124		0	NC	4		149		
Energy kJ	519		0	NC	4		622		
Protein (N x 6.25) g	8.80	0.348	4		1		10.56		
Total lipid (fat) g	0.68	0.036	4		1		0.82		
Ash g	1.14	0.048	4		1		1.37		
Carbohydrate, by difference g	27.11		0	NC	4		32.53		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36	2.776	4		1		43		
Iron, Fe mg	2.26	0.106	4		1		2.71		
Magnesium, Mg mg	56	1.888	4		1		67		
Phosphorus, P mg	165	7.654	4		1		198		
Potassium, K mg	381	8.700	4		1		457		
Sodium, Na mg	20	2.082	4		1		24		
Zinc, Zn mg	1.05	0.047	4		1		1.26		
Copper, Cu mg	0.272	0.016	4		1		0.326		
Manganese, Mn mg	0.438	0.015	4		1		0.526		
Selenium, Se µg	0.6		0	CAZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.4	2.649	8		1		12.5		
Thiamin mg	0.225	0.009	8		1		0.270		
Riboflavin mg	0.155	0.026	8		1		0.186		
Niacin mg	3.088	0.130	8		1		3.706		
Pantothenic acid mg	1.029	0.061	8		1		1.235		
Vitamin B-6 mg	0.265	0.012	8		1		0.318		
Folate, total µg	144	20.000	8		1		173		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	144	20.000	8		1		173		
Folate, DFE µg	144		0	NC	4		173		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	166	14.099	3		1		199		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11316
Peas, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.124		0		1		0.149		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.112		0		1		0.134		
17:0....g									
18:0....g	0.012		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.061		0		1		0.073		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.061		0		1		0.073		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.326		0		1		0.391		
18:2 undifferentiated....g	0.265		0		1		0.318		
18:3 undifferentiated....g	0.061		0		1		0.073		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.186		1		1		0.223		
Isoleucine....g	0.171		1		1		0.205		
Leucine....g	0.365		1		1		0.438		
Lysine....g	0.384		1		1		0.461		
Methionine....g	0.069		1		1		0.083		
Cystine....g	0.155		1		1		0.186		
Phenylalanine....g	0.251		1		1		0.301		
Tyrosine....g	0.127		1		1		0.152		
Valine....g	0.220		1		1		0.264		
Arginine....g	0.484		1		1		0.581		
Histidine....g	0.167		1		1		0.200		
Alanine....g	0.245		1		1		0.294		
Aspartic acid....g	0.656		1		1		0.787		
Glutamic acid....g	1.017		1		1		1.220		
Glycine....g	0.208		1		1		0.250		
Proline....g	0.277		1		1		0.332		
Serine....g	0.299		1		1		0.359		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11316
Peas, mature seeds, sprouted, raw

Common Measures:
Measure 1 = 120g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11230
Pepeao, dried

Refuse: 13% Stems and defects

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	11.14		2		1		2.67		
Energy kcal	298		0	NC	4		72		
Energy kJ	1248		0	NC	4		300		
Protein (N x 6.25) g	4.82		1		1		1.16		
Total lipid (fat) g	0.44		1		1		0.11		
Ash g	2.57		1		1		0.62		
Carbohydrate, by difference g	81.03		0	NC	4		19.45		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	113		1		1		27		
Iron, Fe mg	6.14		1		1		1.47		
Magnesium, Mg mg	146		1		1		35		
Phosphorus, P mg	116		1		1		28		
Potassium, K mg	708		1		1		170		
Sodium, Na mg	70		1		1		17		
Zinc, Zn mg	7.52		0		4		1.80		
Copper, Cu mg	5.070		0		4		1.217		
Manganese, Mn mg	1.151		0		4		0.276		
Selenium, Se µg	45.3		0	BFSN	4		10.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.4		1		1		0.3		
Thiamin mg	0.826		0		4		0.198		
Riboflavin mg	0.350		1		1		0.084		
Niacin mg	3.000		1		1		0.720		
Pantothenic acid mg	21.477		0		4		5.154		
Vitamin B-6 mg	0.950		0		4		0.228		
Folate, total µg	160		0		4		38		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	160		0		4		38		
Folate, DFE µg	160		0	NC	4		38		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11230
Pepeao, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 cup

Calories Factors: Protein 2.62 **Fat** 8.37 **Carbohydrate** 3.48

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11976
Pepper, banana, raw
Capsicum anuum

Refuse: 18% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.81		2	A	1		113.84	30.30	42.23
Energy kcal	27		0	NC	4		33	9	12
Energy kJ	113		0		4		140	37	52
Protein (N x 6.25) g	1.66		2	A	1		2.06	0.55	0.76
Total lipid (fat) g	0.45		2	A	1		0.56	0.15	0.21
Ash g	0.73		2	A	1		0.91	0.24	0.34
Carbohydrate, by difference g	5.35		0	NC	4		6.63	1.77	2.46
Fiber, total dietary g	3.4		0		1		4.2	1.1	1.6
Sugars, total g	1.95		0	O	4		2.42	0.64	0.90
Starch g									
Minerals:									
Calcium, Ca mg	14		2	A	1		17	5	6
Iron, Fe mg	0.46		2	A	1		0.57	0.15	0.21
Magnesium, Mg mg	17		2	A	1		21	6	8
Phosphorus, P mg	32		2	A	1		40	11	15
Potassium, K mg	256		2	A	1		317	84	118
Sodium, Na mg	13		1	A	1		16	4	6
Zinc, Zn mg	0.25		2	A	1		0.31	0.08	0.12
Copper, Cu mg	0.094		2	A	1		0.117	0.031	0.043
Manganese, Mn mg	0.100		2	A	1		0.124	0.033	0.046
Selenium, Se µg	0.3		0	BFSN	4		0.4	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	82.7		2	A	1		102.5	27.3	38.0
Thiamin mg	0.081		2	A	1		0.100	0.027	0.037
Riboflavin mg	0.054		2	A	1		0.067	0.018	0.025
Niacin mg	1.242		2	A	1		1.540	0.410	0.571
Pantothenic acid mg	0.265		2	A	1		0.329	0.087	0.122
Vitamin B-6 mg	0.357		2	A	1		0.443	0.118	0.164
Folate, total µg	29		2	A	1		36	10	13
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	29		2	A	1		36	10	13
Folate, DFE µg	29		0	NC	4		36	10	13
Choline, total mg	7.4		0	BFSN	4		9.2	2.5	3.4
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	17		0	AS	1		21	6	8
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	184		2	A	1		229	61	85
Carotene, alpha µg	39		2	A	1		49	13	18
Cryptoxanthin, beta µg	0		2	A	1		0	0	0
Vitamin A, IU IU	340		0	AS	1		422	112	156
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.86	0.23	0.32
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	9.5		0	BFSN	4		11.8	3.1	4.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11976
Pepper, banana, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.048		0	BFFN	4		0.060	0.016	0.022
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.000	0.000
15:0....g									
16:0....g	0.036		0	BFFN	4		0.045	0.012	0.017
17:0....g									
18:0....g	0.007		0	BFFN	4		0.009	0.002	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0	BFFN	4		0.033	0.009	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.002	0.001	0.001
17:1....g									
18:1 undifferentiated....g	0.025		0	BFFN	4		0.031	0.008	0.012
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.243		0	BFFN	4		0.301	0.080	0.112
18:2 undifferentiated....g	0.240		0	BFFN	4		0.298	0.079	0.110
18:3 undifferentiated....g	0.003		0	BFFN	4		0.004	0.001	0.001
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	3		1	A	1		4	1	1
Stigmasterol....mg	0		1	A	1		0	0	0
Campesterol....mg	1		1	A	1		1	0	0
Beta-sitosterol....mg	2		1	A	1		3	1	1
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 cup

Measure 2 = 33g: 1 small (4" long)

Measure 3 = 46g: 1 medium (4-1/2" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

NDB No. 11976
Pepper, banana, raw

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11978
Peppers, ancho, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	22.63		2	A	1		3.85		
Energy kcal	281		0	NC	4		48		
Energy kJ	1176		0	NC	4		200		
Protein (N x 6.25) g	11.86		2	A	1		2.02		
Total lipid (fat) g	8.20		2	A	1		1.39		
Ash g	5.89		2	A	1		1.00		
Carbohydrate, by difference g	51.42		0	NC	4		8.74		
Fiber, total dietary g	21.6		2	A	1		3.7		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	61		2	A	1		10		
Iron, Fe mg	10.93		2	A	1		1.86		
Magnesium, Mg mg	113		2	A	1		19		
Phosphorus, P mg	201		2	A	1		34		
Potassium, K mg	2411		2	A	1		410		
Sodium, Na mg	43		2	A	1		7		
Zinc, Zn mg	1.42		2	A	1		0.24		
Copper, Cu mg	0.508		2	A	1		0.086		
Manganese, Mn mg	1.279		2	A	1		0.217		
Selenium, Se µg	2.9		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.0		2	A	1		0.3		
Thiamin mg	0.179		2	A	1		0.030		
Riboflavin mg	2.255		2	A	1		0.383		
Niacin mg	6.403		2	A	1		1.089		
Pantothenic acid mg	1.993		2	A	1		0.339		
Vitamin B-6 mg	3.535		2	A	1		0.601		
Folate, total µg	69		2	A	1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	69		2	A	1		12		
Folate, DFE µg	69		0	NC	4		12		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1022		2	A	1		174		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	20438		2	A	1		3474		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11978
Peppers, ancho, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.820		0	BFFN	4		0.139		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.082		0	BFFN	4		0.014		
15:0....g									
16:0....g	0.656		0	BFFN	4		0.112		
17:0....g									
18:0....g	0.082		0	BFFN	4		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.492		0	BFFN	4		0.084		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.410		0	BFFN	4		0.070		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.511		0	BFFN	4		0.767		
18:2 undifferentiated....g	4.265		0	BFFN	4		0.725		
18:3 undifferentiated....g	0.164		0	BFFN	4		0.028		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.155		0	BFPN	4		0.026		
Threonine....g	0.425		0	BFPN	4		0.072		
Isoleucine....g	0.373		0	BFPN	4		0.063		
Leucine....g	0.605		0	BFPN	4		0.103		
Lysine....g	0.515		0	BFPN	4		0.088		
Methionine....g	0.142		0	BFPN	4		0.024		
Cystine....g	0.219		0	BFPN	4		0.037		
Phenylalanine....g	0.361		0	BFPN	4		0.061		
Tyrosine....g	0.245		0	BFPN	4		0.042		
Valine....g	0.489		0	BFPN	4		0.083		
Arginine....g	0.554		0	BFPN	4		0.094		
Histidine....g	0.232		0	BFPN	4		0.039		
Alanine....g	0.476		0	BFPN	4		0.081		
Aspartic acid....g	1.661		0	BFPN	4		0.282		
Glutamic acid....g	1.532		0	BFPN	4		0.260		
Glycine....g	0.425		0	BFPN	4		0.072		
Proline....g	0.502		0	BFPN	4		0.085		
Serine....g	0.464		0	BFPN	4		0.079		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 11978
Peppers, ancho, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 pepper

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11980
Peppers, chili, green, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.25		2	A	1		129.62		
Energy kcal	21		0	NC	4		29		
Energy kJ	88				4		122		
Protein (N x 6.25) g	0.72		2	A	1		1.00		
Total lipid (fat) g	0.27		2	A	1		0.38		
Ash g	1.31		2	A	1		1.82		
Carbohydrate, by difference g	4.60		0	NC	4		6.39		
Fiber, total dietary g	1.7		2	A	1		2.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36		2	A	1		50		
Iron, Fe mg	1.33		2	A	1		1.85		
Magnesium, Mg mg	4		2	A	1		6		
Phosphorus, P mg	11		2	A	1		15		
Potassium, K mg	113		2	A	1		157		
Sodium, Na mg	397		2	A	1		552		
Zinc, Zn mg	0.09		2	A	1		0.13		
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	0.3		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	34.2		2	A	1		47.5		
Thiamin mg	0.010		2	A	1		0.014		
Riboflavin mg	0.030		2	A	1		0.042		
Niacin mg	0.627		2	A	1		0.872		
Pantothenic acid mg	0.084		2	A	1		0.117		
Vitamin B-6 mg	0.120		2	A	1		0.167		
Folate, total µg	54		2	A	1		75		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	54		2	A	1		75		
Folate, DFE µg	54		0	NC	4		75		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		2	A	1		9		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	126		2	A	1		175		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11980
Peppers, chili, green, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.028		0	BFFN	4		0.039		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.003		0	BFFN	4		0.004		
15:0....g									
16:0....g	0.022		0	BFFN	4		0.031		
17:0....g									
18:0....g	0.003		0	BFFN	4		0.004		
20:0....g									
22:0....g	0.000		0	BFFN	4		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0	BFFN	4		0.024		
14:1....g	0.000		0	BFFN	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.014		0	BFFN	4		0.019		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.153		0	BFFN	4		0.213		
18:2 undifferentiated....g	0.145		0	BFFN	4		0.202		
18:3 undifferentiated....g	0.006		0	BFFN	4		0.008		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	BFPN	4		0.014		
Threonine....g	0.026		0	BFPN	4		0.036		
Isoleucine....g	0.023		0	BFPN	4		0.032		
Leucine....g	0.038		0	BFPN	4		0.053		
Lysine....g	0.032		0	BFPN	4		0.044		
Methionine....g	0.009		0	BFPN	4		0.013		
Cystine....g	0.014		0	BFPN	4		0.019		
Phenylalanine....g	0.022		0	BFPN	4		0.031		
Tyrosine....g	0.015		0	BFPN	4		0.021		
Valine....g	0.030		0	BFPN	4		0.042		
Arginine....g	0.034		0	BFPN	4		0.047		
Histidine....g	0.014		0	BFPN	4		0.019		
Alanine....g	0.030		0	BFPN	4		0.042		
Aspartic acid....g	0.103		0	BFPN	4		0.143		
Glutamic acid....g	0.095		0	BFPN	4		0.132		
Glycine....g	0.026		0	BFPN	4		0.036		
Proline....g	0.031		0	BFPN	4		0.043		
Serine....g	0.029		0	BFPN	4		0.040		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 11980
Peppers, chili, green, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 139g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11962
Peppers, hot chile, sun-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	7.15	0.185	3		1		2.65	0.04	
Energy kcal	324		0	NC	4		120	2	
Energy kJ	1356		0		4		502	7	
Protein (N x 6.25) g	10.58	0.221	3		1		3.91	0.05	
Total lipid (fat) g	5.81	0.947	3		1		2.15	0.03	
Ash g	6.60	0.188	3		1		2.44	0.03	
Carbohydrate, by difference g	69.86		0	NC	4		25.85	0.35	
Fiber, total dietary g	28.7		2		1		10.6	0.1	
Sugars, total g	41.06		0	BFSN	4		15.19	0.21	
Starch g									
Minerals:									
Calcium, Ca mg	45		2		1		17	0	
Iron, Fe mg	6.04		2		1		2.23	0.03	
Magnesium, Mg mg	88		2		1		33	0	
Phosphorus, P mg	159		2		1		59	1	
Potassium, K mg	1870		2		1		692	9	
Sodium, Na mg	91		2		1		34	0	
Zinc, Zn mg	1.02		2		1		0.38	0.01	
Copper, Cu mg	0.228	0.014	4		1		0.084	0.001	
Manganese, Mn mg	0.821		2		1		0.304	0.004	
Selenium, Se µg	3.5		0	BFSN	4		1.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	31.4		2		1		11.6	0.2	
Thiamin mg	0.081		2		1		0.030	0.000	
Riboflavin mg	1.205		2		1		0.446	0.006	
Niacin mg	8.669		2		1		3.208	0.043	
Pantothenic acid mg	0.956		2		1		0.354	0.005	
Vitamin B-6 mg	0.810		2		1		0.300	0.004	
Folate, total µg	51		2		1		19	0	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	51		2		1		19	0	
Folate, DFE µg	51		0	NC	4		19	0	
Choline, total mg	84.3		0	BFSN	4		31.2	0.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1324		0	NC	4		490	7	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	14844		0	BNA	4		5492	74	
Carotene, alpha µg	994		0	BNA	4		368	5	
Cryptoxanthin, beta µg	1103		0	BNA	4		408	6	
Vitamin A, IU IU	26488		0	NC	4		9801	132	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	5494		0	BFSN	4		2033	27	
Vitamin E (alpha-tocopherol) mg	3.14		0	O	4		1.16	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	108.2		0	BFSN	4		40.0	0.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11962
Peppers, hot chile, sun-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.813		0		1		0.301	0.004	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.016		1		1		0.006	0.000	
15:0....g									
16:0....g	0.690		1		1		0.255	0.003	
17:0....g									
18:0....g	0.107		1		1		0.040	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.468		0		1		0.173	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		1		1		0.007	0.000	
17:1....g									
18:1 undifferentiated....g	0.449		1		1		0.166	0.002	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.079		0		1		1.139	0.015	
18:2 undifferentiated....g	3.056		1		1		1.131	0.015	
18:3 undifferentiated....g	0.023		1		1		0.009	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.135		0		1		0.050	0.001	
Threonine....g	0.389		0		1		0.144	0.002	
Isoleucine....g	0.342		0		1		0.127	0.002	
Leucine....g	0.554		0		1		0.205	0.003	
Lysine....g	0.471		0		1		0.174	0.002	
Methionine....g	0.127		0		1		0.047	0.001	
Cystine....g	0.203		0		1		0.075	0.001	
Phenylalanine....g	0.327		0		1		0.121	0.002	
Tyrosine....g	0.220		0		1		0.081	0.001	
Valine....g	0.447		0		1		0.165	0.002	
Arginine....g	0.508		0		1		0.188	0.003	
Histidine....g	0.215		0		1		0.080	0.001	
Alanine....g	0.433		0		1		0.160	0.002	
Aspartic acid....g	1.512		0		1		0.559	0.008	
Glutamic acid....g	1.397		0		1		0.517	0.007	
Glycine....g	0.391		0		1		0.145	0.002	
Proline....g	0.460		0		1		0.170	0.002	
Serine....g	0.425		0		1		0.157	0.002	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11962
Peppers, hot chile, sun-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 cup

Measure 2 = 0.5g: 1 pepper

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11329

Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.50		0		1		67.53	62.90	
Energy kcal	21		0		4		15	14	
Energy kJ	88		0		4		64	60	
Protein (N x 6.25) g	0.90		0		1		0.66	0.61	
Total lipid (fat) g	0.10		0		1		0.07	0.07	
Ash g	1.40		0		4		1.02	0.95	
Carbohydrate, by difference g	5.10		0		4		3.72	3.47	
Fiber, total dietary g	1.3		0		4		0.9	0.9	
Sugars, total g	3.12		0	BFSN	4		2.28	2.12	
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1		5	5	
Iron, Fe mg	0.50		0		1		0.37	0.34	
Magnesium, Mg mg	14		0		4		10	10	
Phosphorus, P mg	17		0		1		12	12	
Potassium, K mg	187		0		4		137	127	
Sodium, Na mg	1173		0		4		856	798	
Zinc, Zn mg	0.17		0		4		0.12	0.12	
Copper, Cu mg	0.101		0		4		0.074	0.069	
Manganese, Mn mg	0.138		0		4		0.101	0.094	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	68.0		0		1		49.6	46.2	
Thiamin mg	0.020		0		1		0.015	0.014	
Riboflavin mg	0.050		0		1		0.037	0.034	
Niacin mg	0.800		0		1		0.584	0.544	
Pantothenic acid mg	0.034		0		4		0.025	0.023	
Vitamin B-6 mg	0.153		0		4		0.112	0.104	
Folate, total µg	10		0		4		7	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		4		7	7	
Folate, DFE µg	10		0	NC	4		7	7	
Choline, total mg	6.8		0	BFSN	4		5.0	4.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	36		0	NC	4		26	25	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	410		0	BFSN	4		300	279	
Carotene, alpha µg	14		0	BFSN	4		10	9	
Cryptoxanthin, beta µg	30		0	BFSN	4		22	21	
Vitamin A, IU IU	721		0	NC	4		526	490	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	444		0	BFSN	4		324	302	
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.50	0.47	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	8.7		0	BFSN	4		6.4	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11329

Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.007	0.007	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.001	
15:0....g									
16:0....g	0.008		0		1		0.006	0.005	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.004	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.004	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.040	0.037	
18:2 undifferentiated....g	0.052		0		1		0.038	0.035	
18:3 undifferentiated....g	0.002		0		1		0.001	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.009	0.008	
Threonine....g	0.033		0		1		0.024	0.022	
Isoleucine....g	0.029		0		1		0.021	0.020	
Leucine....g	0.047		0		1		0.034	0.032	
Lysine....g	0.040		0		1		0.029	0.027	
Methionine....g	0.011		0		1		0.008	0.007	
Cystine....g	0.017		0		1		0.012	0.012	
Phenylalanine....g	0.028		0		1		0.020	0.019	
Tyrosine....g	0.019		0		1		0.014	0.013	
Valine....g	0.038		0		1		0.028	0.026	
Arginine....g	0.043		0		1		0.031	0.029	
Histidine....g	0.018		0		1		0.013	0.012	
Alanine....g	0.037		0		1		0.027	0.025	
Aspartic acid....g	0.129		0		1		0.094	0.088	
Glutamic acid....g	0.119		0		1		0.087	0.081	
Glycine....g	0.033		0		1		0.024	0.022	
Proline....g	0.039		0		1		0.028	0.027	
Serine....g	0.036		0		1		0.026	0.024	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11329

Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 73g: 1 pepper

Measure 2 = 68g: .5 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11670

Peppers, hot chili, green, raw

Capsicum frutescens

Refuse: 27% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.74	1.215	5		1		39.48	65.81	
Energy kcal	40		0	NC	4		18	30	
Energy kJ	167		0		4		75	126	
Protein (N x 6.25) g	2.00		2		1		0.90	1.50	
Total lipid (fat) g	0.20		0		1		0.09	0.15	
Ash g	0.60		0		1		0.27	0.45	
Carbohydrate, by difference g	9.46		0	NC	4		4.26	7.10	
Fiber, total dietary g	1.5		0		4		0.7	1.1	
Sugars, total g	5.10		0	BFSN	4		2.30	3.83	
Starch g									
Minerals:									
Calcium, Ca mg	18		2		1		8	14	
Iron, Fe mg	1.20		2		1		0.54	0.90	
Magnesium, Mg mg	25		2		1		11	19	
Phosphorus, P mg	46		2		1		21	35	
Potassium, K mg	340		2		1		153	255	
Sodium, Na mg	7		2		1		3	5	
Zinc, Zn mg	0.30		0		1		0.14	0.23	
Copper, Cu mg	0.174		0		1		0.078	0.131	
Manganese, Mn mg	0.237		0		1		0.107	0.178	
Selenium, Se µg	0.5		0	BFSN	4		0.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	242.5		2		1		109.1	181.9	
Thiamin mg	0.090		2		1		0.041	0.068	
Riboflavin mg	0.090		2		1		0.041	0.068	
Niacin mg	0.950		2		1		0.428	0.713	
Pantothenic acid mg	0.061		0		1		0.027	0.046	
Vitamin B-6 mg	0.278		0		1		0.125	0.209	
Folate, total µg	23	2.011	3		1		11	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23	2.011	3		1		11	18	
Folate, DFE µg	23		0	NC	4		11	18	
Choline, total mg	11.1		0	BFSN	4		5.0	8.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	59		0	NC	4		27	44	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	671		0	BFSN	4		302	503	
Carotene, alpha µg	23		0	BFSN	4		10	17	
Cryptoxanthin, beta µg	50		0	BFSN	4		22	37	
Vitamin A, IU IU	1179		0	NC	4		530	884	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	725		0	BFSN	4		326	544	
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.31	0.52	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	14.3		0	BFSN	4		6.4	10.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11670
Peppers, hot chili, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.021		0		1		0.009	0.016	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.000	0.001	
15:0....g									
16:0....g	0.015		0		1		0.007	0.011	
17:0....g									
18:0....g	0.003		0		1		0.001	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.005	0.008	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.005	0.008	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.109		0		1		0.049	0.082	
18:2 undifferentiated....g	0.104		0		1		0.047	0.078	
18:3 undifferentiated....g	0.005		0		1		0.002	0.004	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		11		1		0.012	0.020	
Threonine....g	0.074		7		1		0.033	0.056	
Isoleucine....g	0.065		7		1		0.029	0.049	
Leucine....g	0.105		7		1		0.047	0.079	
Lysine....g	0.089		13		1		0.040	0.067	
Methionine....g	0.024		13		1		0.011	0.018	
Cystine....g	0.038		6		1		0.017	0.029	
Phenylalanine....g	0.062		7		1		0.028	0.047	
Tyrosine....g	0.042		7		1		0.019	0.032	
Valine....g	0.084		7		1		0.038	0.063	
Arginine....g	0.096		7		1		0.043	0.072	
Histidine....g	0.041		7		1		0.018	0.031	
Alanine....g	0.082		7		1		0.037	0.062	
Aspartic acid....g	0.286		7		1		0.129	0.215	
Glutamic acid....g	0.264		7		1		0.119	0.198	
Glycine....g	0.074		7		1		0.033	0.056	
Proline....g	0.087		7		1		0.039	0.065	
Serine....g	0.080		7		1		0.036	0.060	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11670
Peppers, hot chili, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 pepper

Measure 2 = 75g: .5 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11820

Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.50		0		1		67.53	62.90	
Energy kcal	21		0		4		15	14	
Energy kJ	88		0		4		64	60	
Protein (N x 6.25) g	0.90		0		1		0.66	0.61	
Total lipid (fat) g	0.10		0		1		0.07	0.07	
Ash g	1.40		0		4		1.02	0.95	
Carbohydrate, by difference g	5.10		0		4		3.72	3.47	
Fiber, total dietary g	1.3		0		4		0.9	0.9	
Sugars, total g	3.32		0	BFSN	4		2.42	2.26	
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1		5	5	
Iron, Fe mg	0.50		0		1		0.37	0.34	
Magnesium, Mg mg	14		0		4		10	10	
Phosphorus, P mg	17		0		1		12	12	
Potassium, K mg	187		0		4		137	127	
Sodium, Na mg	1173		0		4		856	798	
Zinc, Zn mg	0.17		0		4		0.12	0.12	
Copper, Cu mg	0.101		0		4		0.074	0.069	
Manganese, Mn mg	0.138		0		4		0.101	0.094	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	68.0		0		1		49.6	46.2	
Thiamin mg	0.020		0		1		0.015	0.014	
Riboflavin mg	0.050		0		1		0.037	0.034	
Niacin mg	0.800		0		1		0.584	0.544	
Pantothenic acid mg	0.034		0		4		0.025	0.023	
Vitamin B-6 mg	0.153		0		4		0.112	0.104	
Folate, total µg	10		0		4		7	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		4		7	7	
Folate, DFE µg	10		0	NC	4		7	7	
Choline, total mg	6.8		0	BFSN	4		5.0	4.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	595		0	NC	4		434	404	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	6664		0	BNA	4		4865	4532	
Carotene, alpha µg	446		0	BNA	4		326	303	
Cryptoxanthin, beta µg	495		0	BNA	4		362	337	
Vitamin A, IU IU	11892		0	NC	4		8681	8087	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	444		0	BFSN	4		324	302	
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.50	0.47	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	8.7		0	BFSN	4		6.4	5.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11820

Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.010		0		1		0.007	0.007	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.001	
15:0....g									
16:0....g	0.008		0		1		0.006	0.005	
17:0....g									
18:0....g	0.001		0		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.004	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.004	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.040	0.037	
18:2 undifferentiated....g	0.052		0		1		0.038	0.035	
18:3 undifferentiated....g	0.002		0		1		0.001	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.009	0.008	
Threonine....g	0.033		0		1		0.024	0.022	
Isoleucine....g	0.029		0		1		0.021	0.020	
Leucine....g	0.047		0		1		0.034	0.032	
Lysine....g	0.040		0		1		0.029	0.027	
Methionine....g	0.011		0		1		0.008	0.007	
Cystine....g	0.017		0		1		0.012	0.012	
Phenylalanine....g	0.028		0		1		0.020	0.019	
Tyrosine....g	0.019		0		1		0.014	0.013	
Valine....g	0.038		0		1		0.028	0.026	
Arginine....g	0.043		0		1		0.031	0.029	
Histidine....g	0.018		0		1		0.013	0.012	
Alanine....g	0.037		0		1		0.027	0.025	
Aspartic acid....g	0.129		0		1		0.094	0.088	
Glutamic acid....g	0.119		0		1		0.087	0.081	
Glycine....g	0.033		0		1		0.024	0.022	
Proline....g	0.039		0		1		0.028	0.027	
Serine....g	0.036		0		1		0.026	0.024	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11820

Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 73g: 1 pepper

Measure 2 = 68g: .5 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11819
Peppers, hot chili, red, raw

Refuse: 27% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.02	1.278	7		1		39.61	66.01	
Energy kcal	40		0	NC	4		18	30	
Energy kJ	166		0	NC	4		75	124	
Protein (N x 6.25) g	1.87	0.089	4		1		0.84	1.40	
Total lipid (fat) g	0.44		2		1		0.20	0.33	
Ash g	0.87		2		1		0.39	0.65	
Carbohydrate, by difference g	8.81		0	NC	4		3.96	6.61	
Fiber, total dietary g	1.5		0		4		0.7	1.1	
Sugars, total g	5.30		0	T	4		2.39	3.98	
Starch g									
Minerals:									
Calcium, Ca mg	14	1.875	4		1		6	11	
Iron, Fe mg	1.03	0.212	4		1		0.46	0.77	
Magnesium, Mg mg	23	1.811	4		1		11	18	
Phosphorus, P mg	43	2.183	4		1		19	32	
Potassium, K mg	322	34.277	4		1		145	242	
Sodium, Na mg	9	1.537	4		1		4	6	
Zinc, Zn mg	0.26		2		1		0.12	0.19	
Copper, Cu mg	0.129		2		1		0.058	0.097	
Manganese, Mn mg	0.187		2		1		0.084	0.140	
Selenium, Se µg	0.5		0	BFSN	4		0.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	143.7	57.063	4		1		64.7	107.8	
Thiamin mg	0.072	0.015	4		1		0.032	0.054	
Riboflavin mg	0.086	0.007	4		1		0.039	0.064	
Niacin mg	1.244	0.171	4		1		0.560	0.933	
Pantothenic acid mg	0.201		2		1		0.090	0.150	
Vitamin B-6 mg	0.506		2		1		0.227	0.379	
Folate, total µg	23	0.520	5		1		11	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23	0.520	5		1		11	18	
Folate, DFE µg	23		0	NC	4		11	18	
Choline, total mg	10.9		0	BFSN	4		4.9	8.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	48		0	AS	1		21	36	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	534		2		1		240	400	
Carotene, alpha µg	36		1		1		16	27	
Cryptoxanthin, beta µg	40		2		1		18	30	
Vitamin A, IU IU	952		0	AS	1		429	714	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	709		0	BFSN	4		319	532	
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.31	0.52	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	14.0		0	BFSN	4		6.3	10.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11819
Peppers, hot chili, red, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.042		0	NC	4		0.019	0.031	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.001	0.002	
15:0....g									
16:0....g	0.033		0		1		0.015	0.025	
17:0....g									
18:0....g	0.007		0		1		0.003	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0	NC	4		0.011	0.018	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.011	0.018	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.239		0	NC	4		0.108	0.179	
18:2 undifferentiated....g	0.228		0		1		0.103	0.171	
18:3 undifferentiated....g	0.011		0		1		0.005	0.008	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		11		1		0.012	0.020	
Threonine....g	0.074		7		1		0.033	0.056	
Isoleucine....g	0.065		7		1		0.029	0.049	
Leucine....g	0.105		7		1		0.047	0.079	
Lysine....g	0.089		13		1		0.040	0.067	
Methionine....g	0.024		13		1		0.011	0.018	
Cystine....g	0.038		6		1		0.017	0.029	
Phenylalanine....g	0.062		7		1		0.028	0.047	
Tyrosine....g	0.042		7		1		0.019	0.032	
Valine....g	0.084		7		1		0.038	0.063	
Arginine....g	0.096		7		1		0.043	0.072	
Histidine....g	0.041		7		1		0.018	0.031	
Alanine....g	0.082		7		1		0.037	0.062	
Aspartic acid....g	0.286		7		1		0.129	0.215	
Glutamic acid....g	0.264		7		1		0.119	0.198	
Glycine....g	0.074		7		1		0.033	0.056	
Proline....g	0.087		7		1		0.039	0.065	
Serine....g	0.080		7		1		0.036	0.060	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11819
Peppers, hot chili, red, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 45g: 1 pepper

Measure 2 = 75g: .5 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31034
Peppers, hot pickled, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.20	0.721	3	A	1		30.67		
Energy kcal	22		0	NC	4		7		
Energy kJ	90		0	NC	4		31		
Protein (N x 6.25) g	0.80	0.056	3	A	1		0.27		
Total lipid (fat) g	0.40	0.200	3	A	1		0.14		
Ash g	4.04	0.294	3	A	1		1.37		
Carbohydrate, by difference g	4.56		0	NC	4		1.55		
Fiber, total dietary g	2.6	0.078	3	A	1		0.9		
Sugars, total g	1.60	0.458	3	A	1		0.54		
Sucrose g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose) g	0.67	0.267	3	A	1		0.23		
Fructose g	0.93	0.203	3	A	1		0.32		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	61	22.641	3	A	1		21		
Iron, Fe mg	0.32	0.084	3	A	1		0.11		
Magnesium, Mg mg	6	0.494	3	A	1		2		
Phosphorus, P mg	13	0.513	3	A	1		4		
Potassium, K mg	113	13.118	3	A	1		38		
Sodium, Na mg	1430	80.829	3	A	1		486		
Zinc, Zn mg	0.09	0.010	3	A	1		0.03		
Copper, Cu mg	0.045	0.008	3	A	1		0.015		
Manganese, Mn mg	0.052	0.011	3	A	1		0.018		
Selenium, Se µg	0.4		1	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	12.3		2	A	1		4.2		
Thiamin mg	0.037	0.003	3	A	1		0.012		
Riboflavin mg	0.023	0.008	3	A	1		0.008		
Niacin mg	0.343	0.035	3	A	1		0.117		
Pantothenic acid mg	0.200		1	A	1		0.068		
Vitamin B-6 mg	0.105		2	A	1		0.036		
Folate, total µg	13		2	A	1		5		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		2	A	1		5		
Folate, DFE µg	13		0	NC	4		5		
Choline, total mg	8.9		0	BFSY	4		3.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	43		0	AS	1		15		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	440		2	A	1		150		
Carotene, alpha µg	163		2	A	1		55		
Cryptoxanthin, beta µg	1		2	A	1		0		
Vitamin A, IU IU	870		0	AS	1		296		
Lycopene µg	0		2	A	1		0		
Lutein + zeaxanthin µg	585		2	A	1		199		
Vitamin E (alpha-tocopherol) mg	0.90		1	A	1		0.31		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.00		1	A	1		0.00		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		

NDB No. 31034
Peppers, hot pickled, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	21.9		0	BFSN	4		7.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.061		0	NC	4		0.021		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.003		1	A	1		0.001		
15:0....g	0.002		1	A	1		0.001		
16:0....g	0.037		1	A	1		0.013		
17:0....g	0.001		1	A	1		0.000		
18:0....g	0.012		1	A	1		0.004		
20:0....g	0.002		1	A	1		0.001		
22:0....g	0.002		1	A	1		0.001		
24:0....g	0.002		1	A	1		0.001		
Fatty acids, total monounsaturated....g	0.023		0	NC	4		0.008		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.001		0	AS	1		0.000		
16:1 c....g	0.001		1	A	1		0.000		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.022		0	AS	1		0.007		
18:1 c....g	0.021		1	A	1		0.007		
18:1 t....g	0.001		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.143		0	NC	4		0.049		
18:2 undifferentiated....g	0.113		0	AS	1		0.038		
18:2 n-6 c,c....g	0.113		1	A	1		0.038		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.030		0	AS	1		0.010		
18:3 n-3 c,c,c (ALA)....g	0.030		1	A	1		0.010		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		

NDB No. 31034
Peppers, hot pickled, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.000		1	A	1		0.000		
Fatty acids, total trans g	0.001		0	NC	4		0.000		
Fatty acids, total trans-monoenoic g	0.001		0	NC	4		0.000		
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: .25 cup drained

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11981
Peppers, hungarian, raw

Refuse: 12% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.51		2	A	1		24.71		
Energy kcal	29		0	NC	4		8		
Energy kJ	123		0	NC	4		33		
Protein (N x 6.25) g	0.80		2	A	1		0.22		
Total lipid (fat) g	0.41		2	A	1		0.11		
Ash g	0.58		2	A	1		0.16		
Carbohydrate, by difference g	6.70		0	NC	4		1.81		
Fiber, total dietary g	1.0		0	BFSN	4		0.3		
Sugars, total g	3.53		0	BFSN	4		0.95		
Starch g									
Minerals:									
Calcium, Ca mg	12		2	A	1		3		
Iron, Fe mg	0.46		2	A	1		0.12		
Magnesium, Mg mg	16		2	A	1		4		
Phosphorus, P mg	29		2	A	1		8		
Potassium, K mg	202		2	A	1		55		
Sodium, Na mg	1		2	A	1		0		
Zinc, Zn mg	0.30		2	A	1		0.08		
Copper, Cu mg	0.115		1	A	1		0.031		
Manganese, Mn mg	0.204		2	A	1		0.055		
Selenium, Se µg	0.3		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	92.9		2	A	1		25.1		
Thiamin mg	0.079		2	A	1		0.021		
Riboflavin mg	0.055		2	A	1		0.015		
Niacin mg	1.092		2	A	1		0.295		
Pantothenic acid mg	0.205		2	A	1		0.055		
Vitamin B-6 mg	0.517		2	A	1		0.140		
Folate, total µg	53		2	A	1		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	53		2	A	1		14		
Folate, DFE µg	53		0	NC	4		14		
Choline, total mg	7.7		0	BFSN	4		2.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	41		0	NC	4		11		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	465		0	BFSN	4		125		
Carotene, alpha µg	16		0	BFSN	4		4		
Cryptoxanthin, beta µg	34		0	BFSN	4		9		
Vitamin A, IU IU	816		0	NC	4		220		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	502		0	BFSN	4		136		
Vitamin E (alpha-tocopherol) mg	0.48		0	BFSN	4		0.13		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	9.9		0	BFSN	4		2.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11981
Peppers, hungarian, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.046		0	BFFN	4		0.012		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.002		0	BFFN	4		0.001		
15:0....g									
16:0....g	0.033		0	BFFN	4		0.009		
17:0....g									
18:0....g	0.007		0	BFFN	4		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0	BFFN	4		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.024		0	BFFN	4		0.006		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.240		0	BFFN	4		0.065		
18:2 undifferentiated....g	0.229		0	BFFN	4		0.062		
18:3 undifferentiated....g	0.011		0	BFFN	4		0.003		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	BFPN	4		0.003		
Threonine....g	0.030		0	BFPN	4		0.008		
Isoleucine....g	0.026		0	BFPN	4		0.007		
Leucine....g	0.042		0	BFPN	4		0.011		
Lysine....g	0.036		0	BFPN	4		0.010		
Methionine....g	0.010		0	BFPN	4		0.003		
Cystine....g	0.015		0	BFPN	4		0.004		
Phenylalanine....g	0.025		0	BFPN	4		0.007		
Tyrosine....g	0.017		0	BFPN	4		0.005		
Valine....g	0.034		0	BFPN	4		0.009		
Arginine....g	0.039		0	BFPN	4		0.011		
Histidine....g	0.016		0	BFPN	4		0.004		
Alanine....g	0.033		0	BFPN	4		0.009		
Aspartic acid....g	0.115		0	BFPN	4		0.031		
Glutamic acid....g	0.106		0	BFPN	4		0.029		
Glycine....g	0.030		0	BFPN	4		0.008		
Proline....g	0.035		0	BFPN	4		0.009		
Serine....g	0.032		0	BFPN	4		0.009		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11981
Peppers, hungarian, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 pepper

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11632
Peppers, jalapeno, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.89	0.522	3	A	1		120.89	92.45	19.56
Energy kcal	27		0	NC	4		37	28	6
Energy kJ	113		0	NC	4		154	118	25
Protein (N x 6.25) g	0.92	0.066	3	A	1		1.25	0.96	0.20
Total lipid (fat) g	0.94	0.170	3	A	1		1.28	0.98	0.21
Ash g	4.51	0.325	3	A	1		6.13	4.69	0.99
Carbohydrate, by difference g	4.74		0	NC	4		6.45	4.93	1.04
Fiber, total dietary g	2.6	0.489	3	A	1		3.5	2.7	0.6
Sugars, total g	2.14		0	O	4		2.91	2.23	0.47
Starch g									
Minerals:									
Calcium, Ca mg	23	1.399	3	A	1		31	24	5
Iron, Fe mg	1.88	0.398	3	A	1		2.56	1.96	0.41
Magnesium, Mg mg	15	3.109	3	A	1		20	16	3
Phosphorus, P mg	18	0.637	3	A	1		24	19	4
Potassium, K mg	193	26.006	3	A	1		262	201	42
Sodium, Na mg	1671	91.478	3	A	1		2273	1738	368
Zinc, Zn mg	0.34	0.067	3	A	1		0.46	0.35	0.07
Copper, Cu mg	0.146	0.007	3	A	1		0.199	0.152	0.032
Manganese, Mn mg	0.114	0.032	3	A	1		0.155	0.119	0.025
Selenium, Se µg	0.4		0	BFSN	4		0.5	0.4	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	10.0	2.122	3	A	1		13.6	10.4	2.2
Thiamin mg	0.043	0.006	3	A	1		0.058	0.045	0.009
Riboflavin mg	0.038	0.006	3	A	1		0.052	0.040	0.008
Niacin mg	0.403	0.084	3	A	1		0.548	0.419	0.089
Pantothenic acid mg	0.416	0.271	3	A	1		0.566	0.433	0.092
Vitamin B-6 mg	0.190	0.031	3	A	1		0.258	0.198	0.042
Folate, total µg	14	0.401	3	A	1		19	15	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	14	0.401	3	A	1		19	15	3
Folate, DFE µg	14		0	NC	4		19	15	3
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	85		0	NC	4		116	88	19
Retinol µg	0		0	BNA	4		0	0	0
Carotene, beta µg	968		0	BNA	4		1316	1007	213
Carotene, alpha µg	32		0	BNA	4		44	34	7
Cryptoxanthin, beta µg	72		0	BNA	4		98	75	16
Vitamin A, IU IU	1700		0	NC	4		2312	1768	374
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	657		0	BFSN	4		894	684	145
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.94	0.72	0.15
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	12.9		0	BFSN	4		17.6	13.5	2.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11632

Peppers, jalapeno, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.097		0	BFFN	4		0.132	0.101	0.021
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.002		0	BFFN	4		0.003	0.002	0.000
13:0....g									
14:0....g	0.006		0	BFFN	4		0.008	0.006	0.001
15:0....g									
16:0....g	0.072		0	BFFN	4		0.098	0.075	0.016
17:0....g									
18:0....g	0.013		0	BFFN	4		0.018	0.014	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.053		0	BFFN	4		0.072	0.055	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.003	0.002	0.000
17:1....g									
18:1 undifferentiated....g	0.050		0	BFFN	4		0.068	0.052	0.011
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.514		0	BFFN	4		0.699	0.535	0.113
18:2 undifferentiated....g	0.490		0	BFFN	4		0.666	0.510	0.108
18:3 undifferentiated....g	0.024		0	BFFN	4		0.033	0.025	0.005
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0	BFPN	4		0.016	0.012	0.003
Threonine....g	0.033		0	BFPN	4		0.045	0.034	0.007
Isoleucine....g	0.030		0	BFPN	4		0.041	0.031	0.007
Leucine....g	0.048		0	BFPN	4		0.065	0.050	0.011
Lysine....g	0.042		0	BFPN	4		0.057	0.044	0.009
Methionine....g	0.012		0	BFPN	4		0.016	0.012	0.003
Cystine....g	0.017		0	BFPN	4		0.023	0.018	0.004
Phenylalanine....g	0.029		0	BFPN	4		0.039	0.030	0.006
Tyrosine....g	0.020		0	BFPN	4		0.027	0.021	0.004
Valine....g	0.039		0	BFPN	4		0.053	0.041	0.009
Arginine....g	0.044		0	BFPN	4		0.060	0.046	0.010
Histidine....g	0.018		0	BFPN	4		0.024	0.019	0.004
Alanine....g	0.038		0	BFPN	4		0.052	0.040	0.008
Aspartic acid....g	0.132		0	BFPN	4		0.180	0.137	0.029
Glutamic acid....g	0.122		0	BFPN	4		0.166	0.127	0.027
Glycine....g	0.035		0	BFPN	4		0.048	0.036	0.008
Proline....g	0.040		0	BFPN	4		0.054	0.042	0.009
Serine....g	0.037		0	BFPN	4		0.050	0.038	0.008
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

NDB No. 11632
Peppers, jalapeno, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, chopped

Measure 2 = 104g: 1 cup, sliced

Measure 3 = 22g: 1 pepper

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11979
Peppers, jalapeno, raw
Capsicum anuum

Refuse: 8% Stems and seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.69	0.440	3	JA	6		82.52	12.84	
Energy kcal	29		0	NC	4		26	4	
Energy kJ	119		0	NC	4		107	17	
Protein (N x 6.25) g	0.91		2	A	1		0.82	0.13	
Total lipid (fat) g	0.37		2	A	1		0.33	0.05	
Ash g	0.53		2	A	1		0.48	0.07	
Carbohydrate, by difference g	6.50		0	NC	4		5.85	0.91	
Fiber, total dietary g	2.8	0.167	3	JA	6		2.5	0.4	
Sugars, total g	4.12		2	A	1		3.71	0.58	
Sucrose g	0.00		2	A	1		0.00	0.00	
Glucose (dextrose) g	1.48		2	A	1		1.34	0.21	
Fructose g	2.63		2	A	1		2.37	0.37	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	12		2	A	1		11	2	
Iron, Fe mg	0.25		2	A	1		0.23	0.04	
Magnesium, Mg mg	15		2	A	1		14	2	
Phosphorus, P mg	26		2	A	1		24	4	
Potassium, K mg	248		2	A	1		223	35	
Sodium, Na mg	3		2	A	1		3	0	
Zinc, Zn mg	0.14		2	A	1		0.13	0.02	
Copper, Cu mg	0.046		2	A	1		0.041	0.006	
Manganese, Mn mg	0.097		2	A	1		0.088	0.014	
Selenium, Se µg	0.4		2	A	1		0.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	118.6		2	A	1		106.8	16.6	
Thiamin mg	0.040		2	A	1		0.036	0.006	
Riboflavin mg	0.070		2	A	1		0.063	0.010	
Niacin mg	1.280		2	A	1		1.152	0.179	
Pantothenic acid mg	0.315		2	A	1		0.283	0.044	
Vitamin B-6 mg	0.419		2	A	1		0.377	0.059	
Folate, total µg	27		0	AS	1		24	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	27		0	AS	1		24	4	
Folate, DFE µg	27		0	NC	4		24	4	
Choline, total mg	7.5		0	BFSN	4		6.8	1.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	54		0	AS	1		48	8	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	561		2	A	1		504	78	
Carotene, alpha µg	67		2	A	1		60	9	
Cryptoxanthin, beta µg	105		2	A	1		94	15	
Vitamin A, IU IU	1078		0	AS	1		970	151	
Lycopene µg	0		2	A	1		0	0	
Lutein + zeaxanthin µg	861		2	A	1		775	121	
Vitamin E (alpha-tocopherol) mg	3.58		2	A	1		3.22	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.17		2	A	1		0.15	0.02	
Tocopherol, gamma mg	0.05		2	A	1		0.05	0.01	
Tocopherol, delta mg	0.01		2	A	1		0.01	0.00	
Tocotrienol, alpha mg	0.02		2	A	1		0.02	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11979
Peppers, jalapeno, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	18.5		2	A	1		16.7	2.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.092		0	NC	4		0.083	0.013	
4:0....g	0.004		2	A	1		0.003	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.002		2	A	1		0.002	0.000	
12:0....g	0.003		2	A	1		0.003	0.000	
13:0....g									
14:0....g	0.008		2	A	1		0.007	0.001	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.052		2	A	1		0.047	0.007	
17:0....g	0.001		2	A	1		0.001	0.000	
18:0....g	0.016		2	A	1		0.014	0.002	
20:0....g	0.004		2	A	1		0.004	0.001	
22:0....g	0.003		2	A	1		0.002	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.029		0	NC	4		0.026	0.004	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.003		0	AS	1		0.003	0.000	
16:1 c....g	0.003		2	A	1		0.003	0.000	
16:1 t....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.025		0	AS	1		0.023	0.004	
18:1 c....g	0.025		2	A	1		0.023	0.004	
18:1 t....g	0.000		2	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		2	A	1		0.000	0.000	
22:1 t....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.112		0	NC	4		0.101	0.016	
18:2 undifferentiated....g	0.062		0	AS	1		0.056	0.009	
18:2 n-6 c,c....g	0.062		2	A	1		0.056	0.009	
18:2 CLAs....g	0.000		2	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		2	A	1		0.000	0.000	
18:3 undifferentiated....g	0.050		0	AS	1		0.045	0.007	
18:3 n-3 c,c,c (ALA)....g	0.050		2	A	1		0.045	0.007	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		2	A	1		0.000	0.000	
20:3 n-6....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000		2	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	

NDB No. 11979
Peppers, jalapeno, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 cup, sliced

Measure 2 = 14.0g: 1 pepper

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11982
Peppers, pasilla, dried

Refuse: 6% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.84		2	A	1		1.04		
Energy kcal	345		0	NC	4		24		
Energy kJ	1443				4		101		
Protein (N x 6.25) g	12.35		2	A	1		0.86		
Total lipid (fat) g	15.85		2	A	1		1.11		
Ash g	5.82		2	A	1		0.41		
Carbohydrate, by difference g	51.13		0	NC	4		3.58		
Fiber, total dietary g	26.8		2	A	1		1.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	97		2	A	1		7		
Iron, Fe mg	9.83		2	A	1		0.69		
Magnesium, Mg mg	130		2	A	1		9		
Phosphorus, P mg	267		2	A	1		19		
Potassium, K mg	2222		2	A	1		156		
Sodium, Na mg	89		2	A	1		6		
Zinc, Zn mg	1.40		2	A	1		0.10		
Copper, Cu mg	0.423		2	A	1		0.030		
Manganese, Mn mg	1.580		2	A	1		0.111		
Selenium, Se µg	3.2		0	BFSN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.4		1	A	1		0.4		
Thiamin mg	0.172		2	A	1		0.012		
Riboflavin mg	3.197		2	A	1		0.224		
Niacin mg	7.175		2	A	1		0.502		
Pantothenic acid mg	1.591		2	A	1		0.111		
Vitamin B-6 mg	4.228		2	A	1		0.296		
Folate, total µg	170		2	A	1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	170		2	A	1		12		
Folate, DFE µg	170		0	NC	4		12		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1788		2	A	1		125		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	35760		2	A	1		2503		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11982
Peppers, pasilla, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: 1 pepper

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11977
Peppers, serrano, raw
Capsicum anuum

Refuse: 3% Stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.25		2	A	1		94.76	5.51	
Energy kcal	32		0	NC	4		34	2	
Energy kJ	134		0		4		141	8	
Protein (N x 6.25) g	1.74		2	A	1		1.83	0.11	
Total lipid (fat) g	0.44		2	A	1		0.46	0.03	
Ash g	0.87		2	A	1		0.91	0.05	
Carbohydrate, by difference g	6.70		0	NC	4		7.04	0.41	
Fiber, total dietary g	3.7		0		1		3.9	0.2	
Sugars, total g	3.83		0	BFSN	4		4.02	0.23	
Starch g									
Minerals:									
Calcium, Ca mg	11		2	A	1		12	1	
Iron, Fe mg	0.86		2	A	1		0.90	0.05	
Magnesium, Mg mg	22		2	A	1		23	1	
Phosphorus, P mg	40		2	A	1		42	2	
Potassium, K mg	305		2	A	1		320	19	
Sodium, Na mg	10		2	A	1		11	1	
Zinc, Zn mg	0.26		2	A	1		0.27	0.02	
Copper, Cu mg	0.129		2	A	1		0.135	0.008	
Manganese, Mn mg	0.187		2	A	1		0.196	0.011	
Selenium, Se µg	0.4		0	BFSN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	44.9		2	A	1		47.1	2.7	
Thiamin mg	0.054		2	A	1		0.057	0.003	
Riboflavin mg	0.081		2	A	1		0.085	0.005	
Niacin mg	1.537		2	A	1		1.614	0.094	
Pantothenic acid mg	0.200		2	A	1		0.210	0.012	
Vitamin B-6 mg	0.505		2	A	1		0.530	0.031	
Folate, total µg	23		2	A	1		24	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23		2	A	1		24	1	
Folate, DFE µg	23		0	NC	4		24	1	
Choline, total mg	8.9		0	BFSN	4		9.3	0.5	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	47		0	AS	1		49	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	534		2	A	1		560	33	
Carotene, alpha µg	18		2	A	1		19	1	
Cryptoxanthin, beta µg	40		2	A	1		42	2	
Vitamin A, IU IU	937		0	AS	1		984	57	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	544		0	BFSN	4		572	33	
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.72	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	11.8		0	BFSN	4		12.4	0.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11977
Peppers, serrano, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.059		0	BFFN	4		0.062	0.004	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.000	
15:0....g									
16:0....g	0.043		0	BFFN	4		0.045	0.003	
17:0....g									
18:0....g	0.010		0	BFFN	4		0.011	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0	BFFN	4		0.024	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.021		0	BFFN	4		0.022	0.001	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.222		0	BFFN	4		0.233	0.014	
18:2 undifferentiated....g	0.216		0	BFFN	4		0.227	0.013	
18:3 undifferentiated....g	0.006		0	BFFN	4		0.006	0.000	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	6		1	A	1		6	0	
Stigmasterol....mg	0		1	A	1		0	0	
Campesterol....mg	2		1	A	1		2	0	
Beta-sitosterol....mg	3		1	A	1		3	0	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 cup, chopped

Measure 2 = 6.1g: 1 pepper

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11335
Peppers, sweet, green, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.25		2		1		127.75		
Energy kcal	18		0	NC	4		25		
Energy kJ	75				4		105		
Protein (N x 6.25) g	0.80		2		1		1.12		
Total lipid (fat) g	0.30		2		1		0.42		
Ash g	3.75		2		1		5.25		
Carbohydrate, by difference g	3.90		0	NC	4		5.46		
Fiber, total dietary g	1.2		0		4		1.7		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	41		2		1		57		
Iron, Fe mg	0.80		2		1		1.12		
Magnesium, Mg mg	11		2		1		15		
Phosphorus, P mg	20		2		1		28		
Potassium, K mg	146		2		1		204		
Sodium, Na mg	1369		2		1		1917		
Zinc, Zn mg	0.18		2		1		0.25		
Copper, Cu mg	0.130		2		1		0.182		
Manganese, Mn mg	0.160		0		4		0.224		
Selenium, Se µg	0.3		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	46.5		2		1		65.1		
Thiamin mg	0.025		2		1		0.035		
Riboflavin mg	0.030		2		1		0.042		
Niacin mg	0.550		2		1		0.770		
Pantothenic acid mg	0.038		0		4		0.053		
Vitamin B-6 mg	0.178		0		4		0.249		
Folate, total µg	16		0		4		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		23		
Folate, DFE µg	16		0	NC	4		23		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	8		2		1		11		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	155		2		1		217		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11335

Peppers, sweet, green, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.045		0		1		0.063		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.033		0		1		0.046		
17:0....g									
18:0....g	0.011		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.028		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.025		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0		1		0.225		
18:2 undifferentiated....g	0.146		0		1		0.204		
18:3 undifferentiated....g	0.015		0		1		0.021		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.014		
Threonine....g	0.029		0		1		0.041		
Isoleucine....g	0.026		0		1		0.036		
Leucine....g	0.042		0		1		0.059		
Lysine....g	0.036		0		1		0.050		
Methionine....g	0.010		0		1		0.014		
Cystine....g	0.015		0		1		0.021		
Phenylalanine....g	0.025		0		1		0.035		
Tyrosine....g	0.017		0		1		0.024		
Valine....g	0.034		0		1		0.048		
Arginine....g	0.038		0		1		0.053		
Histidine....g	0.016		0		1		0.022		
Alanine....g	0.033		0		1		0.046		
Aspartic acid....g	0.114		0		1		0.160		
Glutamic acid....g	0.106		0		1		0.148		
Glycine....g	0.030		0		1		0.042		
Proline....g	0.035		0		1		0.049		
Serine....g	0.032		0		1		0.045		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11335

Peppers, sweet, green, canned, solids and liquids

Common Measures:

Measure 1 = 140g: 1 cup, halves

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11822

Peppers, sweet, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.87		0		1		10.66	67.07	84.52
Energy kcal	26		0	NC	4		3	19	24
Energy kJ	108		0	NC	4		12	79	99
Protein (N x 6.25) g	0.92		0		1		0.11	0.67	0.85
Total lipid (fat) g	0.20		0		1		0.02	0.15	0.18
Ash g	0.90		0	O	4		0.10	0.66	0.83
Carbohydrate, by difference g	6.11		0	NC	4		0.71	4.46	5.62
Fiber, total dietary g	1.2		1	A	1		0.1	0.9	1.1
Sugars, total g	3.19		0	BFZN	4		0.37	2.33	2.94
Sucrose g	0.15		0	BFZN	4		0.02	0.11	0.13
Glucose (dextrose) g	1.55		0	BFZN	4		0.18	1.13	1.42
Fructose g	1.50		0	BFZN	4		0.17	1.09	1.38
Lactose g	0.00		0	BFZN	4		0.00	0.00	0.00
Maltose g	0.00		0	BFZN	4		0.00	0.00	0.00
Galactose g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		1	7	8
Iron, Fe mg	0.46		0		1		0.05	0.34	0.42
Magnesium, Mg mg	10		0		1		1	7	9
Phosphorus, P mg	18		0		1		2	13	17
Potassium, K mg	166		0		1		19	121	153
Sodium, Na mg	238		1		1		28	174	219
Zinc, Zn mg	0.12		0		1		0.01	0.09	0.11
Copper, Cu mg	0.065		0		1		0.008	0.047	0.060
Manganese, Mn mg	0.115		0		1		0.013	0.084	0.106
Selenium, Se µg	0.3		0	BFSN	4		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	74.4		0		1		8.6	54.3	68.4
Thiamin mg	0.059		0		1		0.007	0.043	0.054
Riboflavin mg	0.030		0		1		0.003	0.022	0.028
Niacin mg	0.477		0		1		0.055	0.348	0.439
Pantothenic acid mg	0.079		0		1		0.009	0.058	0.073
Vitamin B-6 mg	0.233		0		1		0.027	0.170	0.214
Folate, total µg	16		0		1		2	12	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	16		0		1		2	12	15
Folate, DFE µg	16		0	NC	4		2	12	15
Choline, total mg	7.4		0	BFZN	4		0.9	5.4	6.8
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	23		0	NC	4		3	17	22
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	264		0	BFZN	4		31	192	243
Carotene, alpha µg	26		0	BFZN	4		3	19	24
Cryptoxanthin, beta µg	8		0	BFZN	4		1	6	8
Vitamin A, IU IU	468		0	NC	4		54	342	430
Lycopene µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin µg	431		0	BFZN	4		50	315	397
Vitamin E (alpha-tocopherol) mg	0.50		0	BFZN	4		0.06	0.36	0.46
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11822

Peppers, sweet, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	9.8		0	BFZN	4		1.1	7.2	9.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.003	0.021	0.027
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.022		0		1		0.003	0.016	0.020
17:0....g									
18:0....g	0.007		0		1		0.001	0.005	0.006
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.002	0.009	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.001	0.001
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.001	0.009	0.011
20:1....g									
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1		0.012	0.077	0.098
18:2 undifferentiated....g	0.096		0		1		0.011	0.070	0.088
18:3 undifferentiated....g	0.010		0		1		0.001	0.007	0.009
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	9		0		1		1	7	8
Amino Acids:									
Tryptophan....g	0.012		0		1		0.001	0.009	0.011
Threonine....g	0.034		0		1		0.004	0.025	0.031
Isoleucine....g	0.030		0		1		0.003	0.022	0.028
Leucine....g	0.048		0		1		0.006	0.035	0.044
Lysine....g	0.041		0		1		0.005	0.030	0.038
Methionine....g	0.011		0		1		0.001	0.008	0.010
Cystine....g	0.018		0		1		0.002	0.013	0.017
Phenylalanine....g	0.029		0		1		0.003	0.021	0.027
Tyrosine....g	0.019		0		1		0.002	0.014	0.017
Valine....g	0.039		0		1		0.005	0.028	0.036
Arginine....g	0.044		0		1		0.005	0.032	0.040
Histidine....g	0.019		0		1		0.002	0.014	0.017
Alanine....g	0.038		0		1		0.004	0.028	0.035
Aspartic acid....g	0.132		0		1		0.015	0.096	0.121
Glutamic acid....g	0.122		0		1		0.014	0.089	0.112
Glycine....g	0.034		0		1		0.004	0.025	0.031

NDB No. 11822

Peppers, sweet, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.040		0		1		0.005	0.029	0.037
Serine....g	0.037		0		1		0.004	0.027	0.034
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.6g: 1 tbsp

Measure 2 = 73g: 1 pepper

Measure 3 = 92g: .5 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11334

Peppers, sweet, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.87		0		1		124.02	10.66	
Energy kcal	28		0	NC	4		38	3	
Energy kJ	117		0		4		158	14	
Protein (N x 6.25) g	0.92		0		1		1.24	0.11	
Total lipid (fat) g	0.20		0		1		0.27	0.02	
Ash g	0.31		0		1		0.42	0.04	
Carbohydrate, by difference g	6.70		0	NC	4		9.05	0.78	
Fiber, total dietary g	1.2		0		4		1.6	0.1	
Sugars, total g	3.19		0	BFSN	4		4.31	0.37	
Sucrose g	0.15		0	BFSN	4		0.20	0.02	
Glucose (dextrose) g	1.55		0	BFSN	4		2.09	0.18	
Fructose g	1.50		0	BFSN	4		2.02	0.17	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.00		0	BFSN	4		0.00	0.00	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		12	1	
Iron, Fe mg	0.46		0		1		0.62	0.05	
Magnesium, Mg mg	10		0		1		14	1	
Phosphorus, P mg	18		0		1		24	2	
Potassium, K mg	166		0		1		224	19	
Sodium, Na mg	2		0		1		3	0	
Zinc, Zn mg	0.12		0		1		0.16	0.01	
Copper, Cu mg	0.065		0		1		0.088	0.008	
Manganese, Mn mg	0.115		0		1		0.155	0.013	
Selenium, Se µg	0.3		0	BFSN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	74.4		0		1		100.4	8.6	
Thiamin mg	0.059		0		1		0.080	0.007	
Riboflavin mg	0.030		0		1		0.041	0.003	
Niacin mg	0.477		0		1		0.644	0.055	
Pantothenic acid mg	0.079		0		1		0.107	0.009	
Vitamin B-6 mg	0.233		0		1		0.315	0.027	
Folate, total µg	16		0		1		22	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		1		22	2	
Folate, DFE µg	16		0	NC	4		22	2	
Choline, total mg	7.4		0	BFSY	4		10.0	0.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	23		0	NC	4		32	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	264		0	BFSY	4		356	31	
Carotene, alpha µg	26		0	BFSY	4		35	3	
Cryptoxanthin, beta µg	8		0	BFSY	4		11	1	
Vitamin A, IU IU	468		0	NC	4		632	54	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	431		0	BFSY	4		582	50	
Vitamin E (alpha-tocopherol) mg	0.50		0	BFSN	4		0.67	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.01		0	BFSN	4		0.01	0.00	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11334

Peppers, sweet, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	9.8		0	BFSN	4		13.3	1.1	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.039	0.003	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.022		0		1		0.030	0.003	
17:0....g									
18:0....g	0.007		0		1		0.009	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.018	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.016	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1		0.143	0.012	
18:2 undifferentiated....g	0.096		0		1		0.130	0.011	
18:3 undifferentiated....g	0.010		0		1		0.014	0.001	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	9		0		1		12	1	
Amino Acids:									
Tryptophan....g	0.012		0		1		0.016	0.001	
Threonine....g	0.034		0		1		0.046	0.004	
Isoleucine....g	0.030		0		1		0.041	0.003	
Leucine....g	0.048		0		1		0.065	0.006	
Lysine....g	0.041		0		1		0.055	0.005	
Methionine....g	0.011		0		1		0.015	0.001	
Cystine....g	0.018		0		1		0.024	0.002	
Phenylalanine....g	0.029		0		1		0.039	0.003	
Tyrosine....g	0.019		0		1		0.026	0.002	
Valine....g	0.039		0		1		0.053	0.005	
Arginine....g	0.044		0		1		0.059	0.005	
Histidine....g	0.019		0		1		0.026	0.002	
Alanine....g	0.038		0		1		0.051	0.004	
Aspartic acid....g	0.132		0		1		0.178	0.015	
Glutamic acid....g	0.122		0		1		0.165	0.014	

NDB No. 11334

Peppers, sweet, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.034		0		1		0.046	0.004	
Proline....g	0.040		0		1		0.054	0.005	
Serine....g	0.037		0		1		0.050	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, chopped or strips

Measure 2 = 11.6g: 1 tablespoon, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11634
Peppers, sweet, green, freeze-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.00		1		1		0.01	0.03	
Energy kcal	314		0	NC	4		1	5	
Energy kJ	1314		0		4		5	21	
Protein (N x 6.25) g	17.90		1		1		0.07	0.29	
Total lipid (fat) g	3.00		1		1		0.01	0.05	
Ash g	8.40		0		1		0.03	0.13	
Carbohydrate, by difference g	68.70		0	NC	4		0.27	1.10	
Fiber, total dietary g	21.3		0		4		0.1	0.3	
Sugars, total g	38.48		0	BFSN	4		0.15	0.62	
Starch g									
Minerals:									
Calcium, Ca mg	134		1		1		1	2	
Iron, Fe mg	10.40		1		1		0.04	0.17	
Magnesium, Mg mg	188		0		1		1	3	
Phosphorus, P mg	327		1		1		1	5	
Potassium, K mg	3170		1		1		13	51	
Sodium, Na mg	193		1		1		1	3	
Zinc, Zn mg	2.41		0		1		0.01	0.04	
Copper, Cu mg	1.389		0		1		0.006	0.022	
Manganese, Mn mg	1.897		0		1		0.008	0.030	
Selenium, Se µg	3.7		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	1900.0		1		1		7.6	30.4	
Thiamin mg	1.200		1		1		0.005	0.019	
Riboflavin mg	1.200		1		1		0.005	0.019	
Niacin mg	7.400		1		1		0.030	0.118	
Pantothenic acid mg	0.488		0		1		0.002	0.008	
Vitamin B-6 mg	2.223		0		1		0.009	0.036	
Folate, total µg	229		0		1		1	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	229		0		1		1	4	
Folate, DFE µg	229		0	NC	4		1	4	
Choline, total mg	89.0		0	BFSN	4		0.4	1.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	282		0	NC	4		1	5	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	3177		0	BFSN	4		13	51	
Carotene, alpha µg	313		0	BFSN	4		1	5	
Cryptoxanthin, beta µg	100		0	BFSN	4		0	2	
Vitamin A, IU IU	5640		0	NC	4		23	90	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	5199		0	BFSN	4		21	83	
Vitamin E (alpha-tocopherol) mg	4.00		0	O	4		0.02	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	118.6		0	BFSN	4		0.5	1.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11634
Peppers, sweet, green, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.447		0		1		0.002	0.007	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.002		0		1		0.000	0.000	
13:0....g									
14:0....g	0.009		0		1		0.000	0.000	
15:0....g									
16:0....g	0.331		0		1		0.001	0.005	
17:0....g									
18:0....g	0.105		0		1		0.000	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.202		0		1		0.001	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.181		0		1		0.001	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.607		0		1		0.006	0.026	
18:2 undifferentiated....g	1.462		0		1		0.006	0.023	
18:3 undifferentiated....g	0.145		0		1		0.001	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0		1		0.001	0.004	
Threonine....g	0.659		0		1		0.003	0.011	
Isoleucine....g	0.579		0		1		0.002	0.009	
Leucine....g	0.937		0		1		0.004	0.015	
Lysine....g	0.796		0		1		0.003	0.013	
Methionine....g	0.215		0		1		0.001	0.003	
Cystine....g	0.344		0		1		0.001	0.006	
Phenylalanine....g	0.553		0		1		0.002	0.009	
Tyrosine....g	0.372		0		1		0.001	0.006	
Valine....g	0.756		0		1		0.003	0.012	
Arginine....g	0.859		0		1		0.003	0.014	
Histidine....g	0.364		0		1		0.001	0.006	
Alanine....g	0.733		0		1		0.003	0.012	
Aspartic acid....g	2.558		0		1		0.010	0.041	
Glutamic acid....g	2.363		0		1		0.009	0.038	
Glycine....g	0.662		0		1		0.003	0.011	
Proline....g	0.779		0		1		0.003	0.012	
Serine....g	0.719		0		1		0.003	0.012	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11634
Peppers, sweet, green, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.6g: .25 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11338

Peppers, sweet, green, frozen, chopped, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.70		0		1				
Energy kcal	18		0	NC	4				
Energy kJ	75				4				
Protein (N x 6.25) g	0.95		0		1				
Total lipid (fat) g	0.18		0		1				
Ash g	0.27		0		1				
Carbohydrate, by difference g	3.90		0	NC	4				
Fiber, total dietary g	0.9		0	BFSN	4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1				
Iron, Fe mg	0.52		0		1				
Magnesium, Mg mg	7		0		1				
Phosphorus, P mg	13		0		1				
Potassium, K mg	72		0		1				
Sodium, Na mg	4		0		1				
Zinc, Zn mg	0.05		0		1				
Copper, Cu mg	0.044		0		1				
Manganese, Mn mg	0.097		0		1				
Selenium, Se µg	0.2		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	41.2		0		1				
Thiamin mg	0.051		0		1				
Riboflavin mg	0.031		0		1				
Niacin mg	1.082		0		1				
Pantothenic acid mg	0.023		0		1				
Vitamin B-6 mg	0.108		0		1				
Folate, total µg	10		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	10		0		1				
Folate, DFE µg	10		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	15		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	290		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11338

Peppers, sweet, green, frozen, chopped, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1				
13:0....g									
14:0....g	0.001		0		1				
15:0....g									
16:0....g	0.020		0		1				
17:0....g									
18:0....g	0.006		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1				
17:1....g									
18:1 undifferentiated....g	0.011		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.099		0		1				
18:2 undifferentiated....g	0.090		0		1				
18:3 undifferentiated....g	0.009		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1				
Threonine....g	0.035		0		1				
Isoleucine....g	0.031		0		1				
Leucine....g	0.049		0		1				
Lysine....g	0.042		0		1				
Methionine....g	0.011		0		1				
Cystine....g	0.018		0		1				
Phenylalanine....g	0.029		0		1				
Tyrosine....g	0.020		0		1				
Valine....g	0.040		0		1				
Arginine....g	0.045		0		1				
Histidine....g	0.019		0		1				
Alanine....g	0.039		0		1				
Aspartic acid....g	0.135		0		1				
Glutamic acid....g	0.125		0		1				
Glycine....g	0.035		0		1				
Proline....g	0.041		0		1				
Serine....g	0.038		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11338

Peppers, sweet, green, frozen, chopped, boiled, drained, without salt

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11825

Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.70		0		1		127.85	10.99	
Energy kcal	16		0	NC	4		21	2	
Energy kJ	65		0	NC	4		88	8	
Protein (N x 6.25) g	0.95		0		1		1.28	0.11	
Total lipid (fat) g	0.18		0		1		0.24	0.02	
Ash g	0.86		0	O	4		1.16	0.10	
Carbohydrate, by difference g	3.31		0	NC	4		4.47	0.38	
Fiber, total dietary g	0.9		0	BFSN	4		1.2	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		11	1	
Iron, Fe mg	0.52		0		1		0.70	0.06	
Magnesium, Mg mg	7		0		1		9	1	
Phosphorus, P mg	13		0		1		18	2	
Potassium, K mg	72		0		1		97	8	
Sodium, Na mg	240		0		4		324	28	
Zinc, Zn mg	0.05		0		1		0.07	0.01	
Copper, Cu mg	0.044		0		1		0.059	0.005	
Manganese, Mn mg	0.097		0		1		0.131	0.011	
Selenium, Se µg	0.2		0	BFSN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	41.2		0		1		55.6	4.8	
Thiamin mg	0.051		0		1		0.069	0.006	
Riboflavin mg	0.031		0		1		0.042	0.004	
Niacin mg	1.082		0		1		1.461	0.126	
Pantothenic acid mg	0.023		0		1		0.031	0.003	
Vitamin B-6 mg	0.108		0		1		0.146	0.013	
Folate, total µg	10		0		1		13	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		13	1	
Folate, DFE µg	10		0	NC	4		13	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	290		0		1		392	34	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11825

Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.036	0.003	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.020		0		1		0.027	0.002	
17:0....g									
18:0....g	0.006		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.016	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.015	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.099		0		1		0.134	0.011	
18:2 undifferentiated....g	0.090		0		1		0.122	0.010	
18:3 undifferentiated....g	0.009		0		1		0.012	0.001	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.016	0.001	
Threonine....g	0.035		0		1		0.047	0.004	
Isoleucine....g	0.031		0		1		0.042	0.004	
Leucine....g	0.049		0		1		0.066	0.006	
Lysine....g	0.042		0		1		0.057	0.005	
Methionine....g	0.011		0		1		0.015	0.001	
Cystine....g	0.018		0		1		0.024	0.002	
Phenylalanine....g	0.029		0		1		0.039	0.003	
Tyrosine....g	0.020		0		1		0.027	0.002	
Valine....g	0.040		0		1		0.054	0.005	
Arginine....g	0.045		0		1		0.061	0.005	
Histidine....g	0.019		0		1		0.026	0.002	
Alanine....g	0.039		0		1		0.053	0.005	
Aspartic acid....g	0.135		0		1		0.182	0.016	
Glutamic acid....g	0.125		0		1		0.169	0.015	
Glycine....g	0.035		0		1		0.047	0.004	
Proline....g	0.041		0		1		0.055	0.005	
Serine....g	0.038		0		1		0.051	0.004	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11825

Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, chopped or strips

Measure 2 = 11.6g: 1 tablespoon, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11337
Peppers, sweet, green, frozen, chopped, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.96	0.386	7		1		89.26	266.85	
Energy kcal	20		0	NC	4		19	57	
Energy kJ	84		0		4		79	238	
Protein (N x 6.25) g	1.08	0.074	7		1		1.03	3.07	
Total lipid (fat) g	0.21	0.049	7		1		0.20	0.60	
Ash g	0.30	0.028	7		1		0.29	0.85	
Carbohydrate, by difference g	4.45		0	NC	4		4.23	12.64	
Fiber, total dietary g	1.6		0		1		1.5	4.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9	0.813	7		1		9	26	
Iron, Fe mg	0.62	0.093	7		1		0.59	1.76	
Magnesium, Mg mg	8		1		1		8	23	
Phosphorus, P mg	17		1		1		16	48	
Potassium, K mg	91		1		1		86	258	
Sodium, Na mg	5		1		1		5	14	
Zinc, Zn mg	0.06		1		1		0.06	0.17	
Copper, Cu mg	0.053		1		1		0.050	0.151	
Manganese, Mn mg	0.117		0		1		0.111	0.332	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	58.7	11.929	7		1		55.8	166.7	
Thiamin mg	0.069	0.018	7		1		0.066	0.196	
Riboflavin mg	0.038	0.010	7		1		0.036	0.108	
Niacin mg	1.370	0.753	7		1		1.302	3.891	
Pantothenic acid mg	0.030		1		1		0.029	0.085	
Vitamin B-6 mg	0.137		1		1		0.130	0.389	
Folate, total µg	14		0		1		13	40	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		1		13	40	
Folate, DFE µg	14		0	NC	4		13	40	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	18	8.755	7		1		17	52	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	367	175.091	7		1		349	1042	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11337

Peppers, sweet, green, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.031		0		1		0.029	0.088	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	
15:0....g									
16:0....g	0.023		0		1		0.022	0.065	
17:0....g									
18:0....g	0.007		0		1		0.007	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.013	0.040	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.012	0.037	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0		1		0.107	0.321	
18:2 undifferentiated....g	0.102		0		1		0.097	0.290	
18:3 undifferentiated....g	0.010		0		1		0.010	0.028	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.013	0.040	
Threonine....g	0.040		0		1		0.038	0.114	
Isoleucine....g	0.035		0		1		0.033	0.099	
Leucine....g	0.056		0		1		0.053	0.159	
Lysine....g	0.048		0		1		0.046	0.136	
Methionine....g	0.013		0		1		0.012	0.037	
Cystine....g	0.021		0		1		0.020	0.060	
Phenylalanine....g	0.033		0		1		0.031	0.094	
Tyrosine....g	0.022		0		1		0.021	0.062	
Valine....g	0.045		0		1		0.043	0.128	
Arginine....g	0.052		0		1		0.049	0.148	
Histidine....g	0.022		0		1		0.021	0.062	
Alanine....g	0.044		0		1		0.042	0.125	
Aspartic acid....g	0.154		0		1		0.146	0.437	
Glutamic acid....g	0.142		0		1		0.135	0.403	
Glycine....g	0.040		0		1		0.038	0.114	
Proline....g	0.047		0		1		0.045	0.133	
Serine....g	0.043		0		1		0.041	0.122	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11337

Peppers, sweet, green, frozen, chopped, unprepared

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11333
Peppers, sweet, green, raw
Capsicum annuum

Refuse: 18% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.89	0.181	25	JA	6		139.90	86.38	8.73
Energy kcal	20		0	NC	4		30	19	2
Energy kJ	84		0	NC	4		125	77	8
Protein (N x 6.25) g	0.86	0.021	16	JO	11		1.29	0.80	0.08
Total lipid (fat) g	0.17	0.004	17	JO	11		0.25	0.16	0.02
Ash g	0.43	0.025	4	A	1		0.64	0.39	0.04
Carbohydrate, by difference g	4.64		0	NC	4		6.92	4.27	0.43
Fiber, total dietary g	1.7	0.016	18		1		2.5	1.5	0.2
Sugars, total g	2.40		0	NC	4		3.57	2.21	0.22
Sucrose g	0.11	0.033	8	JA	6		0.16	0.10	0.01
Glucose (dextrose) g	1.16	0.050	9	JA	6		1.73	1.07	0.11
Fructose g	1.12	0.015	9	JA	6		1.68	1.03	0.10
Lactose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	10	0.259	64	JA	6		15	9	1
Iron, Fe mg	0.34	0.010	65	JA	6		0.51	0.31	0.03
Magnesium, Mg mg	10	0.239	65	JA	6		15	9	1
Phosphorus, P mg	20	0.427	64	JA	6		29	18	2
Potassium, K mg	175	4.054	64	JA	6		261	161	16
Sodium, Na mg	3	0.100	62	JA	6		4	3	0
Zinc, Zn mg	0.13	0.005	65	JA	6		0.20	0.12	0.01
Copper, Cu mg	0.066	0.003	65	JA	6		0.098	0.060	0.006
Manganese, Mn mg	0.122	0.005	65	JA	6		0.182	0.112	0.011
Selenium, Se µg	0.0	0.003	34	JA	6		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	80.4	3.622	16	JA	6		119.9	74.0	7.5
Thiamin mg	0.057	0.001	16	JA	6		0.085	0.053	0.005
Riboflavin mg	0.028	0.000	16	JA	6		0.041	0.025	0.003
Niacin mg	0.480	0.009	16	JA	6		0.715	0.441	0.045
Pantothenic acid mg	0.099	0.009	16	JA	6		0.147	0.091	0.009
Vitamin B-6 mg	0.224	0.002	16	JA	6		0.333	0.206	0.021
Folate, total (1) µg	10		1	A	1		15	10	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		1	A	1		15	10	1
Folate, DFE µg	10		0	NC	4		15	10	1
Choline, total mg	5.5		0	AS	1		8.3	5.1	0.5
Betaine mg	0.1		1	A	1		0.1	0.1	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	NC	4		28	17	2
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	208	0.785	73	JA	6		311	192	19
Carotene, alpha µg	21	0.331	61	A	1		31	19	2
Cryptoxanthin, beta µg	7	6.586	7	A	1		10	6	1
Vitamin A, IU IU	370		0	NC	4		551	340	34
Lycopene µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin µg	341		0	T	4		508	314	32
Vitamin E (alpha-tocopherol) mg	0.37	0.010	3	JO	11		0.56	0.34	0.03
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocopherol, gamma mg	0.00	0.005	3	JO	11		0.01	0.00	0.00
Tocopherol, delta mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	3	JO	11		0.00	0.00	0.00

NDB No. 11333
Peppers, sweet, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.4	0.119	8	JO	11		11.0	6.8	0.7
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.058		0	NC	4		0.086	0.053	0.005
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.050		2	A	1		0.074	0.046	0.005
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.008		2	A	1		0.012	0.008	0.001
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.008		0	NC	4		0.012	0.008	0.001
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.008		2	A	1		0.012	0.008	0.001
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.062		0	NC	4		0.092	0.057	0.006
18:2 undifferentiated....g	0.054		2	A	1		0.080	0.050	0.005
18:3 undifferentiated....g	0.008		2	A	1		0.012	0.008	0.001
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	9		1		1		13	8	1
Amino Acids:									
Tryptophan....g	0.012		0	JA	6		0.018	0.011	0.001
Threonine....g	0.036		0	JA	6		0.054	0.034	0.003
Isoleucine....g	0.024		0	JA	6		0.036	0.022	0.002
Leucine....g	0.036		0	JA	6		0.054	0.034	0.003
Lysine....g	0.039		0	JA	6		0.058	0.036	0.004
Methionine....g	0.007		0	JA	6		0.011	0.007	0.001
Cystine....g	0.012		0	JA	6		0.018	0.011	0.001
Phenylalanine....g	0.092		0	JA	6		0.137	0.085	0.009
Tyrosine....g	0.012		0	JA	6		0.018	0.011	0.001
Valine....g	0.036		0	JA	6		0.054	0.034	0.003
Arginine....g	0.027		0	JA	6		0.040	0.025	0.003
Histidine....g	0.010		0	JA	6		0.014	0.009	0.001
Alanine....g	0.036		0	JA	6		0.054	0.034	0.003

NDB No. 11333
Peppers, sweet, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.208		0	JA	6		0.310	0.192	0.019
Glutamic acid....g	0.194		0	JA	6		0.289	0.178	0.018
Glycine....g	0.030		0	JA	6		0.045	0.028	0.003
Proline....g	0.024		0	JA	6		0.036	0.022	0.002
Serine....g	0.054		0	JA	6		0.081	0.050	0.005
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 cup, chopped

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 9.3g: 1 tbsp

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11339
Peppers, sweet, green, sauteed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.65	0.607	4	A	1		95.05		
Energy kcal	127		0	NC	4		146		
Energy kJ	530		0	NC	4		609		
Protein g	0.78	0.036	4	A	1		0.90		
Total lipid (fat) g	11.85	0.427	4	A	1		13.63		
Ash g	0.50	0.052	4	A	1		0.57		
Carbohydrate, by difference g	4.22		0	NC	4		4.85		
Fiber, total dietary g	1.8	0.048	4	A	1		2.1		
Sugars, total g	2.17		0	AS	1		2.50		
Sucrose g	0.00	0.000	4	A	1		0.00		
Glucose (dextrose) g	1.09	0.055	4	A	1		1.25		
Fructose g	1.08	0.045	4	A	1		1.24		
Lactose g	0.00	0.000	4	A	1		0.00		
Maltose g	0.00	0.000	4	A	1		0.00		
Galactose g	0.00		0	Z	7		0.00		
Starch g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca mg	8	1.435	4	A	1		9		
Iron, Fe mg	0.30	0.173	4	A	1		0.35		
Magnesium, Mg mg	8	1.327	4	A	1		10		
Phosphorus, P mg	15	2.129	4	A	1		17		
Potassium, K mg	134	9.569	4	A	1		154		
Sodium, Na mg	17	1.984	4	A	1		19		
Zinc, Zn mg	0.06	0.027	4	A	1		0.07		
Copper, Cu mg	0.017	0.000	4	A	1		0.019		
Manganese, Mn mg	0.062	0.021	4	A	1		0.071		
Selenium, Se µg	0.6		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	177.0	17.621	4	A	1		203.6		
Thiamin mg	0.042	0.003	4	A	1		0.048		
Riboflavin mg	0.048	0.007	4	A	1		0.056		
Niacin mg	0.582	0.023	4	A	1		0.669		
Pantothenic acid mg	0.111	0.006	4	A	1		0.127		
Vitamin B-6 mg	0.196	0.023	4	A	1		0.226		
Folate, total µg	2	0.000	4	A	1		2		
Folic acid µg									
Folate, food µg	2	0.000	4	A	1		2		
Folate, DFE µg									
Choline, total mg	4.8		0	AS	1		5.5		
Betaine mg	0.1		1	A	1		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	14		0	AS	1		16		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	135	12.142	4	A	1		155		
Carotene, alpha µg	42	4.623	4	A	1		48		
Cryptoxanthin, beta µg	17	16.550	4	A	1		19		
Vitamin A, IU IU	273		0	AS	1		314		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	1.40		2	A	1		1.62		
Tocopherol, beta mg	0.07		2	A	1		0.08		
Tocopherol, gamma mg	7.55		2	A	1		8.68		
Tocopherol, delta mg	2.30		2	A	1		2.64		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		

NDB No. 11339
Peppers, sweet, green, sauteed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	21.3	4.066	4	A	1		24.6		
Dihydrophylloquinone µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.590		0	NC	4		1.828		
4:0 g	0.000		0	Z	7		0.000		
6:0 g	0.000		0	Z	7		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.000		2	A	1		0.000		
15:0 g	0.000		2	A	1		0.000		
16:0 g	1.100		2	A	1		1.265		
17:0 g	0.000		2	A	1		0.000		
18:0 g	0.420		2	A	1		0.483		
20:0 g	0.035		2	A	1		0.040		
22:0 g	0.035		2	A	1		0.040		
24:0 g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated g	2.337		0	NC	4		2.687		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.002		2	A	1		0.002		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.310		2	A	1		2.657		
20:1 g	0.025		2	A	1		0.029		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	5.900		0	NC	4		6.785		
18:2 undifferentiated g	5.130		2	A	1		5.900		
18:3 undifferentiated g	0.770		2	A	1		0.886		
18:4 g	0.000		2	A	1		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:5 n-3 (EPA) g	0.000		2	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		2	A	1		0.000		
22:6 n-3 (DHA) g	0.000		2	A	1		0.000		
Fatty acids, total trans g	0.000		0	Z	7		0.000		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.011		0	A	1		0.013		
Threonine g	0.033		0	A	1		0.038		
Isoleucine g	0.022		0	A	1		0.025		
Leucine g	0.033		0	A	1		0.038		
Lysine g	0.036		0	A	1		0.041		
Methionine g	0.007		0	A	1		0.008		
Cystine g	0.011		0	A	1		0.013		
Phenylalanine g	0.084		0	A	1		0.096		
Tyrosine g	0.011		0	A	1		0.013		
Valine g	0.033		0	A	1		0.038		
Arginine g	0.024		0	A	1		0.028		
Histidine g	0.009		0	A	1		0.010		
Alanine g	0.033		0	A	1		0.038		
Aspartic acid g	0.189		0	A	1		0.217		
Glutamic acid g	0.176		0	A	1		0.202		

NDB No. 11339
Peppers, sweet, green, sauteed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.027		0	A	1		0.031		
Proline....g	0.022		0	A	1		0.025		
Serine....g	0.049		0	A	1		0.057		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 cup chopped

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11916
Peppers, sweet, red, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.25		2		1		127.75	63.88	
Energy kcal	18		0	NC	4		25	13	
Energy kJ	75				4		105	53	
Protein (N x 6.25) g	0.80		2		1		1.12	0.56	
Total lipid (fat) g	0.30		2		1		0.42	0.21	
Ash g	3.75		2		1		5.25	2.63	
Carbohydrate, by difference g	3.90		0	NC	4		5.46	2.73	
Fiber, total dietary g	1.2		0	BFZN	4		1.7	0.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	41		2		1		57	29	
Iron, Fe mg	0.80		2		1		1.12	0.56	
Magnesium, Mg mg	11		2		1		15	8	
Phosphorus, P mg	20		2		1		28	14	
Potassium, K mg	146		2		1		204	102	
Sodium, Na mg	1369		2		1		1917	958	
Zinc, Zn mg	0.18		2		1		0.25	0.13	
Copper, Cu mg	0.130		2		1		0.182	0.091	
Manganese, Mn mg	0.160		0		4		0.224	0.112	
Selenium, Se µg	0.3		0	BFSN	4		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	46.5		2		1		65.1	32.6	
Thiamin mg	0.025		2		1		0.035	0.018	
Riboflavin mg	0.030		0	BFZN	4		0.042	0.021	
Niacin mg	0.550		0	BFZN	4		0.770	0.385	
Pantothenic acid mg	0.038		0	BFZN	4		0.053	0.027	
Vitamin B-6 mg	0.178		0	BFZN	4		0.249	0.125	
Folate, total µg	16		0	BFZN	4		23	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0	BFZN	4		23	11	
Folate, DFE µg	16		0	NC	4		23	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	26		0		1		36	18	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	520		0		1		728	364	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11916

Peppers, sweet, red, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.045		0		1		0.063	0.032	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.001	
15:0....g									
16:0....g	0.033		0		1		0.046	0.023	
17:0....g									
18:0....g	0.011		0		1		0.015	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.028	0.014	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003	0.001	
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.025	0.013	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0		1		0.225	0.113	
18:2 undifferentiated....g	0.146		0		1		0.204	0.102	
18:3 undifferentiated....g	0.015		0		1		0.021	0.011	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.014	0.007	
Threonine....g	0.029		0		1		0.041	0.020	
Isoleucine....g	0.026		0		1		0.036	0.018	
Leucine....g	0.042		0		1		0.059	0.029	
Lysine....g	0.036		0		1		0.050	0.025	
Methionine....g	0.010		0		1		0.014	0.007	
Cystine....g	0.015		0		1		0.021	0.011	
Phenylalanine....g	0.025		0		1		0.035	0.018	
Tyrosine....g	0.017		0		1		0.024	0.012	
Valine....g	0.034		0		1		0.048	0.024	
Arginine....g	0.038		0		1		0.053	0.027	
Histidine....g	0.016		0		1		0.022	0.011	
Alanine....g	0.033		0		1		0.046	0.023	
Aspartic acid....g	0.114		0		1		0.160	0.080	
Glutamic acid....g	0.106		0		1		0.148	0.074	
Glycine....g	0.030		0		1		0.042	0.021	
Proline....g	0.035		0		1		0.049	0.025	
Serine....g	0.032		0		1		0.045	0.022	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11916

Peppers, sweet, red, canned, solids and liquids

Common Measures:

Measure 1 = 140g: 1 cup, halves

Measure 2 = 70g: .5 cup, halves

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11824
Peppers, sweet, red, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.87		0		1		11.02	67.07	84.52
Energy kcal	26		0	NC	4		3	19	24
Energy kJ	108		0	NC	4		13	79	99
Protein (N x 6.25) g	0.92		0		1		0.11	0.67	0.85
Total lipid (fat) g	0.20		0		1		0.02	0.15	0.18
Ash g	0.90		0	O	4		0.11	0.66	0.83
Carbohydrate, by difference g	6.11		0	NC	4		0.73	4.46	5.62
Fiber, total dietary g	1.2		1	A	1		0.1	0.9	1.1
Sugars, total g	4.39		0	BFZN	4		0.53	3.20	4.04
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		1	7	8
Iron, Fe mg	0.46		0		1		0.06	0.34	0.42
Magnesium, Mg mg	10		0		1		1	7	9
Phosphorus, P mg	18		0		1		2	13	17
Potassium, K mg	166		0		1		20	121	153
Sodium, Na mg	238		1		1		29	174	219
Zinc, Zn mg	0.12		0		1		0.01	0.09	0.11
Copper, Cu mg	0.065		0		1		0.008	0.047	0.060
Manganese, Mn mg	0.115		0		1		0.014	0.084	0.106
Selenium, Se µg	0.3		0	BFSN	4		0.0	0.2	0.3
Vitamins:									
Vitamin C, total ascorbic acid mg	171.0		1		1		20.5	124.8	157.3
Thiamin mg	0.059		0		1		0.007	0.043	0.054
Riboflavin mg	0.030		0		1		0.004	0.022	0.028
Niacin mg	0.477		0		1		0.057	0.348	0.439
Pantothenic acid mg	0.079		0		1		0.009	0.058	0.073
Vitamin B-6 mg	0.233		0		1		0.028	0.170	0.214
Folate, total µg	16		0		1		2	12	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	16		0		1		2	12	15
Folate, DFE µg	16		0	NC	4		2	12	15
Choline, total mg	5.8		0	BFZN	4		0.7	4.2	5.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	147		0	NC	4		18	107	135
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1525		0	BFZN	4		183	1113	1403
Carotene, alpha µg	18		0	BFZN	4		2	13	17
Cryptoxanthin, beta µg	460		0	BFZN	4		55	336	424
Vitamin A, IU IU	2941		0	NC	4		353	2147	2706
Lycopene µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin µg	47		0	BFZN	4		6	35	44
Vitamin E (alpha-tocopherol) mg	1.65		0	BFZN	4		0.20	1.21	1.52
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	5.1		0	BFZN	4		0.6	3.8	4.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11824

Peppers, sweet, red, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.003	0.021	0.027
4:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFZN	4		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.022		0		1		0.003	0.016	0.020
17:0....g									
18:0....g	0.007		0		1		0.001	0.005	0.006
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.002	0.009	0.012
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000	0.001	0.001
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.001	0.009	0.011
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1		0.013	0.077	0.098
18:2 undifferentiated....g	0.096		0		1		0.012	0.070	0.088
18:3 undifferentiated....g	0.010		0		1		0.001	0.007	0.009
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	9		0		1		1	7	8
Amino Acids:									
Tryptophan....g	0.012		0		1		0.001	0.009	0.011
Threonine....g	0.034		0		1		0.004	0.025	0.031
Isoleucine....g	0.030		0		1		0.004	0.022	0.028
Leucine....g	0.048		0		1		0.006	0.035	0.044
Lysine....g	0.041		0		1		0.005	0.030	0.038
Methionine....g	0.011		0		1		0.001	0.008	0.010
Cystine....g	0.018		0		1		0.002	0.013	0.017
Phenylalanine....g	0.029		0		1		0.003	0.021	0.027
Tyrosine....g	0.019		0		1		0.002	0.014	0.017
Valine....g	0.039		0		1		0.005	0.028	0.036
Arginine....g	0.044		0		1		0.005	0.032	0.040
Histidine....g	0.019		0		1		0.002	0.014	0.017
Alanine....g	0.038		0		1		0.005	0.028	0.035
Aspartic acid....g	0.132		0		1		0.016	0.096	0.121
Glutamic acid....g	0.122		0		1		0.015	0.089	0.112
Glycine....g	0.034		0		1		0.004	0.025	0.031
Proline....g	0.040		0		1		0.005	0.029	0.037
Serine....g	0.037		0		1		0.004	0.027	0.034
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11824
Peppers, sweet, red, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tbsp

Measure 2 = 73g: 1 pepper

Measure 3 = 92g: .5 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11823

Peppers, sweet, red, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.87		0		1		124.02	10.66	62.47
Energy kcal	28		0	NC	4		38	3	19
Energy kJ	117		0		4		158	14	80
Protein (N x 6.25) g	0.92		0		1		1.24	0.11	0.63
Total lipid (fat) g	0.20		0		1		0.27	0.02	0.14
Ash g	0.31		0		1		0.42	0.04	0.21
Carbohydrate, by difference g	6.70		0	NC	4		9.05	0.78	4.56
Fiber, total dietary g	1.2		0		4		1.6	0.1	0.8
Sugars, total g	4.39		0	BFSN	4		5.92	0.51	2.98
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		12	1	6
Iron, Fe mg	0.46		0		1		0.62	0.05	0.31
Magnesium, Mg mg	10		0		1		14	1	7
Phosphorus, P mg	18		0		1		24	2	12
Potassium, K mg	166		0		1		224	19	113
Sodium, Na mg	2		0		1		3	0	1
Zinc, Zn mg	0.12		0		1		0.16	0.01	0.08
Copper, Cu mg	0.065		0		1		0.088	0.008	0.044
Manganese, Mn mg	0.115		0		1		0.155	0.013	0.078
Selenium, Se µg	0.3		0	BFSN	4		0.4	0.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	171.0		1		1		230.9	19.8	116.3
Thiamin mg	0.059		0		1		0.080	0.007	0.040
Riboflavin mg	0.030		0		1		0.041	0.003	0.020
Niacin mg	0.477		0		1		0.644	0.055	0.324
Pantothenic acid mg	0.079		0		1		0.107	0.009	0.054
Vitamin B-6 mg	0.233		0		1		0.315	0.027	0.158
Folate, total µg	16		0		1		22	2	11
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	16		0		1		22	2	11
Folate, DFE µg	16		0	NC	4		22	2	11
Choline, total mg	5.8		0	BFSY	4		7.8	0.7	3.9
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	147		0	NC	4		199	17	100
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1525		0	BFSY	4		2059	177	1037
Carotene, alpha µg	18		0	BFSY	4		25	2	13
Cryptoxanthin, beta µg	460		0	BFSY	4		622	53	313
Vitamin A, IU IU	2941		0	NC	4		3970	341	2000
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	47		0	BFSY	4		64	6	32
Vitamin E (alpha-tocopherol) mg	1.65		0	BFSN	4		2.23	0.19	1.12
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	5.1		0	BFSN	4		6.9	0.6	3.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11823

Peppers, sweet, red, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.039	0.003	0.020
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.022		0		1		0.030	0.003	0.015
17:0....g									
18:0....g	0.007		0		1		0.009	0.001	0.005
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.018	0.002	0.009
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	0.001
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.016	0.001	0.008
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1		0.143	0.012	0.072
18:2 undifferentiated....g	0.096		0		1		0.130	0.011	0.065
18:3 undifferentiated....g	0.010		0		1		0.014	0.001	0.007
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	9		0		1		12	1	6
Amino Acids:									
Tryptophan....g	0.012		0		1		0.016	0.001	0.008
Threonine....g	0.034		0		1		0.046	0.004	0.023
Isoleucine....g	0.030		0		1		0.041	0.003	0.020
Leucine....g	0.048		0		1		0.065	0.006	0.033
Lysine....g	0.041		0		1		0.055	0.005	0.028
Methionine....g	0.011		0		1		0.015	0.001	0.007
Cystine....g	0.018		0		1		0.024	0.002	0.012
Phenylalanine....g	0.029		0		1		0.039	0.003	0.020
Tyrosine....g	0.019		0		1		0.026	0.002	0.013
Valine....g	0.039		0		1		0.053	0.005	0.027
Arginine....g	0.044		0		1		0.059	0.005	0.030
Histidine....g	0.019		0		1		0.026	0.002	0.013
Alanine....g	0.038		0		1		0.051	0.004	0.026
Aspartic acid....g	0.132		0		1		0.178	0.015	0.090
Glutamic acid....g	0.122		0		1		0.165	0.014	0.083
Glycine....g	0.034		0		1		0.046	0.004	0.023
Proline....g	0.040		0		1		0.054	0.005	0.027
Serine....g	0.037		0		1		0.050	0.004	0.025
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11823

Peppers, sweet, red, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, strips

Measure 2 = 11.6g: 1 tbsp

Measure 3 = 68g: .5 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11931
Peppers, sweet, red, freeze-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.00		1		1		0.01	0.03	
Energy kcal	314		0	NC	4		1	5	
Energy kJ	1314		0	NC	4		5	21	
Protein (N x 6.25) g	17.90		1		1		0.07	0.29	
Total lipid (fat) g	3.00		1		1		0.01	0.05	
Ash g	8.40		0		1		0.03	0.13	
Carbohydrate, by difference g	68.70		0	NC	4		0.27	1.10	
Fiber, total dietary g	21.3		0	BFZN	4		0.1	0.3	
Sugars, total g	40.77		0	BFSN	4		0.16	0.65	
Starch g									
Minerals:									
Calcium, Ca mg	134		1		1		1	2	
Iron, Fe mg	10.40		1		1		0.04	0.17	
Magnesium, Mg mg	188		0		1		1	3	
Phosphorus, P mg	327		1		1		1	5	
Potassium, K mg	3170		1		1		13	51	
Sodium, Na mg	193		1		1		1	3	
Zinc, Zn mg	2.41		0		1		0.01	0.04	
Copper, Cu mg	1.389		0		1		0.006	0.022	
Manganese, Mn mg	1.897		0		1		0.008	0.030	
Selenium, Se µg	3.7		0	BFSN	4		0.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	1900.0		1		1		7.6	30.4	
Thiamin mg	1.200		1		1		0.005	0.019	
Riboflavin mg	1.200		1		1		0.005	0.019	
Niacin mg	7.400		1		1		0.030	0.118	
Pantothenic acid mg	0.488		0		1		0.002	0.008	
Vitamin B-6 mg	2.223		0		1		0.009	0.036	
Folate, total µg	229		0		1		1	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	229		0		1		1	4	
Folate, DFE µg	229		0	NC	4		1	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3863		0	NC	4		15	62	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	42891		0	BNA	4		172	686	
Carotene, alpha µg	6931		0	BNA	4		28	111	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	77261		0	NC	4		309	1236	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	5799		0	BFSN	4		23	93	
Vitamin E (alpha-tocopherol) mg	4.00		0	BFSN	4		0.02	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	114.2		0	BFSN	4		0.5	1.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11931
Peppers, sweet, red, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.447		0		1		0.002	0.007	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.002		0		1		0.000	0.000	
13:0....g									
14:0....g	0.009		0		1		0.000	0.000	
15:0....g									
16:0....g	0.331		0		1		0.001	0.005	
17:0....g									
18:0....g	0.105		0		1		0.000	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.202		0		1		0.001	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.021		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.181		0		1		0.001	0.003	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.607		0		1		0.006	0.026	
18:2 undifferentiated....g	1.462		0		1		0.006	0.023	
18:3 undifferentiated....g	0.145		0		1		0.001	0.002	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0		1		0.001	0.004	
Threonine....g	0.659		0		1		0.003	0.011	
Isoleucine....g	0.579		0		1		0.002	0.009	
Leucine....g	0.937		0		1		0.004	0.015	
Lysine....g	0.796		0		1		0.003	0.013	
Methionine....g	0.215		0		1		0.001	0.003	
Cystine....g	0.344		0		1		0.001	0.006	
Phenylalanine....g	0.553		0		1		0.002	0.009	
Tyrosine....g	0.372		0		1		0.001	0.006	
Valine....g	0.756		0		1		0.003	0.012	
Arginine....g	0.859		0		1		0.003	0.014	
Histidine....g	0.364		0		1		0.001	0.006	
Alanine....g	0.733		0		1		0.003	0.012	
Aspartic acid....g	2.558		0		1		0.010	0.041	
Glutamic acid....g	2.363		0		1		0.009	0.038	
Glycine....g	0.662		0		1		0.003	0.011	
Proline....g	0.779		0		1		0.003	0.012	
Serine....g	0.719		0		1		0.003	0.012	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11931
Peppers, sweet, red, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.6g: .25 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11919

Peppers, sweet, red, frozen, chopped, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.70		0		1		127.85	10.99	
Energy kcal	16		0	NC	4		21	2	
Energy kJ	65		0	NC	4		88	8	
Protein (N x 6.25) g	0.95		0		1		1.28	0.11	
Total lipid (fat) g	0.18		0		1		0.24	0.02	
Ash g	0.86		0	O	4		1.16	0.10	
Carbohydrate, by difference g	3.31		0	NC	4		4.47	0.38	
Fiber, total dietary g	0.8		0	BFSN	4		1.1	0.1	
Sugars, total g	2.86		0	BFSN	4		3.86	0.33	
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		11	1	
Iron, Fe mg	0.52		0		1		0.70	0.06	
Magnesium, Mg mg	7		0		1		9	1	
Phosphorus, P mg	13		0		1		18	2	
Potassium, K mg	72		0		1		97	8	
Sodium, Na mg	240		0		4		324	28	
Zinc, Zn mg	0.05		0		1		0.07	0.01	
Copper, Cu mg	0.044		0		1		0.059	0.005	
Manganese, Mn mg	0.097		0		1		0.131	0.011	
Selenium, Se µg	0.2		0	BFSN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	41.2		0		1		55.6	4.8	
Thiamin mg	0.051		0		1		0.069	0.006	
Riboflavin mg	0.031		0		1		0.042	0.004	
Niacin mg	1.082		0		1		1.461	0.126	
Pantothenic acid mg	0.023		0		1		0.031	0.003	
Vitamin B-6 mg	0.108		0		1		0.146	0.013	
Folate, total µg	10		0		1		13	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		13	1	
Folate, DFE µg	10		0	NC	4		13	1	
Choline, total mg	3.8		0	BFSN	4		5.1	0.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	96		0	NC	4		129	11	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	994		0	BFSN	4		1342	115	
Carotene, alpha µg	12		0	BFSN	4		16	1	
Cryptoxanthin, beta µg	300		0	BFSN	4		405	35	
Vitamin A, IU IU	1917		0	NC	4		2588	222	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	31		0	BFSN	4		42	4	
Vitamin E (alpha-tocopherol) mg	1.08		0	BFSN	4		1.46	0.13	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.4		0	BFSN	4		4.5	0.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11919

Peppers, sweet, red, frozen, chopped, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.036	0.003	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.020		0		1		0.027	0.002	
17:0....g									
18:0....g	0.006		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.016	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.015	0.001	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.099		0		1		0.134	0.011	
18:2 undifferentiated....g	0.090		0		1		0.122	0.010	
18:3 undifferentiated....g	0.009		0		1		0.012	0.001	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0	NR	4		0.015	0.001	
Threonine....g	0.039		0	NR	4		0.052	0.004	
Isoleucine....g	0.020		0	NR	4		0.027	0.002	
Leucine....g	0.034		0	NR	4		0.046	0.004	
Lysine....g	0.034		0	NR	4		0.046	0.004	
Methionine....g	0.005		0	NR	4		0.007	0.001	
Cystine....g	0.018		0	NR	4		0.025	0.002	
Phenylalanine....g	0.048		0	NR	4		0.065	0.006	
Tyrosine....g	0.009		0	NR	4		0.012	0.001	
Valine....g	0.029		0	NR	4		0.040	0.003	
Arginine....g	0.034		0	NR	4		0.046	0.004	
Histidine....g	0.016		0	NR	4		0.021	0.002	
Alanine....g	0.025		0	NR	4		0.034	0.003	
Aspartic acid....g	0.272		0	NR	4		0.367	0.032	
Glutamic acid....g	0.202		0	NR	4		0.273	0.023	
Glycine....g	0.027		0	NR	4		0.037	0.003	
Proline....g	0.023		0	NR	4		0.030	0.003	
Serine....g	0.048		0	NR	4		0.064	0.006	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11919

Peppers, sweet, red, frozen, chopped, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, chopped or strips

Measure 2 = 11.6g: 1 tablespoon, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11918

Peppers, sweet, red, frozen, chopped, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.70		0		1		127.85	10.99	
Energy kcal	16		0	NC	4		21	2	
Energy kJ	65		0	NC	4		88	8	
Protein (N x 6.25) g	0.95		0		1		1.28	0.11	
Total lipid (fat) g	0.18		0		1		0.24	0.02	
Ash g	0.86		0	O	4		1.16	0.10	
Carbohydrate, by difference g	3.31		0	NC	4		4.47	0.38	
Fiber, total dietary g	0.8		0	BFSN	4		1.1	0.1	
Sugars, total g	2.86		0	BFSN	4		3.86	0.33	
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		11	1	
Iron, Fe mg	0.52		0		1		0.70	0.06	
Magnesium, Mg mg	7		0		1		9	1	
Phosphorus, P mg	13		0		1		18	2	
Potassium, K mg	72		0		1		97	8	
Sodium, Na mg	4		0		1		5	0	
Zinc, Zn mg	0.05		0		1		0.07	0.01	
Copper, Cu mg	0.044		0		1		0.059	0.005	
Manganese, Mn mg	0.097		0		1		0.131	0.011	
Selenium, Se µg	0.2		0	BFSN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	41.2		0		1		55.6	4.8	
Thiamin mg	0.051		0		1		0.069	0.006	
Riboflavin mg	0.031		0		1		0.042	0.004	
Niacin mg	1.082		0		1		1.461	0.126	
Pantothenic acid mg	0.023		0		1		0.031	0.003	
Vitamin B-6 mg	0.108		0		1		0.146	0.013	
Folate, total µg	10		0		1		13	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		13	1	
Folate, DFE µg	10		0	NC	4		13	1	
Choline, total mg	3.8		0	BFSN	4		5.1	0.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	96		0	NC	4		129	11	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	994		0	BFSN	4		1342	115	
Carotene, alpha µg	12		0	BFSN	4		16	1	
Cryptoxanthin, beta µg	300		0	BFSN	4		405	35	
Vitamin A, IU IU	1917		0	NC	4		2588	222	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	31		0	BFSN	4		42	4	
Vitamin E (alpha-tocopherol) mg	1.08		0	BFSN	4		1.46	0.13	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.4		0	BFSN	4		4.5	0.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11918

Peppers, sweet, red, frozen, chopped, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.036	0.003	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.020		0		1		0.027	0.002	
17:0....g									
18:0....g	0.006		0		1		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.016	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.015	0.001	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.099		0		1		0.134	0.011	
18:2 undifferentiated....g	0.090		0		1		0.122	0.010	
18:3 undifferentiated....g	0.009		0		1		0.012	0.001	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0	NR	4		0.015	0.001	
Threonine....g	0.039		0	NR	4		0.052	0.004	
Isoleucine....g	0.020		0	NR	4		0.027	0.002	
Leucine....g	0.034		0	NR	4		0.046	0.004	
Lysine....g	0.034		0	NR	4		0.046	0.004	
Methionine....g	0.005		0	NR	4		0.007	0.001	
Cystine....g	0.018		0	NR	4		0.025	0.002	
Phenylalanine....g	0.048		0	NR	4		0.065	0.006	
Tyrosine....g	0.009		0	NR	4		0.012	0.001	
Valine....g	0.029		0	NR	4		0.040	0.003	
Arginine....g	0.034		0	NR	4		0.046	0.004	
Histidine....g	0.016		0	NR	4		0.021	0.002	
Alanine....g	0.025		0	NR	4		0.034	0.003	
Aspartic acid....g	0.272		0	NR	4		0.367	0.032	
Glutamic acid....g	0.202		0	NR	4		0.273	0.023	
Glycine....g	0.027		0	NR	4		0.037	0.003	
Proline....g	0.023		0	NR	4		0.030	0.003	
Serine....g	0.048		0	NR	4		0.064	0.006	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11918

Peppers, sweet, red, frozen, chopped, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, chopped or strips

Measure 2 = 11.6g: 1 tablespoon, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11917
Peppers, sweet, red, frozen, chopped, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.96	0.386	7		1		89.26	266.85	
Energy kcal	20		0	NC	4		19	57	
Energy kJ	84		0		4		79	238	
Protein (N x 6.25) g	1.08	0.074	7		1		1.03	3.07	
Total lipid (fat) g	0.21	0.049	7		1		0.20	0.60	
Ash g	0.30	0.028	7		1		0.29	0.85	
Carbohydrate, by difference g	4.45		0	NC	4		4.23	12.64	
Fiber, total dietary g	1.6		0		4		1.5	4.5	
Sugars, total g	3.26		0	BFSN	4		3.10	9.26	
Starch g									
Minerals:									
Calcium, Ca mg	9	0.813	7		1		9	26	
Iron, Fe mg	0.62	0.093	7		1		0.59	1.76	
Magnesium, Mg mg	8		1		1		8	23	
Phosphorus, P mg	17		1		1		16	48	
Potassium, K mg	91		1		1		86	258	
Sodium, Na mg	5		1		1		5	14	
Zinc, Zn mg	0.06		1		1		0.06	0.17	
Copper, Cu mg	0.053		1		1		0.050	0.151	
Manganese, Mn mg	0.117		0		1		0.111	0.332	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	58.7	11.929	7		1		55.8	166.7	
Thiamin mg	0.069	0.018	7		1		0.066	0.196	
Riboflavin mg	0.038	0.010	7		1		0.036	0.108	
Niacin mg	1.370	0.753	7		1		1.302	3.891	
Pantothenic acid mg	0.030		1		1		0.029	0.085	
Vitamin B-6 mg	0.137		1		1		0.130	0.389	
Folate, total µg	14		0		1		13	40	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		1		13	40	
Folate, DFE µg	14		0	NC	4		13	40	
Choline, total mg	4.3		0	BFSN	4		4.1	12.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	121		0	NC	4		115	345	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1259		0	BFSN	4		1196	3575	
Carotene, alpha µg	15		0	BFSN	4		14	43	
Cryptoxanthin, beta µg	380		0	BFSN	4		361	1080	
Vitamin A, IU IU	2428		0	NC	4		2306	6894	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	39		0	BFSN	4		37	111	
Vitamin E (alpha-tocopherol) mg	1.23		0	BFSN	4		1.17	3.49	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.8		0	BFSN	4		3.6	10.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11917

Peppers, sweet, red, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.031		0		1		0.029	0.088	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	
15:0....g									
16:0....g	0.023		0		1		0.022	0.065	
17:0....g									
18:0....g	0.007		0		1		0.007	0.020	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.013	0.040	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.012	0.037	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0		1		0.107	0.321	
18:2 undifferentiated....g	0.102		0		1		0.097	0.290	
18:3 undifferentiated....g	0.010		0		1		0.010	0.028	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.013	0.040	
Threonine....g	0.040		0		1		0.038	0.114	
Isoleucine....g	0.035		0		1		0.033	0.099	
Leucine....g	0.056		0		1		0.053	0.159	
Lysine....g	0.048		0		1		0.046	0.136	
Methionine....g	0.013		0		1		0.012	0.037	
Cystine....g	0.021		0		1		0.020	0.060	
Phenylalanine....g	0.033		0		1		0.031	0.094	
Tyrosine....g	0.022		0		1		0.021	0.062	
Valine....g	0.045		0		1		0.043	0.128	
Arginine....g	0.052		0		1		0.049	0.148	
Histidine....g	0.022		0		1		0.021	0.062	
Alanine....g	0.044		0		1		0.042	0.125	
Aspartic acid....g	0.154		0		1		0.146	0.437	
Glutamic acid....g	0.142		0		1		0.135	0.403	
Glycine....g	0.040		0		1		0.038	0.114	
Proline....g	0.047		0		1		0.045	0.133	
Serine....g	0.043		0		1		0.041	0.122	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11917

Peppers, sweet, red, frozen, chopped, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11821
Peppers, sweet, red, raw

Refuse: 18% Stem ends, seed and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.21	0.399	4	A	1		137.39	84.83	8.58
Energy kcal	31		0	NC	4		46	28	3
Energy kJ	129		0	NC	4		192	118	12
Protein g	0.99	0.035	4	A	1		1.48	0.91	0.09
Total lipid (fat) g	0.30	0.009	4	A	1		0.44	0.27	0.03
Ash g	0.47	0.031	4	A	1		0.70	0.43	0.04
Carbohydrate, by difference g	6.03		0	NC	4		8.98	5.55	0.56
Fiber, total dietary g	2.1		0	BFSN	4		3.2	1.9	0.2
Sugars, total g	4.20		0	AS	1		6.27	3.87	0.39
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.94	0.120	4	A	1		2.89	1.78	0.18
Fructose g	2.26	0.109	4	A	1		3.37	2.08	0.21
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	7	0.489	4	A	1		11	7	1
Iron, Fe mg	0.43	0.035	4	A	1		0.65	0.40	0.04
Magnesium, Mg mg	12	0.260	4	A	1		19	11	1
Phosphorus, P mg	26	0.723	4	A	1		38	23	2
Potassium, K mg	211	7.761	4	A	1		315	194	20
Sodium, Na mg	4		0	BFSN	4		5	3	0
Zinc, Zn mg	0.25	0.033	4	A	1		0.38	0.23	0.02
Copper, Cu mg	0.017	0.000	4	A	1		0.025	0.015	0.002
Manganese, Mn mg	0.112	0.013	4	A	1		0.167	0.103	0.010
Selenium, Se µg	0.1		2	A	1		0.2	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	127.7	47.179	4	A	1		190.3	117.5	11.9
Thiamin mg	0.054	0.005	4	A	1		0.080	0.049	0.005
Riboflavin mg	0.085	0.004	4	A	1		0.127	0.078	0.008
Niacin mg	0.979	0.085	4	A	1		1.458	0.900	0.091
Pantothenic acid mg	0.317	0.044	4	A	1		0.473	0.292	0.030
Vitamin B-6 mg	0.291	0.041	4	A	1		0.433	0.267	0.027
Folate, total (1) µg	46		2	A	1		69	43	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	46		2	A	1		69	43	4
Folate, DFE µg	46		0	NC	4		69	43	4
Choline, total mg	5.6		0	AS	1		8.3	5.1	0.5
Betaine mg	0.1		1	A	1		0.1	0.1	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	157		0	AS	1		233	144	15
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1624	158.823	8	A	1		2419	1494	151
Carotene, alpha µg	20	0.000	6	A	1		29	18	2
Cryptoxanthin, beta µg	490	5.129	5	A	1		730	451	46
Vitamin A, IU IU	3131		0	AS	1		4665	2881	291
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	51	8.033	4	A	1		75	46	5
Vitamin E (alpha-tocopherol) mg	1.58		2	A	1		2.36	1.46	0.15
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.05		2	A	1		0.07	0.05	0.00
Tocopherol, gamma mg	0.14		2	A	1		0.21	0.13	0.01
Tocopherol, delta mg	0.01		2	A	1		0.02	0.01	0.00
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00

NDB No. 11821
Peppers, sweet, red, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	4.9	0.609	4	A	1		7.3	4.5	0.5
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.027		0	NC	4		0.040	0.025	0.002
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.025		2	A	1		0.037	0.023	0.002
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.002		2	A	1		0.002	0.002	0.000
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.003		0	NC	4		0.005	0.003	0.000
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.002		2	A	1		0.002	0.002	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.002		2	A	1		0.002	0.002	0.000
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0	NC	4		0.104	0.064	0.007
18:2 undifferentiated....g	0.045		2	A	1		0.067	0.041	0.004
18:3 undifferentiated....g	0.025		2	A	1		0.037	0.023	0.002
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0	A	1		0.017	0.011	0.001
Threonine....g	0.040		0	A	1		0.060	0.037	0.004
Isoleucine....g	0.021		0	A	1		0.032	0.019	0.002
Leucine....g	0.036		0	A	1		0.053	0.033	0.003
Lysine....g	0.036		0	A	1		0.053	0.033	0.003
Methionine....g	0.006		0	A	1		0.008	0.005	0.001
Cystine....g	0.019		0	A	1		0.028	0.017	0.002
Phenylalanine....g	0.050		0	A	1		0.075	0.046	0.005
Tyrosine....g	0.009		0	A	1		0.014	0.009	0.001
Valine....g	0.031		0	A	1		0.046	0.028	0.003
Arginine....g	0.036		0	A	1		0.053	0.033	0.003
Histidine....g	0.017		0	A	1		0.025	0.015	0.002
Alanine....g	0.026		0	A	1		0.039	0.024	0.002

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Peppers, sweet, red, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.284		0	A	1		0.423	0.261	0.026
Glutamic acid....g	0.211		0	A	1		0.314	0.194	0.020
Glycine....g	0.028		0	A	1		0.042	0.026	0.003
Proline....g	0.024		0	A	1		0.035	0.022	0.002
Serine....g	0.050		0	A	1		0.074	0.046	0.005
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 cup, chopped

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 9.3g: 1 tablespoon

Footnotes:

1 Value based on the analysis of 5-methyltetrahydrofolate

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11921
Peppers, sweet, red, sauteed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.95	1.228	4	A	1		83.68		
Energy kcal	133		0	NC	4		141		
Energy kJ	555		0	NC	4		588		
Protein (N x 6.25) g	1.04	0.038	4	A	1		1.10		
Total lipid (fat) g	12.75	0.991	4	A	1		13.51		
Ash g	0.70	0.027	4	A	1		0.74		
Carbohydrate, by difference g	6.57		0	NC	4		6.96		
Fiber, total dietary g	1.8	0.033	3	A	1		1.9		
Sugars, total g	4.28		0	AS	1		4.53		
Sucrose g	0.06	0.058	4	A	1		0.06		
Glucose (dextrose) g	1.91	0.062	4	A	1		2.03		
Fructose g	2.31	0.109	4	A	1		2.44		
Lactose g	0.00	0.000	4	A	1		0.00		
Maltose g	0.00	0.000	4	A	1		0.00		
Galactose g	0.00		0	Z	7		0.00		
Starch g	0.00		2	A	1		0.00		
Minerals:									
Calcium, Ca mg	7	1.101	4	A	1		8		
Iron, Fe mg	0.47	0.137	4	A	1		0.50		
Magnesium, Mg mg	12	1.552	4	A	1		13		
Phosphorus, P mg	23	3.086	4	A	1		25		
Potassium, K mg	193	11.605	4	A	1		205		
Sodium, Na mg	21	4.473	4	A	1		22		
Zinc, Zn mg	0.15	0.027	4	A	1		0.16		
Copper, Cu mg	0.017	0.000	4	A	1		0.018		
Manganese, Mn mg	0.115	0.025	4	A	1		0.122		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	162.8	20.238	4	A	1		172.5		
Thiamin mg	0.056	0.001	4	A	1		0.059		
Riboflavin mg	0.109	0.010	4	A	1		0.116		
Niacin mg	0.954	0.035	4	A	1		1.011		
Pantothenic acid mg	0.244	0.032	4	A	1		0.259		
Vitamin B-6 mg	0.364	0.059	4	A	1		0.386		
Folate, total µg	2	0.000	4	A	1		2		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	2	0.000	4	A	1		2		
Folate, DFE µg	2		0	NC	4		2		
Choline, total mg	6.1		0	AS	1		6.5		
Betaine mg	0.1		1	A	1		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	138		0	NC	4		146		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1570	201.205	4	JA	6		1664		
Carotene, alpha µg	96	55.523	4	JA	6		101		
Cryptoxanthin, beta µg	77	4.582	4	JA	6		81		
Vitamin A, IU IU	2760		0	NC	4		2926		
Lycopene µg	484	92.844	4	JA	6		513		
Lutein + zeaxanthin µg	106	19.153	4	JA	6		112		
Vitamin E (alpha-tocopherol) mg	3.09		2	A	1		3.28		
Tocopherol, beta mg	0.12		2	A	1		0.13		
Tocopherol, gamma mg	7.68		2	A	1		8.14		
Tocopherol, delta mg	2.35		2	A	1		2.50		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		

NDB No. 11921
Peppers, sweet, red, sauteed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	16.4	1.744	4	A	1		17.4		
Dihydrophylloquinone µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.557		0	NC	4		1.650		
4:0 g									
6:0 g									
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.009		2	A	1		0.009		
15:0 g	0.000		2	A	1		0.000		
16:0 g	1.066		2	A	1		1.130		
17:0 g	0.005		2	A	1		0.005		
18:0 g	0.397		2	A	1		0.420		
20:0 g	0.035		2	A	1		0.037		
22:0 g	0.035		2	A	1		0.037		
24:0 g	0.010		2	A	1		0.010		
Fatty acids, total monounsaturated g	2.287		0	NC	4		2.424		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.009		2	A	1		0.009		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.251		2	A	1		2.387		
20:1 g	0.026		2	A	1		0.028		
22:1 undifferentiated g	0.000		2	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	5.719		0	NC	4		6.062		
18:2 undifferentiated g	4.944		2	A	1		5.240		
18:3 undifferentiated g	0.775		2	A	1		0.822		
18:4 g	0.000		2	A	1		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:5 n-3 (EPA) g	0.000		2	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		2	A	1		0.000		
22:6 n-3 (DHA) g	0.000		2	A	1		0.000		
Fatty acids, total trans g	0.000		0	Z	7		0.000		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.012		0	A	1		0.013		
Threonine g	0.042		0	A	1		0.045		
Isoleucine g	0.022		0	A	1		0.024		
Leucine g	0.037		0	A	1		0.039		
Lysine g	0.037		0	A	1		0.039		
Methionine g	0.006		0	A	1		0.006		
Cystine g	0.020		0	A	1		0.021		
Phenylalanine g	0.053		0	A	1		0.056		
Tyrosine g	0.010		0	A	1		0.011		
Valine g	0.032		0	A	1		0.034		
Arginine g	0.037		0	A	1		0.039		
Histidine g	0.017		0	A	1		0.018		
Alanine g	0.027		0	A	1		0.029		
Aspartic acid g	0.298		0	A	1		0.316		
Glutamic acid g	0.221		0	A	1		0.234		

NDB No. 11921
Peppers, sweet, red, sauteed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.030		0	A	1		0.032		
Proline....g	0.025		0	A	1		0.026		
Serine....g	0.052		0	A	1		0.055		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 cup chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11951

Peppers, sweet, yellow, raw

Capsicum annuum

Refuse: 18% Stem ends, seeds and core

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.02		2		1		171.16	47.85	
Energy kcal	27		0	NC	4		50	14	
Energy kJ	112		0	NC	4		208	58	
Protein (N x 6.25) g	1.00		2		1		1.86	0.52	
Total lipid (fat) g	0.21		2		1		0.39	0.11	
Ash g	0.45		2		1		0.84	0.23	
Carbohydrate, by difference g	6.32		0	NC	4		11.76	3.29	
Fiber, total dietary g	0.9		1	A	1		1.7	0.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		2		1		20	6	
Iron, Fe mg	0.46	0.000	4		1		0.86	0.24	
Magnesium, Mg mg	12		2		1		22	6	
Phosphorus, P mg	24		2		1		45	12	
Potassium, K mg	212		2		1		394	110	
Sodium, Na mg	2		2		1		4	1	
Zinc, Zn mg	0.17		1		1		0.32	0.09	
Copper, Cu mg	0.107		1		1		0.199	0.056	
Manganese, Mn mg	0.117		2		1		0.218	0.061	
Selenium, Se µg	0.3		0	BFSN	4		0.6	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	183.5		2		1		341.3	95.4	
Thiamin mg	0.028		2		1		0.052	0.015	
Riboflavin mg	0.025		2		1		0.047	0.013	
Niacin mg	0.890		2		1		1.655	0.463	
Pantothenic acid mg	0.168		2		1		0.312	0.087	
Vitamin B-6 mg	0.168		2		1		0.312	0.087	
Folate, total µg	26		2		1		48	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	26		2		1		48	14	
Folate, DFE µg	26		0	NC	4		48	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0	AS	1		19	5	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	120		1	A	1		223	62	
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	200		0	AS	1		372	104	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11951
Peppers, sweet, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.031		0	BFFN	4		0.058	0.016	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.024	0.007	
Threonine....g	0.037		0		1		0.069	0.019	
Isoleucine....g	0.032		0		1		0.060	0.017	
Leucine....g	0.052		0		1		0.097	0.027	
Lysine....g	0.044		0		1		0.082	0.023	
Methionine....g	0.012		0		1		0.022	0.006	
Cystine....g	0.019		0		1		0.035	0.010	
Phenylalanine....g	0.031		0		1		0.058	0.016	
Tyrosine....g	0.021		0		1		0.039	0.011	
Valine....g	0.042		0		1		0.078	0.022	
Arginine....g	0.048		0		1		0.089	0.025	
Histidine....g	0.020		0		1		0.037	0.010	
Alanine....g	0.041		0		1		0.076	0.021	
Aspartic acid....g	0.143		0		1		0.266	0.074	
Glutamic acid....g	0.132		0		1		0.246	0.069	
Glycine....g	0.037		0		1		0.069	0.019	
Proline....g	0.044		0		1		0.082	0.023	
Serine....g	0.040		0		1		0.074	0.021	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 186g: 1 pepper, large (3-3/4" long, 3" dia)

Measure 2 = 52g: 10 strips

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11958
Pickle relish, hamburger

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.12	1.323	7		1		9.17	74.57	
Energy kcal	129		0	NC	4		19	157	
Energy kJ	540				4		81	658	
Protein (N x 6.25) g	0.63	0.084	7		1		0.09	0.77	
Total lipid (fat) g	0.54	0.057	7		1		0.08	0.66	
Ash g	3.22	0.124	7		1		0.48	3.93	
Carbohydrate, by difference g	34.48		0	NC	4		5.17	42.07	
Fiber, total dietary g	3.2		0		4		0.5	3.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	4	3.351	7		1		1	5	
Iron, Fe mg	1.14	0.101	7		1		0.17	1.39	
Magnesium, Mg mg	7	0.307	6		1		1	9	
Phosphorus, P mg	17	0.558	6		1		3	21	
Potassium, K mg	76	2.813	6		1		11	93	
Sodium, Na mg	1096	32.544	7		1		164	1337	
Zinc, Zn mg	0.11	0.007	6		1		0.02	0.13	
Copper, Cu mg	0.083	0.004	6		1		0.012	0.101	
Manganese, Mn mg	0.015	0.000	4		1		0.002	0.018	
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3	0.615	6		1		0.3	2.8	
Thiamin mg	0.020	0.000	6		1		0.003	0.024	
Riboflavin mg	0.042	0.002	6		1		0.006	0.051	
Niacin mg	0.617	0.017	6		1		0.093	0.753	
Pantothenic acid mg	0.007	0.000	4		1		0.001	0.009	
Vitamin B-6 mg	0.015	0.000	4		1		0.002	0.018	
Folate, total µg	1	0.000	4		1		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	1	0.000	4		1		0	1	
Folate, DFE µg	1		0	NC	4		0	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	13	0.380	6		1		2	16	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	267	7.601	6		1		40	326	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11958
Pickle relish, hamburger

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.052		0		1		0.008	0.063	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.001		1		1		0.000	0.001	
13:0....g									
14:0....g	0.001		1		1		0.000	0.001	
15:0....g									
16:0....g	0.043		1		1		0.006	0.052	
17:0....g									
18:0....g	0.007		1		1		0.001	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.269		0		1		0.040	0.328	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.000	0.001	
17:1....g									
18:1 undifferentiated....g	0.107		1		1		0.016	0.131	
20:1....g	0.033		1		1		0.005	0.040	
22:1 undifferentiated....g	0.129		1		1		0.019	0.157	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.131		0		1		0.020	0.160	
18:2 undifferentiated....g	0.067		1		1		0.010	0.082	
18:3 undifferentiated....g	0.064		1		1		0.010	0.078	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0		1		0.001	0.009	
Threonine....g	0.019		0		1		0.003	0.023	
Isoleucine....g	0.021		0		1		0.003	0.026	
Leucine....g	0.030		0		1		0.005	0.037	
Lysine....g	0.028		0		1		0.004	0.034	
Methionine....g	0.007		0		1		0.001	0.009	
Cystine....g	0.007		0		1		0.001	0.009	
Phenylalanine....g	0.019		0		1		0.003	0.023	
Tyrosine....g	0.012		0		1		0.002	0.015	
Valine....g	0.022		0		1		0.003	0.027	
Arginine....g	0.042		0		1		0.006	0.051	
Histidine....g	0.012		0		1		0.002	0.015	
Alanine....g	0.022		0		1		0.003	0.027	
Aspartic acid....g	0.038		0		1		0.006	0.046	
Glutamic acid....g	0.147		0		1		0.022	0.179	
Glycine....g	0.024		0		1		0.004	0.029	
Proline....g	0.023		0		1		0.003	0.028	
Serine....g	0.020		0		1		0.003	0.024	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11958
Pickle relish, hamburger

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 122g: .5 cup

Calories Factors: Protein 2.44 **Fat** 3.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11944
Pickle relish, hot dog

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.65	0.651	7		1		10.75	87.41	
Energy kcal	91		0	NC	4		14	111	
Energy kJ	381				4		57	465	
Protein (N x 6.25) g	1.50	0.050	7		1		0.23	1.83	
Total lipid (fat) g	0.46	0.043	7		1		0.07	0.56	
Ash g	3.04	0.159	7		1		0.46	3.71	
Carbohydrate, by difference g	23.35		0	NC	4		3.50	28.49	
Fiber, total dietary g	1.5		0		4		0.2	1.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5	3.774	7		1		1	6	
Iron, Fe mg	1.25	0.122	7		1		0.19	1.53	
Magnesium, Mg mg	19	0.167	6		1		3	23	
Phosphorus, P mg	40	0.166	6		1		6	49	
Potassium, K mg	78	1.078	6		1		12	95	
Sodium, Na mg	1091	68.545	7		1		164	1331	
Zinc, Zn mg	0.21	0.011	6		1		0.03	0.26	
Copper, Cu mg	0.082	0.003	6		1		0.012	0.100	
Manganese, Mn mg	0.015	0.000	4		1		0.002	0.018	
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0	0.000	6		1		0.2	1.2	
Thiamin mg	0.040	0.000	6		1		0.006	0.049	
Riboflavin mg	0.040	0.000	6		1		0.006	0.049	
Niacin mg	0.500	0.000	6		1		0.075	0.610	
Pantothenic acid mg	0.007	0.000	4		1		0.001	0.009	
Vitamin B-6 mg	0.015	0.000	4		1		0.002	0.018	
Folate, total µg	1	0.000	4		1		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	1	0.000	4		1		0	1	
Folate, DFE µg	1		0	NC	4		0	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8	1.978	6		1		1	10	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	167	39.553	6		1		25	204	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11944
Pickle relish, hot dog

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.044		0		1		0.007	0.054	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		1		1		0.000	0.000	
12:0....g	0.001		1		1		0.000	0.001	
13:0....g									
14:0....g	0.001		1		1		0.000	0.001	
15:0....g									
16:0....g	0.036		1		1		0.005	0.044	
17:0....g									
18:0....g	0.006		1		1		0.001	0.007	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.227		0		1		0.034	0.277	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.000	0.001	
17:1....g									
18:1 undifferentiated....g	0.090		1		1		0.014	0.110	
20:1....g	0.028		1		1		0.004	0.034	
22:1 undifferentiated....g	0.109		1		1		0.016	0.133	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0		1		0.017	0.134	
18:2 undifferentiated....g	0.056		1		1		0.008	0.068	
18:3 undifferentiated....g	0.054		1		1		0.008	0.066	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.003	0.023	
Threonine....g	0.047		0		1		0.007	0.057	
Isoleucine....g	0.050		0		1		0.008	0.061	
Leucine....g	0.075		0		1		0.011	0.092	
Lysine....g	0.069		0		1		0.010	0.084	
Methionine....g	0.018		0		1		0.003	0.022	
Cystine....g	0.019		0		1		0.003	0.023	
Phenylalanine....g	0.046		0		1		0.007	0.056	
Tyrosine....g	0.032		0		1		0.005	0.039	
Valine....g	0.056		0		1		0.008	0.068	
Arginine....g	0.097		0		1		0.015	0.118	
Histidine....g	0.030		0		1		0.005	0.037	
Alanine....g	0.055		0		1		0.008	0.067	
Aspartic acid....g	0.093		0		1		0.014	0.113	
Glutamic acid....g	0.331		0		1		0.050	0.404	
Glycine....g	0.059		0		1		0.009	0.072	
Proline....g	0.065		0		1		0.010	0.079	
Serine....g	0.049		0		1		0.007	0.060	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11944
Pickle relish, hot dog

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 122g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11945
Pickle relish, sweet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.07	0.772	7		1		9.31	6.21	152.07
Energy kcal	130		0	NC	4		20	13	319
Energy kJ	544		0	NC	4		82	54	1333
Protein (N x 6.25) g	0.37	0.026	7		1		0.06	0.04	0.91
Total lipid (fat) g	0.47	0.047	7		1		0.07	0.05	1.15
Ash g	2.03	0.051	7		1		0.30	0.20	4.97
Carbohydrate, by difference g	35.06		0	NC	4		5.26	3.51	85.90
Fiber, total dietary g	1.1		0		4		0.2	0.1	2.7
Sugars, total g	29.13		0	BFSN	4		4.37	2.91	71.36
Starch g									
Minerals:									
Calcium, Ca mg	3	2.500	7		1		0	0	7
Iron, Fe mg	0.87	0.086	7		1		0.13	0.09	2.13
Magnesium, Mg mg	5	0.224	6		1		1	1	12
Phosphorus, P mg	14	0.401	6		1		2	1	34
Potassium, K mg	25	0.258	6		1		4	3	61
Sodium, Na mg	811	18.603	7		1		122	81	1987
Zinc, Zn mg	0.14	0.013	7		1		0.02	0.01	0.34
Copper, Cu mg	0.085	0.002	6		1		0.013	0.009	0.208
Manganese, Mn mg	0.015	0.000	4		1		0.002	0.002	0.037
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0	0.000	6		1		0.2	0.1	2.5
Thiamin mg	0.000	0.000	6		1		0.000	0.000	0.000
Riboflavin mg	0.033	0.002	6		1		0.005	0.003	0.081
Niacin mg	0.233	0.021	6		1		0.035	0.023	0.571
Pantothenic acid mg	0.007	0.000	4		1		0.001	0.001	0.017
Vitamin B-6 mg	0.015	0.000	4		1		0.002	0.002	0.037
Folate, total µg	1	0.000	4		1		0	0	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	1	0.000	4		1		0	0	2
Folate, DFE µg	1		0	NC	4		0	0	2
Choline, total mg	4.9		0	BFSN	4		0.7	0.5	12.0
Betaine mg	0.4		0	BFSN	4		0.1	0.0	1.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	61		0	NC	4		9	6	149
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	519		0	BFSN	4		78	52	1270
Carotene, alpha µg	129		0	BFSN	4		19	13	315
Cryptoxanthin, beta µg	296		0	BFSN	4		44	30	726
Vitamin A, IU IU	1218		0	NC	4		183	122	2985
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	271		0	BFSN	4		41	27	664
Vitamin E (alpha-tocopherol) mg	0.58		0	BFSN	4		0.09	0.06	1.42
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	83.8		0	BFSN	4		12.6	8.4	205.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11945
Pickle relish, sweet

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.054		0	NC	4		0.008	0.005	0.133
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		2		1		0.000	0.000	0.000
12:0....g	0.001		2		1		0.000	0.000	0.002
13:0....g									
14:0....g	0.001		2		1		0.000	0.000	0.002
15:0....g									
16:0....g	0.045		2		1		0.007	0.005	0.110
17:0....g									
18:0....g	0.007		2		1		0.001	0.001	0.017
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.209		0	NC	4		0.031	0.021	0.513
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		2		1		0.000	0.000	0.002
17:1....g									
18:1 undifferentiated....g	0.090		2		1		0.014	0.009	0.221
20:1....g	0.024		2		1		0.004	0.002	0.059
22:1 undifferentiated....g	0.094		2		1		0.014	0.009	0.230
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0	NC	4		0.018	0.012	0.299
18:2 undifferentiated....g	0.059		2		1		0.009	0.006	0.145
18:3 undifferentiated....g	0.063		2		1		0.009	0.006	0.154
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		1		0.001	0.000	0.010
Threonine....g	0.011		0		1		0.002	0.001	0.027
Isoleucine....g	0.012		0		1		0.002	0.001	0.029
Leucine....g	0.017		0		1		0.003	0.002	0.042
Lysine....g	0.016		0		1		0.002	0.002	0.039
Methionine....g	0.004		0		1		0.001	0.000	0.010
Cystine....g	0.003		0		1		0.000	0.000	0.007
Phenylalanine....g	0.011		0		1		0.002	0.001	0.027
Tyrosine....g	0.007		0		1		0.001	0.001	0.017
Valine....g	0.013		0		1		0.002	0.001	0.032
Arginine....g	0.023		0		1		0.003	0.002	0.056
Histidine....g	0.006		0		1		0.001	0.001	0.015
Alanine....g	0.013		0		1		0.002	0.001	0.032
Aspartic acid....g	0.022		0		1		0.003	0.002	0.054
Glutamic acid....g	0.093		0		1		0.014	0.009	0.228
Glycine....g	0.014		0		1		0.002	0.001	0.034
Proline....g	0.012		0		1		0.002	0.001	0.029
Serine....g	0.011		0		1		0.002	0.001	0.027
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11945
Pickle relish, sweet

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Measure 2 = 10.0g: 1 packet (2/3 tbsp)

Measure 3 = 245g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11983
Pickles, chowchow, with cauliflower onion mustard, sweet

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.90		1		1		168.81		
Energy kcal	121		0	NC	4		296		
Energy kJ	505		0	NC	4		1237		
Protein g	1.50		1		1		3.68		
Total lipid (fat) g	0.90		1		1		2.21		
Ash g	2.06		0	T	4		5.05		
Carbohydrate, by difference g	26.64		0	NC	4		65.27		
Fiber, total dietary g	1.5		1		1		3.7		
Sugars, total g	23.88		0	BFSN	4		58.51		
Starch g									
Minerals:									
Calcium, Ca mg	23		1		1		56		
Iron, Fe mg	1.40		0		4		3.43		
Magnesium, Mg mg	21		0		4		51		
Phosphorus, P mg	22		1		1		54		
Potassium, K mg	200		1		1		490		
Sodium, Na mg	527		1		1		1291		
Zinc, Zn mg	0.23		0		4		0.56		
Copper, Cu mg	0.092		0		4		0.225		
Manganese, Mn mg	0.085		0	BFSN	4		0.208		
Selenium, Se µg	2.0		0	RA	4		4.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0		1		1		14.7		
Thiamin mg	0.000		1		1		0.000		
Riboflavin mg	0.020		1		1		0.049		
Niacin mg	0.000		1		1		0.000		
Pantothenic acid mg	0.067		0	BFSN	4		0.164		
Vitamin B-6 mg	0.010		0		4		0.025		
Folate, total µg	5		0		4		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		0		4		12		
Folate, DFE µg	5		0	NC	4		12		
Choline, total mg	4.0		0	BFSN	4		9.8		
Betaine mg									
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	5		0	NC	4		11		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	38		0	BNA	4		94		
Carotene, alpha µg	10		0	BNA	4		23		
Cryptoxanthin, beta µg	22		0	BNA	4		54		
Vitamin A, IU IU	90		0	NC	4		221		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	222		0	BFSN	4		544		
Vitamin E (alpha-tocopherol) mg	0.16		0	O	4		0.39		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	61.6		0	BFSN	4		151.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11983

Pickles, chowchow, with cauliflower onion mustard, sweet

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.149		0		4		0.365		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.002		0		4		0.005		
13:0....g									
14:0....g	0.002		0		4		0.005		
15:0....g									
16:0....g	0.117		0		4		0.287		
17:0....g									
18:0....g	0.027		0		4		0.066		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.170		0		4		0.417		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		4		0.007		
17:1....g									
18:1 undifferentiated....g	0.167		0		4		0.409		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.397		0		4		0.973		
18:2 undifferentiated....g	0.275		0		4		0.674		
18:3 undifferentiated....g	0.122		0		4		0.299		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11937
Pickles, cucumber, dill or kosher dill

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.34	0.092	18	A	1		33.02	6.60	127.35
Energy kcal	12		0	NC	4		4	1	17
Energy kJ	52		0	NC	4		18	4	70
Protein (N x 6.25) g	0.50	0.018	18	A	1		0.18	0.04	0.68
Total lipid (fat) g	0.30	0.014	18	A	1		0.11	0.02	0.41
Ash g	2.45	0.057	18	A	1		0.86	0.17	3.31
Carbohydrate, by difference g	2.41		0	NC	4		0.84	0.17	3.25
Fiber, total dietary g	1.0	0.038	9	A	1		0.4	0.1	1.4
Sugars, total g	1.07		0	AS	1		0.37	0.07	1.44
Sucrose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.52	0.024	5	A	1		0.18	0.04	0.70
Fructose g	0.55	0.006	5	A	1		0.19	0.04	0.74
Lactose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	57	1.295	18	A	1		20	4	77
Iron, Fe mg	0.26	0.013	18	A	1		0.09	0.02	0.35
Magnesium, Mg mg	7	0.239	18	A	1		3	1	10
Phosphorus, P mg	16	0.415	18	A	1		6	1	22
Potassium, K mg	117	3.453	18	A	1		41	8	158
Sodium, Na mg	809	19.562	18	A	1		283	57	1093
Zinc, Zn mg	0.10	0.004	18	A	1		0.04	0.01	0.14
Copper, Cu mg	0.028	0.001	18	A	1		0.010	0.002	0.037
Manganese, Mn mg	0.062	0.003	18	A	1		0.022	0.004	0.083
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3		3	A	1		0.8	0.2	3.0
Thiamin mg	0.045	0.002	10	A	1		0.016	0.003	0.060
Riboflavin mg	0.057	0.001	9	A	1		0.020	0.004	0.077
Niacin mg	0.109	0.007	9	A	1		0.038	0.008	0.147
Pantothenic acid mg	0.201	0.012	6	A	1		0.070	0.014	0.271
Vitamin B-6 mg	0.035	0.002	9	A	1		0.012	0.002	0.047
Folate, total µg	8		1	A	1		3	1	11
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		1	A	1		3	1	11
Folate, DFE µg	8		0	NC	4		3	1	11
Choline, total mg	3.4		0	AS	1		1.2	0.2	4.6
Betaine mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	6		0	NC	4		2	0	8
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	53		0	BFSN	4		19	4	72
Carotene, alpha µg	13		0	BFSN	4		5	1	18
Cryptoxanthin, beta µg	30		0	BFSN	4		11	2	41
Vitamin A, IU IU	125		0	NC	4		44	9	168
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	28		0	BFSN	4		10	2	37
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.01	0.00	0.05
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11937
Pickles, cucumber, dill or kosher dill

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	17.3	0.392	5	A	1		6.0	1.2	23.3
Dihydrophylloquinone....µg	0.0	0.000	5	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0	0.000	5	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.079		0	NC	4		0.028	0.006	0.107
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.003		3		1		0.001	0.000	0.004
13:0....g									
14:0....g	0.003		3		1		0.001	0.000	0.004
15:0....g									
16:0....g	0.065		3		1		0.023	0.005	0.088
17:0....g									
18:0....g	0.008		3		1		0.003	0.001	0.011
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.002	0.000	0.006
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		3		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.005		3		1		0.002	0.000	0.006
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0	NC	4		0.043	0.009	0.165
18:2 undifferentiated....g	0.052		3		1		0.018	0.004	0.071
18:3 undifferentiated....g	0.070		3		1		0.024	0.005	0.094
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	14	0.000	3		1		5	1	19
Amino Acids:									
Tryptophan....g	0.005		0		1		0.002	0.000	0.007
Threonine....g	0.017		0		1		0.006	0.001	0.023
Isoleucine....g	0.019		0		1		0.007	0.001	0.026
Leucine....g	0.026		0		1		0.009	0.002	0.035
Lysine....g	0.026		0		1		0.009	0.002	0.035
Methionine....g	0.005		0		1		0.002	0.000	0.007
Cystine....g	0.004		0		1		0.001	0.000	0.005
Phenylalanine....g	0.017		0		1		0.006	0.001	0.023
Tyrosine....g	0.010		0		1		0.004	0.001	0.014
Valine....g	0.020		0		1		0.007	0.001	0.027
Arginine....g	0.040		0		1		0.014	0.003	0.054
Histidine....g	0.009		0		1		0.003	0.001	0.012
Alanine....g	0.021		0		1		0.007	0.001	0.028
Aspartic acid....g	0.037		0		1		0.013	0.003	0.050
Glutamic acid....g	0.177		0		1		0.062	0.012	0.239

NDB No. 11937
Pickles, cucumber, dill or kosher dill

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.022		0		1		0.008	0.002	0.030
Proline....g	0.014		0		1		0.005	0.001	0.019
Serine....g	0.018		0		1		0.006	0.001	0.024
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 spear, small

Measure 2 = 7.0g: 1 slice

Measure 3 = 135g: 1 large (4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11947
Pickles, cucumber, dill, reduced sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.34	0.092	18	A	1		33.02	6.60	127.35
Energy kcal	12		0	NC	4		4	1	17
Energy kJ	52		0	NC	4		18	4	70
Protein (N x 6.25) g	0.50	0.018	18	A	1		0.18	0.04	0.68
Total lipid (fat) g	0.30	0.014	18	A	1		0.11	0.02	0.41
Ash g	2.45	0.057	18	A	1		0.86	0.17	3.31
Carbohydrate, by difference g	2.41		0	NC	4		0.84	0.17	3.25
Fiber, total dietary g	1.0	0.038	9	A	1		0.4	0.1	1.4
Sugars, total g	1.07		0	AS	1		0.37	0.07	1.44
Sucrose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.52	0.024	5	A	1		0.18	0.04	0.70
Fructose g	0.55	0.006	5	A	1		0.19	0.04	0.74
Lactose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	57	1.295	18	A	1		20	4	77
Iron, Fe mg	0.26	0.013	18	A	1		0.09	0.02	0.35
Magnesium, Mg mg	7	0.239	18	A	1		3	1	10
Phosphorus, P mg	16	0.415	18	A	1		6	1	22
Potassium, K mg	117	3.453	18	A	1		41	8	158
Sodium, Na mg	18		1		1		6	1	24
Zinc, Zn mg	0.10	0.004	18	A	1		0.04	0.01	0.14
Copper, Cu mg	0.028	0.001	18	A	1		0.010	0.002	0.037
Manganese, Mn mg	0.062	0.003	18	A	1		0.022	0.004	0.083
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3		3	A	1		0.8	0.2	3.0
Thiamin mg	0.045	0.002	10	A	1		0.016	0.003	0.060
Riboflavin mg	0.057	0.001	9	A	1		0.020	0.004	0.077
Niacin mg	0.109	0.007	9	A	1		0.038	0.008	0.147
Pantothenic acid mg	0.201	0.012	6	A	1		0.070	0.014	0.271
Vitamin B-6 mg	0.035	0.002	9	A	1		0.012	0.002	0.047
Folate, total µg	8		1	A	1		3	1	11
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		1	A	1		3	1	11
Folate, DFE µg	8		0	NC	4		3	1	11
Choline, total mg	3.4		0	AS	1		1.2	0.2	4.6
Betaine mg	0.0		1	A	1		0.0	0.0	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	6		0	NC	4		2	0	8
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	53		0	BFSN	4		19	4	72
Carotene, alpha µg	13		0	BFSN	4		5	1	18
Cryptoxanthin, beta µg	30		0	BFSN	4		11	2	41
Vitamin A, IU IU	125		0	NC	4		44	9	168
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	28		0	BFSN	4		10	2	37
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.01	0.00	0.05
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

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Pickles, cucumber, dill, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	17.3	0.392	5	A	1		6.0	1.2	23.3
Dihydrophylloquinone....µg	0.0	0.000	5	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0	0.000	5	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.079		0	NC	4		0.028	0.006	0.107
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0	Z	7		0.000	0.000	0.000
12:0....g	0.003		3		1		0.001	0.000	0.004
13:0....g									
14:0....g	0.003		3		1		0.001	0.000	0.004
15:0....g									
16:0....g	0.065		3		1		0.023	0.005	0.088
17:0....g									
18:0....g	0.008		3		1		0.003	0.001	0.011
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.002	0.000	0.006
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		3		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.005		3		1		0.002	0.000	0.006
20:1....g	0.000		0	Z	7		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.122		0	NC	4		0.043	0.009	0.165
18:2 undifferentiated....g	0.052		3		1		0.018	0.004	0.071
18:3 undifferentiated....g	0.070		3		1		0.024	0.005	0.094
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	Z	7		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	14	0.000	3		1		5	1	19
Amino Acids:									
Tryptophan....g	0.005		0		1		0.002	0.000	0.007
Threonine....g	0.017		0		1		0.006	0.001	0.023
Isoleucine....g	0.019		0		1		0.007	0.001	0.026
Leucine....g	0.026		0		1		0.009	0.002	0.035
Lysine....g	0.026		0		1		0.009	0.002	0.035
Methionine....g	0.005		0		1		0.002	0.000	0.007
Cystine....g	0.004		0		1		0.001	0.000	0.005
Phenylalanine....g	0.017		0		1		0.006	0.001	0.023
Tyrosine....g	0.010		0		1		0.004	0.001	0.014
Valine....g	0.020		0		1		0.007	0.001	0.027
Arginine....g	0.040		0		1		0.014	0.003	0.054
Histidine....g	0.009		0		1		0.003	0.001	0.012
Alanine....g	0.021		0		1		0.007	0.001	0.028
Aspartic acid....g	0.037		0		1		0.013	0.003	0.050
Glutamic acid....g	0.177		0		1		0.062	0.012	0.239

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Pickles, cucumber, dill, reduced sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.022		0		1		0.008	0.002	0.030
Proline....g	0.014		0		1		0.005	0.001	0.019
Serine....g	0.018		0		1		0.006	0.001	0.024
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 spear, small

Measure 2 = 7.0g: 1 slice

Measure 3 = 135g: 1 large (4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11941
Pickles, cucumber, sour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.08	0.057	6		1		145.82	127.01	61.15
Energy kcal	11		0	NC	4		16	14	7
Energy kJ	44		0	NC	4		68	60	29
Protein (N x 6.25) g	0.33	0.021	6		1		0.51	0.45	0.21
Total lipid (fat) g	0.20	0.000	6		1		0.31	0.27	0.13
Ash g	3.13	0.021	6		1		4.85	4.23	2.03
Carbohydrate, by difference g	2.26		0	NC	4		3.50	3.05	1.47
Fiber, total dietary g	1.2		0		4		1.9	1.6	0.8
Sugars, total g	1.06		0	O	4		1.64	1.43	0.69
Starch g									
Minerals:									
Calcium, Ca mg	0	0.000	6		1		0	0	0
Iron, Fe mg	0.40	0.000	6		1		0.62	0.54	0.26
Magnesium, Mg mg	4	0.000	6		1		6	5	3
Phosphorus, P mg	14	0.224	6		1		22	19	9
Potassium, K mg	23	0.671	6		1		36	31	15
Sodium, Na mg	1208	10.062	6		1		1872	1631	785
Zinc, Zn mg	0.02	0.002	6		1		0.03	0.03	0.01
Copper, Cu mg	0.085	0.002	6		1		0.132	0.115	0.055
Manganese, Mn mg	0.011		0		4		0.017	0.015	0.007
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0	0.000	6		1		1.6	1.4	0.7
Thiamin mg	0.000	0.000	6		1		0.000	0.000	0.000
Riboflavin mg	0.010	0.000	6		1		0.016	0.014	0.007
Niacin mg	0.000	0.000	6		1		0.000	0.000	0.000
Pantothenic acid mg	0.038		0		4		0.059	0.051	0.025
Vitamin B-6 mg	0.009		0		4		0.014	0.012	0.006
Folate, total µg	1		0		4		1	1	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	1		0		4		1	1	0
Folate, DFE µg	1		0	NC	4		1	1	0
Choline, total mg	3.6		0	BFSN	4		5.5	4.8	2.3
Betaine mg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	NC	4		15	13	6
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	81		0	BFSN	4		126	110	53
Carotene, alpha µg	20		0	BFSN	4		31	27	13
Cryptoxanthin, beta µg	47		0	BFSN	4		72	63	30
Vitamin A, IU IU	191		0	NC	4		297	258	124
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	43		0	BFSN	4		66	57	28
Vitamin E (alpha-tocopherol) mg	0.09		0	BFSN	4		0.14	0.12	0.06
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	47.0		0	BFSN	4		72.9	63.5	30.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11941
Pickles, cucumber, sour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.052		0	NC	4		0.081	0.071	0.034
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.002		1		1		0.003	0.003	0.001
13:0....g									
14:0....g	0.002		1		1		0.003	0.003	0.001
15:0....g									
16:0....g	0.043		1		1		0.067	0.059	0.028
17:0....g									
18:0....g	0.005		1		1		0.008	0.007	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0	NC	4		0.005	0.004	0.002
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.003		1		1		0.005	0.004	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.081		0	NC	4		0.125	0.109	0.053
18:2 undifferentiated....g	0.034		1		1		0.053	0.047	0.022
18:3 undifferentiated....g	0.046		1		1		0.072	0.063	0.030
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	14		1		1		22	19	9
Amino Acids:									
Tryptophan....g	0.003		0		1		0.005	0.004	0.002
Threonine....g	0.009		0		1		0.014	0.012	0.006
Isoleucine....g	0.010		0		1		0.016	0.014	0.007
Leucine....g	0.014		0		1		0.022	0.019	0.009
Lysine....g	0.014		0		1		0.022	0.019	0.009
Methionine....g	0.003		0		1		0.005	0.004	0.002
Cystine....g	0.002		0		1		0.003	0.003	0.001
Phenylalanine....g	0.009		0		1		0.014	0.012	0.006
Tyrosine....g	0.006		0		1		0.009	0.008	0.004
Valine....g	0.011		0		1		0.017	0.015	0.007
Arginine....g	0.021		0		1		0.033	0.028	0.014
Histidine....g	0.005		0		1		0.008	0.007	0.003
Alanine....g	0.011		0		1		0.017	0.015	0.007
Aspartic acid....g	0.020		0		1		0.031	0.027	0.013
Glutamic acid....g	0.095		0		1		0.147	0.128	0.062
Glycine....g	0.012		0		1		0.019	0.016	0.008
Proline....g	0.008		0		1		0.012	0.011	0.005
Serine....g	0.010		0		1		0.016	0.014	0.007
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11941
Pickles, cucumber, sour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup

Measure 2 = 135g: 1 large (4" long)

Measure 3 = 65g: 1 medium (3-3/4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11946
Pickles, cucumber, sour, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.08	0.057	6		1		134.53	145.82	127.01
Energy kcal	11		0	NC	4		15	16	14
Energy kJ	44		0	NC	4		63	68	60
Protein (N x 6.25) g	0.33	0.021	6		1		0.47	0.51	0.45
Total lipid (fat) g	0.20	0.000	6		1		0.29	0.31	0.27
Ash g	3.13	0.021	6		1		4.48	4.85	4.23
Carbohydrate, by difference g	2.26		0	NC	4		3.23	3.50	3.05
Fiber, total dietary g	1.2		0		4		1.7	1.9	1.6
Sugars, total g	1.06		0	BFZN	4		1.52	1.64	1.43
Starch g									
Minerals:									
Calcium, Ca mg	0	0.000	6		1		0	0	0
Iron, Fe mg	0.40	0.000	6		1		0.57	0.62	0.54
Magnesium, Mg mg	4	0.000	6		1		6	6	5
Phosphorus, P mg	14	0.224	6		1		20	22	19
Potassium, K mg	23	0.671	6		1		33	36	31
Sodium, Na mg	18		1		1		26	28	24
Zinc, Zn mg	0.02	0.002	6		1		0.03	0.03	0.03
Copper, Cu mg	0.085	0.002	6		1		0.122	0.132	0.115
Manganese, Mn mg	0.011		0	BFZN	4		0.016	0.017	0.015
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0	0.000	6		1		1.4	1.6	1.4
Thiamin mg	0.000	0.000	6		1		0.000	0.000	0.000
Riboflavin mg	0.010	0.000	6		1		0.014	0.016	0.014
Niacin mg	0.000	0.000	6		1		0.000	0.000	0.000
Pantothenic acid mg	0.038		0	BFZN	4		0.054	0.059	0.051
Vitamin B-6 mg	0.009		0		4		0.013	0.014	0.012
Folate, total µg	1		0		4		1	1	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	1		0		4		1	1	1
Folate, DFE µg	1		0	NC	4		1	1	1
Choline, total mg	3.6		0	BFZN	4		5.1	5.5	4.8
Betaine mg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	NC	4		14	15	13
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	81		0	BFZN	4		116	126	110
Carotene, alpha µg	20		0	BFZN	4		29	31	27
Cryptoxanthin, beta µg	47		0	BFZN	4		67	72	63
Vitamin A, IU IU	191		0	NC	4		274	297	258
Lycopene µg	0		0	BFZN	4		0	0	0
Lutein + zeaxanthin µg	43		0	BFZN	4		61	66	57
Vitamin E (alpha-tocopherol) mg	0.09		0	BFZN	4		0.13	0.14	0.12
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	47.0		0	BFZN	4		67.2	72.9	63.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11946
Pickles, cucumber, sour, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.052		0	NC	4		0.075	0.081	0.071
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.002		1		1		0.003	0.003	0.003
13:0....g									
14:0....g	0.002		1		1		0.003	0.003	0.003
15:0....g									
16:0....g	0.043		1		1		0.062	0.067	0.059
17:0....g									
18:0....g	0.005		1		1		0.007	0.008	0.007
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0	NC	4		0.004	0.005	0.004
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.003		1		1		0.004	0.005	0.004
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.081		0	NC	4		0.116	0.125	0.109
18:2 undifferentiated....g	0.034		1		1		0.049	0.053	0.047
18:3 undifferentiated....g	0.046		1		1		0.066	0.072	0.063
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	14		1		1		20	22	19
Amino Acids:									
Tryptophan....g	0.003		0		1		0.004	0.005	0.004
Threonine....g	0.009		0		1		0.013	0.014	0.012
Isoleucine....g	0.010		0		1		0.014	0.016	0.014
Leucine....g	0.014		0		1		0.020	0.022	0.019
Lysine....g	0.014		0		1		0.020	0.022	0.019
Methionine....g	0.003		0		1		0.004	0.005	0.004
Cystine....g	0.002		0		1		0.003	0.003	0.003
Phenylalanine....g	0.009		0		1		0.013	0.014	0.012
Tyrosine....g	0.006		0		1		0.009	0.009	0.008
Valine....g	0.011		0		1		0.016	0.017	0.015
Arginine....g	0.021		0		1		0.030	0.033	0.028
Histidine....g	0.005		0		1		0.007	0.008	0.007
Alanine....g	0.011		0		1		0.016	0.017	0.015
Aspartic acid....g	0.020		0		1		0.029	0.031	0.027
Glutamic acid....g	0.095		0		1		0.136	0.147	0.128
Glycine....g	0.012		0		1		0.017	0.019	0.016
Proline....g	0.008		0		1		0.011	0.012	0.011
Serine....g	0.010		0		1		0.014	0.016	0.014
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11946
Pickles, cucumber, sour, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 cup, chopped or diced

Measure 2 = 155g: 1 cup (about 23 slices)

Measure 3 = 135g: 1 large (4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11940
Pickles, cucumber, sweet (includes bread and butter pickles)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.20	1.979	4	JA	6		121.93	116.59	26.67
Energy kcal	91		0	NC	4		145	139	32
Energy kJ	379		0	NC	4		607	580	133
Protein g	0.58	0.031	4	JA	6		0.93	0.89	0.20
Total lipid (fat) g	0.41	0.047	4	JA	6		0.66	0.63	0.15
Ash g	1.65	0.049	4	JA	6		2.64	2.53	0.58
Carbohydrate, by difference g	21.15		0	NC	4		33.83	32.35	7.40
Fiber, total dietary g	1.0	0.067	3	A	1		1.7	1.6	0.4
Sugars, total g	18.27		0	AS	1		29.24	27.96	6.40
Sucrose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose) g	9.17	1.782	3	A	1		14.67	14.03	3.21
Fructose g	8.81	0.543	3	A	1		14.10	13.48	3.08
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	0.29	0.030	3	A	1		0.47	0.45	0.10
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	61	8.470	3	A	1		97	93	21
Iron, Fe mg	0.25	0.014	3	A	1		0.41	0.39	0.09
Magnesium, Mg mg	7	0.500	3	A	1		12	11	3
Phosphorus, P mg	18	0.829	3	A	1		28	27	6
Potassium, K mg	100	1.126	3	A	1		160	153	35
Sodium, Na mg	457	29.787	4	JA	6		732	700	160
Zinc, Zn mg	0.12	0.008	3	A	1		0.18	0.18	0.04
Copper, Cu mg	0.028	0.001	3	A	1		0.045	0.043	0.010
Manganese, Mn mg	0.065	0.006	3	A	1		0.104	0.099	0.023
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.7	0.000	3	A	1		1.2	1.1	0.3
Thiamin mg	0.025	0.001	3	A	1		0.040	0.038	0.009
Riboflavin mg	0.030	0.003	3	A	1		0.048	0.046	0.010
Niacin mg	0.115	0.001	3	A	1		0.184	0.176	0.040
Pantothenic acid mg	0.051		2	A	1		0.082	0.078	0.018
Vitamin B-6 mg	0.024		2	A	1		0.038	0.036	0.008
Folate, total µg	1		2		1		2	2	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	1		2		1		2	2	0
Folate, DFE µg	1		0	NC	4		2	2	0
Choline, total mg	3.1		0	AS	1		4.9	4.7	1.1
Betaine mg	0.3		1	A	1		0.4	0.4	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	38		0	NC	4		61	58	13
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	325		0	BFSN	4		520	498	114
Carotene, alpha µg	81		0	BFSN	4		129	124	28
Cryptoxanthin, beta µg	186		0	BFSN	4		297	284	65
Vitamin A, IU IU	764		0	NC	4		1223	1170	268
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	170		0	BFSN	4		272	260	59
Vitamin E (alpha-tocopherol) mg	0.36		0	BFSN	4		0.58	0.56	0.13
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11940

Pickles, cucumber, sweet (includes bread and butter pickles)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	47.1		2	A	1		75.4	72.1	16.5
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		2	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.067		0		1		0.107	0.103	0.023
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.002		1		1		0.003	0.003	0.001
13:0....g									
14:0....g	0.002		1		1		0.003	0.003	0.001
15:0....g									
16:0....g	0.056		1		1		0.090	0.086	0.020
17:0....g									
18:0....g	0.006		1		1		0.010	0.009	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.006	0.006	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.004		1		1		0.006	0.006	0.001
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1		0.170	0.162	0.037
18:2 undifferentiated....g	0.046		1		1		0.074	0.070	0.016
18:3 undifferentiated....g	0.060		1		1		0.096	0.092	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	14		1		1		22	21	5
Amino Acids:									
Tryptophan....g	0.010		0	JO	11		0.017	0.016	0.004
Threonine....g	0.021		0	JO	11		0.034	0.032	0.007
Isoleucine....g	0.021		0	JO	11		0.034	0.032	0.007
Leucine....g	0.026		0	JO	11		0.041	0.039	0.009
Lysine....g	0.031		0	JO	11		0.050	0.048	0.011
Methionine....g	0.010		0	JO	11		0.017	0.016	0.004
Cystine....g	0.010		0	JO	11		0.017	0.016	0.004
Phenylalanine....g	0.021		0	JO	11		0.034	0.032	0.007
Tyrosine....g	0.010		0	JO	11		0.017	0.016	0.004
Valine....g	0.021		0	JO	11		0.034	0.032	0.007
Arginine....g	0.031		0	JO	11		0.050	0.048	0.011
Histidine....g	0.007		0	JO	11		0.011	0.010	0.002
Alanine....g	0.026		0	JO	11		0.041	0.039	0.009
Aspartic acid....g	0.042		0	JO	11		0.067	0.064	0.015
Glutamic acid....g	0.169		0	JO	11		0.271	0.259	0.059

NDB No. 11940

Pickles, cucumber, sweet (includes bread and butter pickles)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.026		0	JO	11		0.041	0.039	0.009
Proline....g	0.010		0	JO	11		0.017	0.016	0.004
Serine....g	0.031		0	JO	11		0.050	0.048	0.011
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup, chopped

Measure 2 = 153g: 1 cup sliced or chips

Measure 3 = 35g: 1 large Gherkin (3" long)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11948

Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.26	0.811	48		1		3.92	22.84	9.79
Energy kcal	122		0	NC	4		7	43	18
Energy kJ	511		0	NC	4		31	179	77
Protein (N x 6.25) g	0.37	0.021	48		1		0.02	0.13	0.06
Total lipid (fat) g	0.26	0.012	48		1		0.02	0.09	0.04
Ash g	0.38		0	O	4		0.02	0.13	0.06
Carbohydrate, by difference g	33.73		0	NC	4		2.02	11.81	5.06
Fiber, total dietary g	1.1		0	A	1		0.1	0.4	0.2
Sugars, total g	26.68		0	BFSN	4		1.60	9.34	4.00
Starch g									
Minerals:									
Calcium, Ca mg	4	1.510	48		1		0	1	1
Iron, Fe mg	0.59	0.030	48		1		0.04	0.21	0.09
Magnesium, Mg mg	4	0.555	44		1		0	1	1
Phosphorus, P mg	12	0.697	44		1		1	4	2
Potassium, K mg	32	6.527	44		1		2	11	5
Sodium, Na mg	18		1		1		1	6	3
Zinc, Zn mg	0.08	0.009	45		1		0.00	0.03	0.01
Copper, Cu mg	0.105	0.008	44		1		0.006	0.037	0.016
Manganese, Mn mg	0.015		2		1		0.001	0.005	0.002
Selenium, Se µg	0.0		0	BFSN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	1.2	0.149	44		1		0.1	0.4	0.2
Thiamin mg	0.009	0.001	44		1		0.001	0.003	0.001
Riboflavin mg	0.032	0.001	44		1		0.002	0.011	0.005
Niacin mg	0.174	0.024	44		1		0.010	0.061	0.026
Pantothenic acid mg	0.120		2		1		0.007	0.042	0.018
Vitamin B-6 mg	0.015		2		1		0.001	0.005	0.002
Folate, total µg	1		2		1		0	0	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	1		2		1		0	0	0
Folate, DFE µg	1		0	NC	4		0	0	0
Choline, total mg	4.5		0	BFSN	4		0.3	1.6	0.7
Betaine mg	0.4		0	BFSN	4		0.0	0.1	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	56		0	NC	4		3	20	8
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	475		0	BFSN	4		28	166	71
Carotene, alpha µg	118		0	BFSN	4		7	41	18
Cryptoxanthin, beta µg	271		0	BFSN	4		16	95	41
Vitamin A, IU IU	1116		0	NC	4		67	391	167
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	248		0	BFSN	4		15	87	37
Vitamin E (alpha-tocopherol) mg	0.53		0	BFSN	4		0.03	0.19	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	76.7		0	BFSN	4		4.6	26.9	11.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11948

Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.067		0		1		0.004	0.023	0.010
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.002		1		1		0.000	0.001	0.000
13:0....g									
14:0....g	0.002		1		1		0.000	0.001	0.000
15:0....g									
16:0....g	0.056		1		1		0.003	0.020	0.008
17:0....g									
18:0....g	0.006		1		1		0.000	0.002	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.004		0		1		0.000	0.001	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.004		1		1		0.000	0.001	0.001
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1		0.006	0.037	0.016
18:2 undifferentiated....g	0.046		1		1		0.003	0.016	0.007
18:3 undifferentiated....g	0.060		1		1		0.004	0.021	0.009
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	14		1		1		1	5	2
Amino Acids:									
Tryptophan....g	0.003		0		1		0.000	0.001	0.000
Threonine....g	0.010		0		1		0.001	0.004	0.002
Isoleucine....g	0.012		0		1		0.001	0.004	0.002
Leucine....g	0.016		0		1		0.001	0.006	0.002
Lysine....g	0.015		0		1		0.001	0.005	0.002
Methionine....g	0.003		0		1		0.000	0.001	0.000
Cystine....g	0.002		0		1		0.000	0.001	0.000
Phenylalanine....g	0.010		0		1		0.001	0.004	0.002
Tyrosine....g	0.006		0		1		0.000	0.002	0.001
Valine....g	0.012		0		1		0.001	0.004	0.002
Arginine....g	0.024		0		1		0.001	0.008	0.004
Histidine....g	0.005		0		1		0.000	0.002	0.001
Alanine....g	0.013		0		1		0.001	0.005	0.002
Aspartic acid....g	0.022		0		1		0.001	0.008	0.003
Glutamic acid....g	0.106		0		1		0.006	0.037	0.016
Glycine....g	0.013		0		1		0.001	0.005	0.002
Proline....g	0.008		0		1		0.000	0.003	0.001
Serine....g	0.011		0		1		0.001	0.004	0.002
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11948

Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 slice

Measure 2 = 35g: 1 medium

Measure 3 = 15.0g: 1 small

Calories Factors: Protein 2.44 **Fat** 3.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11826

Pigeonpeas, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.80		0		1		109.85		
Energy kcal	111		0	NC	4		170		
Energy kJ	464		0		4		711		
Protein (N x 6.25) g	5.96		0		1		9.12		
Total lipid (fat) g	1.36		0		1		2.08		
Ash g	1.39		0		1		2.13		
Carbohydrate, by difference g	19.49		0	NC	4		29.82		
Fiber, total dietary g	4.2		0	BFSN	4		6.4		
Sugars, total g	2.48		0	BFSN	4		3.79		
Starch g									
Minerals:									
Calcium, Ca mg	41		0		1		63		
Iron, Fe mg	1.57		0		1		2.40		
Magnesium, Mg mg	40		1	A	1		61		
Phosphorus, P mg	118		0		1		181		
Potassium, K mg	456		1	A	1		698		
Sodium, Na mg	240		0		4		367		
Zinc, Zn mg	0.82		0		4		1.25		
Copper, Cu mg	0.105		0		4		0.161		
Manganese, Mn mg	0.451		0		4		0.690		
Selenium, Se µg	1.2		0	BFSN	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	28.1		0		1		43.0		
Thiamin mg	0.350		0		1		0.536		
Riboflavin mg	0.166		0		1		0.254		
Niacin mg	2.153		0		1		3.294		
Pantothenic acid mg	0.630		0		1		0.964		
Vitamin B-6 mg	0.053		0	BFZN	4		0.081		
Folate, total µg	100		0	BFZN	4		153		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	100		0	BFZN	4		153		
Folate, DFE µg	100		0	NC	4		153		
Choline, total mg	37.9		0	BFSY	4		58.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	30		0	BFSY	4		46		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	50		0	NC	4		76		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	141		0	BFSY	4		216		
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.49		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	19.8		0	BFSN	4		30.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11826

Pigeonpeas, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.365		0		1		0.558		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.082		0		1		0.125		
17:0....g									
18:0....g	0.006		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.020		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.899		0		1		1.375		
18:2 undifferentiated....g	0.860		0		1		1.316		
18:3 undifferentiated....g	0.039		0		1		0.060		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11345

Pigeonpeas, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.80		0		1		109.85		
Energy kcal	111		0	NC	4		170		
Energy kJ	464		0		4		711		
Protein (N x 6.25) g	5.96		0		1		9.12		
Total lipid (fat) g	1.36		0		1		2.08		
Ash g	1.39		0		1		2.13		
Carbohydrate, by difference g	19.49		0	NC	4		29.82		
Fiber, total dietary g	4.2		0	BFSN	4		6.4		
Sugars, total g	2.48		0	BFSN	4		3.79		
Starch g									
Minerals:									
Calcium, Ca mg	41		0		1		63		
Iron, Fe mg	1.57		0		1		2.40		
Magnesium, Mg mg	40		0		1		61		
Phosphorus, P mg	118		0		1		181		
Potassium, K mg	456		0		1		698		
Sodium, Na mg	5		0		1		8		
Zinc, Zn mg	0.82		0		4		1.25		
Copper, Cu mg	0.105		0		4		0.161		
Manganese, Mn mg	0.451		0		4		0.690		
Selenium, Se µg	1.2		0	BFSN	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	28.1		0		1		43.0		
Thiamin mg	0.350		0		1		0.536		
Riboflavin mg	0.166		0		1		0.254		
Niacin mg	2.153		0		1		3.294		
Pantothenic acid mg	0.630		0		1		0.964		
Vitamin B-6 mg	0.053		0		4		0.081		
Folate, total µg	100		0		4		153		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	100		0		4		153		
Folate, DFE µg	100		0	NC	4		153		
Choline, total mg	37.9		0	BFSY	4		58.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	30		0	BFSY	4		46		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	50		0	NC	4		76		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	141		0	BFSY	4		216		
Vitamin E (alpha-tocopherol) mg	0.32		0	BFSN	4		0.49		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	19.8		0	BFSN	4		30.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11345

Pigeonpeas, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.365		0		1		0.558		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.082		0		1		0.125		
17:0....g									
18:0....g	0.006		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.020		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.899		0		1		1.375		
18:2 undifferentiated....g	0.860		0		1		1.316		
18:3 undifferentiated....g	0.039		0		1		0.060		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11344

Pigeonpeas, immature seeds, raw

Cajanus cajan

Refuse: 52% Pods

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.88	0.853	4		1		101.46	2.64	
Energy kcal	136		0	NC	4		209	5	
Energy kJ	569		0		4		876	23	
Protein (N x 6.25) g	7.20		0		1		11.09	0.29	
Total lipid (fat) g	1.64	0.254	4		1		2.53	0.07	
Ash g	1.40		0		1		2.16	0.06	
Carbohydrate, by difference g	23.88		0	NC	4		36.78	0.96	
Fiber, total dietary g	5.1		0		4		7.9	0.2	
Sugars, total g	3.00		0	O	4		4.62	0.12	
Starch g									
Minerals:									
Calcium, Ca mg	42		0		1		65	2	
Iron, Fe mg	1.60		0		1		2.46	0.06	
Magnesium, Mg mg	68		0		4		105	3	
Phosphorus, P mg	127		0		1		196	5	
Potassium, K mg	552		0		1		850	22	
Sodium, Na mg	5		0		1		8	0	
Zinc, Zn mg	1.04		0		4		1.60	0.04	
Copper, Cu mg	0.134		0		4		0.206	0.005	
Manganese, Mn mg	0.574		0		4		0.884	0.023	
Selenium, Se µg	1.5		0	CAZN	4		2.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	39.0		0		1		60.1	1.6	
Thiamin mg	0.400		0		1		0.616	0.016	
Riboflavin mg	0.170		0		1		0.262	0.007	
Niacin mg	2.200		0		1		3.388	0.088	
Pantothenic acid mg	0.680		0		1		1.047	0.027	
Vitamin B-6 mg	0.068		0		4		0.105	0.003	
Folate, total µg	173		0		4		266	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	173		0		4		266	7	
Folate, DFE µg	173		0	NC	4		266	7	
Choline, total mg	45.8		0	BFSN	4		70.6	1.8	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	NC	4		5	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	40		0	T	4		62	2	
Carotene, alpha µg	0		0	T	4		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	67		0	NC	4		103	3	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	190		0	T	4		293	8	
Vitamin E (alpha-tocopherol) mg	0.39		0	O	4		0.60	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	24.0		0	O	4		37.0	1.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11344
Pigeonpeas, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.354		0		1		0.545	0.014	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.329		0		1		0.507	0.013	
17:0....g									
18:0....g	0.025		0		1		0.039	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.020	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.020	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.873		0		1		1.344	0.035	
18:2 undifferentiated....g	0.835		0		1		1.286	0.033	
18:3 undifferentiated....g	0.038		0		1		0.059	0.002	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 cup

Measure 2 = 4.0g: 10 seeds

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11943
Pimento, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.10	0.299	7		1		11.17	178.75	0.93
Energy kcal	23		0	NC	4		3	44	0
Energy kJ	96		0		4		12	185	1
Protein (N x 6.25) g	1.10		2		1		0.13	2.11	0.01
Total lipid (fat) g	0.30	0.058	4		1		0.04	0.58	0.00
Ash g	0.40	0.058	4		1		0.05	0.77	0.00
Carbohydrate, by difference g	5.10		0	NC	4		0.61	9.79	0.05
Fiber, total dietary g	1.9		0		1		0.2	3.6	0.0
Sugars, total g	2.71		0	BFSN	4		0.33	5.20	0.03
Starch g									
Minerals:									
Calcium, Ca mg	6	0.377	4		1		1	12	0
Iron, Fe mg	1.68	0.410	4		1		0.20	3.23	0.02
Magnesium, Mg mg	6	0.480	4		1		1	12	0
Phosphorus, P mg	17	0.427	4		1		2	33	0
Potassium, K mg	158	9.238	4		1		19	303	2
Sodium, Na mg	14	0.787	6		1		2	27	0
Zinc, Zn mg	0.19	0.011	4		1		0.02	0.36	0.00
Copper, Cu mg	0.049		2		1		0.006	0.094	0.000
Manganese, Mn mg	0.092	0.026	4		1		0.011	0.177	0.001
Selenium, Se µg	0.2		0	BFSN	4		0.0	0.4	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	84.9	10.674	4		1		10.2	163.0	0.8
Thiamin mg	0.017	0.006	4		1		0.002	0.033	0.000
Riboflavin mg	0.060	0.012	4		1		0.007	0.115	0.001
Niacin mg	0.615	0.037	4		1		0.074	1.181	0.006
Pantothenic acid mg	0.010		0		4		0.001	0.019	0.000
Vitamin B-6 mg	0.215	0.032	4		1		0.026	0.413	0.002
Folate, total µg	6	0.296	5		1		1	12	0
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6	0.296	5		1		1	12	0
Folate, DFE µg	6		0	NC	4		1	12	0
Choline, total mg	6.3		0	BFSN	4		0.8	12.0	0.1
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	133		0	NC	4		16	255	1
Retinol µg	0		0	BNA	4		0	0	0
Carotene, beta µg	1474		0	BNA	4		177	2830	15
Carotene, alpha µg	238		0	BNA	4		29	457	2
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	0
Vitamin A, IU IU	2655		0	NC	4		319	5098	27
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	366		0	BFSN	4		44	703	4
Vitamin E (alpha-tocopherol) mg	0.69		0	O	4		0.08	1.32	0.01
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	8.3		0	BFSN	4		1.0	16.0	0.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11943
Pimento, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.045		0		1		0.005	0.086	0.000
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		1		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		1		1		0.000	0.002	0.000
15:0....g									
16:0....g	0.033		1		1		0.004	0.063	0.000
17:0....g									
18:0....g	0.011		1		1		0.001	0.021	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.002	0.038	0.000
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		1		1		0.000	0.004	0.000
17:1....g									
18:1 undifferentiated....g	0.018		1		1		0.002	0.035	0.000
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.161		0		1		0.019	0.309	0.002
18:2 undifferentiated....g	0.146		1		1		0.018	0.280	0.001
18:3 undifferentiated....g	0.015		1		1		0.002	0.029	0.000
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	9		1		1		1	17	0
Amino Acids:									
Tryptophan....g	0.014		0		1		0.002	0.027	0.000
Threonine....g	0.040		0		1		0.005	0.077	0.000
Isoleucine....g	0.036		0		1		0.004	0.069	0.000
Leucine....g	0.058		0		1		0.007	0.111	0.001
Lysine....g	0.049		0		1		0.006	0.094	0.000
Methionine....g	0.013		0		1		0.002	0.025	0.000
Cystine....g	0.021		0		1		0.003	0.040	0.000
Phenylalanine....g	0.034		0		1		0.004	0.065	0.000
Tyrosine....g	0.023		0		1		0.003	0.044	0.000
Valine....g	0.046		0		1		0.006	0.088	0.000
Arginine....g	0.053		0		1		0.006	0.102	0.001
Histidine....g	0.022		0		1		0.003	0.042	0.000
Alanine....g	0.045		0		1		0.005	0.086	0.000
Aspartic acid....g	0.157		0		1		0.019	0.301	0.002
Glutamic acid....g	0.145		0		1		0.017	0.278	0.001
Glycine....g	0.041		0		1		0.005	0.079	0.000
Proline....g	0.048		0		1		0.006	0.092	0.000
Serine....g	0.044		0		1		0.005	0.084	0.000
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11943
Pimento, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 tbsp

Measure 2 = 192g: 1 cup

Measure 3 = 1.0g: 1 slice

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11349
Poi

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.64		2		1		171.94		
Energy kcal	112		0	NC	4		269		
Energy kJ	469		0		4		1125		
Protein (N x 6.25) g	0.38		2		1		0.91		
Total lipid (fat) g	0.14		1		1		0.34		
Ash g	0.61		1		1		1.46		
Carbohydrate, by difference g	27.23		0	NC	4		65.35		
Fiber, total dietary g	0.4		0		4		1.0		
Sugars, total g	0.39		0	BFSN	4		0.93		
Starch g									
Minerals:									
Calcium, Ca mg	16		1		1		38		
Iron, Fe mg	0.88		1		1		2.11		
Magnesium, Mg mg	24		1		1		58		
Phosphorus, P mg	39		1		1		94		
Potassium, K mg	183		2		1		439		
Sodium, Na mg	12		2		1		29		
Zinc, Zn mg	0.22		0		4		0.53		
Copper, Cu mg	0.166		0		4		0.398		
Manganese, Mn mg	0.370		0		4		0.888		
Selenium, Se µg	0.7		0	BFSN	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		0		1		9.6		
Thiamin mg	0.130		0		1		0.312		
Riboflavin mg	0.040		0		1		0.096		
Niacin mg	1.100		0		1		2.640		
Pantothenic acid mg	0.293		0		4		0.703		
Vitamin B-6 mg	0.273		0		4		0.655		
Folate, total µg	21		0		4		51		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	21		0		4		51		
Folate, DFE µg	21		0	NC	4		51		
Choline, total mg	16.7		0	BFSN	4		40.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	NC	4		8		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	31		0	BFSN	4		74		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	17		0	BFSN	4		42		
Vitamin A, IU IU	66		0	NC	4		158		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	2.30		0	BFSN	4		5.52		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.0		0	BFSN	4		2.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11349
Poi

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.070		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.025		0		1		0.060		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.026		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.026		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.058		0		1		0.139		
18:2 undifferentiated....g	0.040		0		1		0.096		
18:3 undifferentiated....g	0.018		0		1		0.043		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11827
Pokeberry shoots, (poke), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.90		0		1		153.29		
Energy kcal	20		0	NC	4		33		
Energy kJ	84		0		4		138		
Protein (N x 6.25) g	2.30		0		1		3.80		
Total lipid (fat) g	0.40		0		1		0.66		
Ash g	1.30		0		1		2.15		
Carbohydrate, by difference g	3.10		0	NC	4		5.12		
Fiber, total dietary g	1.5		1	A	1		2.5		
Sugars, total g	1.60		0	O	4		2.64		
Starch g									
Minerals:									
Calcium, Ca mg	53		0		1		87		
Iron, Fe mg	1.20		0		1		1.98		
Magnesium, Mg mg	14		0		4		23		
Phosphorus, P mg	33		0		1		54		
Potassium, K mg	184		0		4		304		
Sodium, Na mg	254		0		4		419		
Zinc, Zn mg	0.19		0		4		0.31		
Copper, Cu mg	0.126		0		4		0.208		
Manganese, Mn mg	0.336		0		4		0.554		
Selenium, Se µg	0.9		0	CAZN	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	82.0		0		1		135.3		
Thiamin mg	0.070		0		1		0.116		
Riboflavin mg	0.250		0		1		0.413		
Niacin mg	1.100		0		1		1.815		
Pantothenic acid mg	0.039		0		4		0.064		
Vitamin B-6 mg	0.111		0		4		0.183		
Folate, total µg	9		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		14		
Folate, DFE µg	9		0	NC	4		14		
Choline, total mg	0.3		0	BFSN	4		0.6		
Betaine mg	0.2		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	435		0	NC	4		718		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	5220		0	O	4		8613		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8700		0	NC	4		14355		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1747		0	O	4		2883		
Vitamin E (alpha-tocopherol) mg	0.85		0	O	4		1.40		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	O	4		178.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11827

Pokeberry shoots, (poke), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11351
Pokeberry shoots, (poke), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.90		0		1		153.29	9.29	
Energy kcal	20		0	NC	4		33	2	
Energy kJ	84		0		4		138	8	
Protein (N x 6.25) g	2.30		0		1		3.80	0.23	
Total lipid (fat) g	0.40		0		1		0.66	0.04	
Ash g	1.30		0		1		2.15	0.13	
Carbohydrate, by difference g	3.10		0	NC	4		5.12	0.31	
Fiber, total dietary g	1.5		0		4		2.5	0.2	
Sugars, total g	1.60		0	O	4		2.64	0.16	
Starch g									
Minerals:									
Calcium, Ca mg	53		0		1		87	5	
Iron, Fe mg	1.20		0		1		1.98	0.12	
Magnesium, Mg mg	14		0		4		23	1	
Phosphorus, P mg	33		0		1		54	3	
Potassium, K mg	184		0		4		304	18	
Sodium, Na mg	18		0		4		30	2	
Zinc, Zn mg	0.19		0		4		0.31	0.02	
Copper, Cu mg	0.126		0		4		0.208	0.013	
Manganese, Mn mg	0.336		0		4		0.554	0.034	
Selenium, Se µg	0.9		0	CAZN	4		1.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	82.0		0		1		135.3	8.2	
Thiamin mg	0.070		0		1		0.116	0.007	
Riboflavin mg	0.250		0		1		0.413	0.025	
Niacin mg	1.100		0		1		1.815	0.110	
Pantothenic acid mg	0.039		0		4		0.064	0.004	
Vitamin B-6 mg	0.111		0		4		0.183	0.011	
Folate, total µg	9		0		4		14	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		4		14	1	
Folate, DFE µg	9		0	NC	4		14	1	
Choline, total mg	0.3		0	BFSN	4		0.6	0.0	
Betaine mg	0.2		0	BFSN	4		0.3	0.0	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	435		0	NC	4		718	44	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	5220		0	O	4		8613	522	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	8700		0		1		14355	870	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	1747		0	O	4		2883	175	
Vitamin E (alpha-tocopherol) mg	0.85		0	O	4		1.40	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	108.0		0	O	4		178.2	10.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11351

Pokeberry shoots, (poke), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.092		0		4		0.152	0.009	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.001		0		4		0.002	0.000	
13:0....g									
14:0....g	0.001		0		4		0.002	0.000	
15:0....g									
16:0....g	0.082		0		4		0.135	0.008	
17:0....g									
18:0....g	0.005		0		4		0.008	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		4		0.021	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.012		0		4		0.020	0.001	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.176		0		4		0.290	0.018	
18:2 undifferentiated....g	0.166		0		4		0.274	0.017	
18:3 undifferentiated....g	0.009		0		4		0.015	0.001	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 10.0g: 1 tbsp

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11350

Pokeberry shoots, (poke), raw

Phytolacca americana

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.60		0		1		146.56		
Energy kcal	23		0	NC	4		37		
Energy kJ	96				4		154		
Protein (N x 6.25) g	2.60		0		1		4.16		
Total lipid (fat) g	0.40		0		1		0.64		
Ash g	1.70		0		1		2.72		
Carbohydrate, by difference g	3.70		0	NC	4		5.92		
Fiber, total dietary g	1.7		0		4		2.7		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	53		0		1		85		
Iron, Fe mg	1.70		0		1		2.72		
Magnesium, Mg mg	18		0		4		29		
Phosphorus, P mg	44		0		1		70		
Potassium, K mg	242		0		4		387		
Sodium, Na mg	23		0		4		37		
Zinc, Zn mg	0.24		0		4		0.38		
Copper, Cu mg	0.157		0		4		0.251		
Manganese, Mn mg	0.418		0		4		0.669		
Selenium, Se µg	0.9		0	CAZN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	136.0		0		1		217.6		
Thiamin mg	0.080		0		1		0.128		
Riboflavin mg	0.330		0		1		0.528		
Niacin mg	1.200		0		1		1.920		
Pantothenic acid mg	0.049		0		4		0.078		
Vitamin B-6 mg	0.146		0		4		0.234		
Folate, total µg	16		0		4		25		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		25		
Folate, DFE µg	16		0	NC	4		25		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	435		0		1		696		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8700		0		1		13920		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11350
Pokeberry shoots, (poke), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11413
Potato flour

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.52		2	A	1		10.43		
Energy kcal	357		0	NC	4		571		
Energy kJ	1493		0	NC	4		2389		
Protein (N x 6.25) g	6.90		2	A	1		11.04		
Total lipid (fat) g	0.34		2	A	1		0.54		
Ash g	3.14		2	A	1		5.02		
Carbohydrate, by difference g	83.10		0	NC	4		132.96		
Fiber, total dietary g	5.9		2	A	1		9.4		
Sugars, total g	3.52		0	BFSN	4		5.64		
Starch g									
Minerals:									
Calcium, Ca mg	65		2	A	1		104		
Iron, Fe mg	1.38		2	A	1		2.21		
Magnesium, Mg mg	65		2	A	1		104		
Phosphorus, P mg	168		2	A	1		269		
Potassium, K mg	1001		2	A	1		1602		
Sodium, Na mg	55		2	A	1		88		
Zinc, Zn mg	0.54		2	A	1		0.86		
Copper, Cu mg	0.197		2	A	1		0.315		
Manganese, Mn mg	0.313		2	A	1		0.501		
Selenium, Se µg	1.1		0	BFSN	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.8		2	A	1		6.1		
Thiamin mg	0.228		2	A	1		0.365		
Riboflavin mg	0.051		2	A	1		0.082		
Niacin mg	3.507		2	A	1		5.611		
Pantothenic acid mg	0.474		2	A	1		0.758		
Vitamin B-6 mg	0.769		2	A	1		1.230		
Folate, total µg	25		2	A	1		40		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	25		2	A	1		40		
Folate, DFE µg	25		0	NC	4		40		
Choline, total mg	39.5		0	BFFN	4		63.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.25		0	NR	4		0.40		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11413
Potato flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.090		0	BFFN	4		0.144		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.002		0	BFFN	4		0.003		
12:0....g	0.012		0	BFFN	4		0.019		
13:0....g									
14:0....g	0.003		0	BFFN	4		0.005		
15:0....g									
16:0....g	0.056		0	BFFN	4		0.090		
17:0....g									
18:0....g	0.012		0	BFFN	4		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0	BFFN	4		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0	BFFN	4		0.005		
17:1....g									
18:1 undifferentiated....g	0.004		0	BFFN	4		0.006		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.150		0	BFFN	4		0.240		
18:2 undifferentiated....g	0.112		0	BFFN	4		0.179		
18:3 undifferentiated....g	0.035		0	BFFN	4		0.056		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.115		2		1		0.184		
Threonine....g	0.280		3		1		0.448		
Isoleucine....g	0.299		3		1		0.478		
Leucine....g	0.425		3		1		0.680		
Lysine....g	0.413		3		1		0.661		
Methionine....g	0.107		2		1		0.171		
Cystine....g	0.070		2		1		0.112		
Phenylalanine....g	0.316		3		1		0.506		
Tyrosine....g	0.224		3		1		0.358		
Valine....g	0.356		3		1		0.570		
Arginine....g	0.374		3		1		0.598		
Histidine....g	0.166		3		1		0.266		
Alanine....g	0.328		3		1		0.525		
Aspartic acid....g	1.173		3		1		1.877		
Glutamic acid....g	0.932		3		1		1.491		
Glycine....g	0.256		3		1		0.410		
Proline....g	0.265		2		1		0.424		
Serine....g	0.234		3		1		0.374		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11413
Potato flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11672
Potato pancakes (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.77		0	RA	4		10.51	17.67	
Energy kcal	268		0	RA	4		59	99	
Energy kJ	1123		0	RA	4		247	415	
Protein g	6.08		0	RA	4		1.34	2.25	
Total lipid (fat) g	14.76		0	RA	4		3.25	5.46	
Ash g	3.59		0	RA	4		0.79	1.33	
Carbohydrate, by difference g	27.81		0	RA	4		6.12	10.29	
Fiber, total dietary g	3.3		0	RA	4		0.7	1.2	
Sugars, total g	1.79		0	RA	4		0.39	0.66	
Sucrose g	0.39		0	RA	4		0.09	0.14	
Glucose (dextrose) g	0.76		0	RA	4		0.17	0.28	
Fructose g	0.56		0	RA	4		0.12	0.21	
Lactose g	0.03		0	RA	4		0.01	0.01	
Maltose g	0.03		0	RA	4		0.01	0.01	
Galactose g	0.03		0	RA	4		0.01	0.01	
Starch g	20.88		0	RA	4		4.59	7.72	
Minerals:									
Calcium, Ca mg	32		0	RA	4		7	12	
Iron, Fe mg	1.67		0	RA	4		0.37	0.62	
Magnesium, Mg mg	36		0	RA	4		8	13	
Phosphorus, P mg	128		0	RA	4		28	47	
Potassium, K mg	622		0	RA	4		137	230	
Sodium, Na mg	764		0	RA	4		168	283	
Zinc, Zn mg	0.70		0	RA	4		0.15	0.26	
Copper, Cu mg	0.180		0	RA	4		0.040	0.067	
Manganese, Mn mg	0.260		0	RA	4		0.057	0.096	
Selenium, Se µg	8.9		0	RA	4		1.9	3.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	27.6		0	RA	4		6.1	10.2	
Thiamin mg	0.158		0	RA	4		0.035	0.058	
Riboflavin mg	0.173		0	RA	4		0.038	0.064	
Niacin mg	1.672		0	RA	4		0.368	0.619	
Pantothenic acid mg	0.757		0	RA	4		0.166	0.280	
Vitamin B-6 mg	0.448		0	RA	4		0.098	0.166	
Folate, total µg	41		0	RA	4		9	15	
Folic acid µg	6		0	RA	4		1	2	
Folate, food µg	35		0	RA	4		8	13	
Folate, DFE µg	45		0	NC	4		10	17	
Choline, total mg	74.2		0	RA	4		16.3	27.4	
Betaine mg	3.0		0	RA	4		0.7	1.1	
Vitamin B-12 µg	0.29		0	RA	4		0.06	0.11	
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE µg	32		0	NC	4		7	12	
Retinol µg	31		0	RA	4		7	12	
Carotene, beta µg	4		0	RA	4		1	2	
Carotene, alpha µg	0		0	RA	4		0	0	
Cryptoxanthin, beta µg	2		0	RA	4		0	1	
Vitamin A, IU IU	113		0	NC	4		25	42	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	87		0	RA	4		19	32	
Vitamin E (alpha-tocopherol) mg	0.23		0	RA	4		0.05	0.09	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg	0.01		0	RA	4		0.00	0.00	
Tocopherol, gamma mg	0.13		0	RA	4		0.03	0.05	
Tocopherol, delta mg	0.01		0	RA	4		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	RA	4		0.00	0.00	
Tocotrienol, beta mg	0.00		0	RA	4		0.00	0.00	

NDB No. 11672
Potato pancakes (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	RA	4		0.1	0.1	
Vitamin D....IU	11		0	RA	4		2	4	
Vitamin K (phylloquinone)....µg	2.7		0	RA	4		0.6	1.0	
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.496		0	RA	4		0.549	0.923	
4:0....g	0.000		0	RA	4		0.000	0.000	
6:0....g	0.000		0	RA	4		0.000	0.000	
8:0....g	0.001		0	RA	4		0.000	0.000	
10:0....g	0.002		0	RA	4		0.000	0.001	
12:0....g	0.005		0	RA	4		0.001	0.002	
13:0....g									
14:0....g	0.022		0	RA	4		0.005	0.008	
15:0....g	0.001		0	RA	4		0.000	0.000	
16:0....g	1.804		0	RA	4		0.397	0.668	
17:0....g	0.004		0	RA	4		0.001	0.001	
18:0....g	0.652		0	RA	4		0.143	0.241	
20:0....g	0.002		0	RA	4		0.000	0.001	
22:0....g	0.003		0	RA	4		0.001	0.001	
24:0....g	0.001		0	RA	4		0.000	0.000	
Fatty acids, total monounsaturated....g	3.730		0	RA	4		0.821	1.380	
14:1....g	0.002		0	RA	4		0.000	0.001	
15:1....g	0.000		0	RA	4		0.000	0.000	
16:1 undifferentiated....g	0.093		0	RA	4		0.020	0.034	
17:1....g	0.000		0	RA	4		0.000	0.000	
18:1 undifferentiated....g	3.603		0	RA	4		0.793	1.333	
20:1....g	0.031		0	RA	4		0.007	0.011	
22:1 undifferentiated....g	0.001		0	RA	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	7.516		0	RA	4		1.654	2.781	
18:2 undifferentiated....g	6.613		0	RA	4		1.455	2.447	
18:3 undifferentiated....g	0.862		0	RA	4		0.190	0.319	
18:4....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c....g	0.000		0	RA	4		0.000	0.000	
20:3 undifferentiated....g	0.000		0	RA	4		0.000	0.000	
20:4 undifferentiated....g	0.032		0	RA	4		0.007	0.012	
20:5 n-3 (EPA)....g	0.001		0	RA	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.008		0	RA	4		0.002	0.003	
Fatty acids, total trans....g									
Cholesterol....mg	95		0	RA	4		21	35	
Phytosterols....mg	9		0	RA	4		2	3	
Amino Acids:									
Tryptophan....g	0.087		0	RA	4		0.019	0.032	
Threonine....g	0.240		0	RA	4		0.053	0.089	
Isoleucine....g	0.280		0	RA	4		0.062	0.104	
Leucine....g	0.442		0	RA	4		0.097	0.163	
Lysine....g	0.389		0	RA	4		0.086	0.144	
Methionine....g	0.137		0	RA	4		0.030	0.051	
Cystine....g	0.105		0	RA	4		0.023	0.039	
Phenylalanine....g	0.300		0	RA	4		0.066	0.111	
Tyrosine....g	0.230		0	RA	4		0.051	0.085	
Valine....g	0.369		0	RA	4		0.081	0.137	
Arginine....g	0.342		0	RA	4		0.075	0.127	
Histidine....g	0.141		0	RA	4		0.031	0.052	
Alanine....g	0.267		0	RA	4		0.059	0.099	

NDB No. 11672
Potato pancakes (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	1.011		0	RA	4		0.222	0.374	
Glutamic acid....g	1.007		0	RA	4		0.222	0.373	
Glycine....g	0.198		0	RA	4		0.044	0.073	
Proline....g	0.261		0	RA	4		0.057	0.097	
Serine....g	0.362		0	RA	4		0.080	0.134	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 22g: 1 small 2-3/4 in. dia., 5/8 in. thick.

Measure 2 = 37g: 1 medium 3-1/4 in. x 3-5/8 in., 5/8 in. thick.

Footnotes:

1 Recipe: Potatoes, 72%; eggs, 12%; onions, 7%; margarine, 7%; flour, 2%; and salt, 1%.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11399
Potato puffs, frozen, oven-heated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.65		0	RA	4		47.12	35.79	4.18
Energy kcal	192		0	NC	4		151	115	13
Energy kJ	802		0	NC	4		634	481	56
Protein (N x 6.25) g	2.13		0	RA	4		1.68	1.28	0.15
Total lipid (fat) g	9.05		0	RA	4		7.15	5.43	0.63
Ash g	1.89		0	RA	4		1.49	1.13	0.13
Carbohydrate, by difference g	27.29		0	NC	4		21.56	16.37	1.91
Fiber, total dietary g	2.0		0	RA	4		1.6	1.2	0.1
Sugars, total g	0.27		0	RA	4		0.21	0.16	0.02
Sucrose g	0.08		0	RA	4		0.06	0.05	0.01
Glucose (dextrose) g	0.19		0	RA	4		0.15	0.11	0.01
Fructose g	0.00		0	RA	4		0.00	0.00	0.00
Lactose g	0.00		0	RA	4		0.00	0.00	0.00
Maltose g	0.00		0	RA	4		0.00	0.00	0.00
Galactose g	0.00		0	RA	4		0.00	0.00	0.00
Starch g	22.64		0	RA	4		17.89	13.59	1.58
Minerals:									
Calcium, Ca mg	14		0	RA	4		11	8	1
Iron, Fe mg	0.58		0	RA	4		0.46	0.35	0.04
Magnesium, Mg mg	17		0	RA	4		13	10	1
Phosphorus, P mg	84		0	RA	4		67	51	6
Potassium, K mg	287		0	RA	4		226	172	20
Sodium, Na mg	463		0	RA	4		366	278	32
Zinc, Zn mg	0.30		0	RA	4		0.24	0.18	0.02
Copper, Cu mg	0.079		0	RA	4		0.062	0.047	0.006
Manganese, Mn mg	0.127		0	RA	4		0.100	0.076	0.009
Selenium, Se µg	0.4		0	BFSN	4		0.3	0.2	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		0	RA	4		3.2	2.4	0.3
Thiamin mg	0.069		0	RA	4		0.054	0.041	0.005
Riboflavin mg	0.037		0	RA	4		0.029	0.022	0.003
Niacin mg	1.449		0	RA	4		1.144	0.869	0.101
Pantothenic acid mg	0.320		0	RA	4		0.253	0.192	0.022
Vitamin B-6 mg	0.121		0	RA	4		0.095	0.072	0.008
Folate, total µg	23		0	RA	4		18	14	2
Folic acid µg	0		0	RA	4		0	0	0
Folate, food µg	23		0	RA	4		18	14	2
Folate, DFE µg	23		0	NC	4		18	14	2
Choline, total mg	25.4		0	BFSN	4		20.1	15.3	1.8
Betaine mg	0.8		0	BFSN	4		0.6	0.5	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	RA	4		0	0	0
Carotene, beta µg	3		0	RA	4		2	2	0
Carotene, alpha µg	0		0	RA	4		0	0	0
Cryptoxanthin, beta µg	0		0	RA	4		0	0	0
Vitamin A, IU IU	5		0	NC	4		4	3	0
Lycopene µg	0		0	RA	4		0	0	0
Lutein + zeaxanthin µg	16		0	RA	4		13	10	1
Vitamin E (alpha-tocopherol) mg	0.26		0	RA	4		0.21	0.16	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01		0	RA	4		0.01	0.01	0.00
Tocopherol, gamma mg	1.21		0	RA	4		0.95	0.72	0.08
Tocopherol, delta mg	1.14		0	RA	4		0.90	0.68	0.08
Tocotrienol, alpha mg	0.02		0	RA	4		0.01	0.01	0.00
Tocotrienol, beta mg	0.00		0	RA	4		0.00	0.00	0.00

NDB No. 11399
Potato puffs, frozen, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RA	4		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		0	RA	4		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	RA	4		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	RA	4		0	0	0
Vitamin K (phylloquinone)....µg	3.7		0	RA	4		2.9	2.2	0.3
Dihydrophylloquinone....µg	29.1		0	RA	4		23.0	17.5	2.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.657		0	RA	4		1.309	0.994	0.116
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0	RA	4		0.000	0.000	0.000
10:0....g	0.000		0	RA	4		0.000	0.000	0.000
12:0....g	0.000		0	RA	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.022		0	RA	4		0.017	0.013	0.002
15:0....g	0.002		0	RA	4		0.002	0.001	0.000
16:0....g	1.075		0	RA	4		0.849	0.645	0.075
17:0....g	0.007		0	RA	4		0.005	0.004	0.000
18:0....g	0.488		0	RA	4		0.386	0.293	0.034
20:0....g	0.037		0	RA	4		0.029	0.022	0.003
22:0....g	0.026		0	RA	4		0.021	0.016	0.002
24:0....g									
Fatty acids, total monounsaturated....g	4.544		0	RA	4		3.590	2.726	0.318
14:1....g	0.000		0	RA	4		0.000	0.000	0.000
15:1....g	0.000		0	RA	4		0.000	0.000	0.000
16:1 undifferentiated....g	0.018		0	RA	4		0.014	0.011	0.001
17:1....g	0.003		0	RA	4		0.002	0.002	0.000
18:1 undifferentiated....g	4.481		0	RA	4		3.540	2.689	0.314
20:1....g	0.041		0	RA	4		0.033	0.025	0.003
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.354		0	RA	4		1.860	1.413	0.165
18:2 undifferentiated....g	2.144		0	RA	4		1.694	1.287	0.150
18:3 undifferentiated....g	0.206		0	RA	4		0.163	0.123	0.014
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.010		0	RA	4		0.008	0.006	0.001
18:3i....g									
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003		0	RA	4		0.002	0.002	0.000
20:3 undifferentiated....g	0.000		0	RA	4		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.002		0	RA	4		0.001	0.001	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	RA	4		0.016	0.012	0.001
Threonine....g	0.087		0	RA	4		0.068	0.052	0.006
Isoleucine....g	0.090		0	RA	4		0.071	0.054	0.006
Leucine....g	0.159		0	RA	4		0.125	0.095	0.011
Lysine....g	0.140		0	RA	4		0.111	0.084	0.010
Methionine....g	0.034		0	RA	4		0.027	0.020	0.002
Cystine....g	0.038		0	RA	4		0.030	0.023	0.003

NDB No. 11399
Potato puffs, frozen, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.102		0	RA	4		0.081	0.061	0.007
Tyrosine....g	0.078		0	RA	4		0.062	0.047	0.005
Valine....g	0.128		0	RA	4		0.101	0.077	0.009
Arginine....g	0.135		0	RA	4		0.106	0.081	0.009
Histidine....g	0.048		0	RA	4		0.038	0.029	0.003
Alanine....g	0.099		0	RA	4		0.078	0.059	0.007
Aspartic acid....g	0.389		0	RA	4		0.307	0.233	0.027
Glutamic acid....g	0.336		0	RA	4		0.265	0.202	0.024
Glycine....g	0.086		0	RA	4		0.068	0.051	0.006
Proline....g	0.094		0	RA	4		0.074	0.056	0.007
Serine....g	0.105		0	RA	4		0.083	0.063	0.007
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 10 puffs

Measure 2 = 60g: 10 Crispy Crowns

Measure 3 = 7.0g: 1 puff

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11398
Potato puffs, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.80	0.236	12	A	1		75.36	57.15	
Energy kcal	178		0	NC	4		214	162	
Energy kJ	746		0	NC	4		895	679	
Protein (N x 6.25) g	1.93	0.054	12	A	1		2.32	1.76	
Total lipid (fat) g	8.71	0.338	12	A	1		10.46	7.93	
Ash g	1.75	0.030	12	A	1		2.10	1.59	
Carbohydrate, by difference g	24.80		0	NC	4		29.76	22.57	
Fiber, total dietary g	2.3		0		4		2.8	2.1	
Sugars, total g	0.28	0.044	6	A	1		0.34	0.26	
Sucrose g	0.13	0.025	6	A	1		0.15	0.11	
Glucose (dextrose) g	0.16	0.026	6	A	1		0.19	0.14	
Fructose g	0.00	0.000	6	A	1		0.00	0.00	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	0.00	0.000	6	A	1		0.00	0.00	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	21.58	0.180	6	A	1		25.90	19.64	
Minerals:									
Calcium, Ca mg	13	0.395	12	A	1		15	12	
Iron, Fe mg	0.47	0.012	12	A	1		0.56	0.43	
Magnesium, Mg mg	16	0.488	12	A	1		19	14	
Phosphorus, P mg	64	2.146	12	A	1		76	58	
Potassium, K mg	247	11.495	12	A	1		297	225	
Sodium, Na mg	428	12.215	12	A	1		514	390	
Zinc, Zn mg	0.26	0.012	12	A	1		0.31	0.23	
Copper, Cu mg	0.075	0.005	12	A	1		0.090	0.068	
Manganese, Mn mg	0.111	0.004	12	A	1		0.133	0.101	
Selenium, Se µg	0.3		0	BFSN	4		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.9	0.504	83		1		8.3	6.3	
Thiamin mg	0.184	0.027	79		1		0.221	0.167	
Riboflavin mg	0.061	0.010	12		1		0.073	0.056	
Niacin mg	1.815	0.050	78		1		2.178	1.652	
Pantothenic acid mg	0.583		0		1		0.700	0.531	
Vitamin B-6 mg	0.194		0		1		0.233	0.177	
Folate, total µg	17		0		1		20	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		20	15	
Folate, DFE µg	17		0	NC	4		20	15	
Choline, total mg	24.9		0	BFSN	4		29.8	22.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	3		0	BFSN	4		3	2	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	4		0	NC	4		5	4	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	15		0	BFSN	4		18	13	
Vitamin E (alpha-tocopherol) mg	0.11		0	BFSN	4		0.13	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11398
Potato puffs, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.5		0	BFSN	4		2.9	2.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.418		0	NC	4		1.702	1.291	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.000	0.000	6	A	1		0.000	0.000	
12:0....g	0.000	0.000	6	A	1		0.000	0.000	
13:0....g									
14:0....g	0.036	0.002	6	A	1		0.043	0.033	
15:0....g	0.003	0.000	6	A	1		0.004	0.003	
16:0....g	1.067	0.021	6	A	1		1.280	0.971	
17:0....g	0.006	0.000	6	A	1		0.007	0.005	
18:0....g	0.236	0.031	6	A	1		0.284	0.215	
20:0....g	0.038	0.001	6	A	1		0.045	0.034	
22:0....g	0.021	0.000	6	A	1		0.025	0.019	
24:0....g	0.012	0.000	6	A	1		0.014	0.011	
Fatty acids, total monounsaturated....g	3.376		0	NC	4		4.051	3.072	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.029	0.002	6	AS	1		0.035	0.026	
16:1 c....g	0.029	0.002	6	A	1		0.035	0.026	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.005	0.000	6	A	1		0.006	0.004	
18:1 undifferentiated....g	3.284	0.167	6	AS	1		3.940	2.988	
18:1 c....g	3.271	0.167	6	A	1		3.926	2.977	
18:1 t....g	0.012	0.002	6	A	1		0.015	0.011	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.055	0.004	6	A	1		0.067	0.050	
22:1 undifferentiated....g	0.001	0.000	6	AS	1		0.001	0.001	
22:1 c....g	0.001	0.000	6	A	1		0.001	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.000	6	A	1		0.003	0.002	
Fatty acids, total polyunsaturated....g	3.140		0	NC	4		3.767	2.857	
18:2 undifferentiated....g	2.901	0.168	6	AS	1		3.482	2.640	
18:2 n-6 c,c....g	2.836	0.169	6	A	1		3.404	2.581	
18:2 CLAs....g	0.014	0.001	6	A	1		0.017	0.013	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.051	0.002	6	A	1		0.061	0.046	
18:3 undifferentiated....g	0.232	0.023	6	AS	1		0.278	0.211	
18:3 n-3 c,c,c (ALA)....g	0.219	0.022	6	A	1		0.262	0.199	
18:3 n-6 c,c,c....g	0.013	0.001	6	A	1		0.016	0.012	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.004	0.000	6	A	1		0.005	0.004	
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 undifferentiated....g	0.002	0.000	6	A	1		0.003	0.002	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	6	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	6	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g	0.063		0	NC	4		0.076	0.057	
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.015	0.011	

NDB No. 11398
Potato puffs, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.051		0	NC	4		0.061	0.046	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0	A	1		0.022	0.017	
Threonine....g	0.079		0	A	1		0.094	0.072	
Isoleucine....g	0.082		0	A	1		0.099	0.075	
Leucine....g	0.144		0	A	1		0.173	0.131	
Lysine....g	0.127		0	A	1		0.153	0.116	
Methionine....g	0.031		0	A	1		0.037	0.028	
Cystine....g	0.035		0	A	1		0.042	0.032	
Phenylalanine....g	0.093		0	A	1		0.112	0.085	
Tyrosine....g	0.071		0	A	1		0.085	0.065	
Valine....g	0.116		0	A	1		0.140	0.106	
Arginine....g	0.122		0	A	1		0.147	0.111	
Histidine....g	0.043		0	A	1		0.052	0.039	
Alanine....g	0.090		0	A	1		0.107	0.082	
Aspartic acid....g	0.353		0	A	1		0.424	0.321	
Glutamic acid....g	0.305		0	A	1		0.366	0.278	
Glycine....g	0.078		0	A	1		0.093	0.071	
Proline....g	0.085		0	A	1		0.102	0.077	
Serine....g	0.096		0	A	1		0.115	0.087	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup

Measure 2 = 91g: 10 pieces

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11414
Potato salad, home-prepared (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.00		1		1		190.00		
Energy kcal	143		0	NC	4		358		
Energy kJ	598				4		1496		
Protein g	2.68		0		1		6.70		
Total lipid (fat) g	8.20		0		1		20.50		
Ash g	1.95		0		1		4.88		
Carbohydrate, by difference g	11.17		0	NC	4		27.93		
Fiber, total dietary g	1.3		0		4		3.3		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1		48		
Iron, Fe mg	0.65		0		1		1.63		
Magnesium, Mg mg	15		0		1		38		
Phosphorus, P mg	52		0		1		130		
Potassium, K mg	254		0		1		635		
Sodium, Na mg	529		0		1		1323		
Zinc, Zn mg	0.31		2		1		0.78		
Copper, Cu mg	0.118		0		1		0.295		
Manganese, Mn mg	0.101		0		1		0.253		
Selenium, Se µg	4.1		0	RA	4		10.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.0		0		1		25.0		
Thiamin mg	0.077		0		1		0.193		
Riboflavin mg	0.060		0		1		0.150		
Niacin mg	0.890		0		1		2.225		
Pantothenic acid mg	0.534		0		1		1.335		
Vitamin B-6 mg	0.141		2		1		0.353		
Folate, total µg	7		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0		1		17		
Folate, DFE µg	7		0	NC	4		17		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	32		0	NC	4		80		
Retinol µg	29		0	NR	4		73		
Carotene, beta µg	36		0	NR	4		90		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	157		0	NC	4		392		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11414
Potato salad, home-prepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.429		0		1		3.573		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		1		0.000		
12:0....g	0.011		0		1		0.028		
13:0....g									
14:0....g	0.013		0		1		0.033		
15:0....g									
16:0....g	1.034		0		1		2.585		
17:0....g									
18:0....g	0.370		0		1		0.925		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.480		0		1		6.200		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.054		0		1		0.135		
17:1....g									
18:1 undifferentiated....g	2.418		0		1		6.045		
20:1....g	0.009		0		1		0.023		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.737		0		1		9.343		
18:2 undifferentiated....g	3.345		0		1		8.363		
18:3 undifferentiated....g	0.370		0		1		0.925		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	68		0		1		170		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.105		
Threonine....g	0.116		0		1		0.290		
Isoleucine....g	0.141		0		1		0.353		
Leucine....g	0.202		0		1		0.505		
Lysine....g	0.171		0		1		0.428		
Methionine....g	0.066		0		1		0.165		
Cystine....g	0.051		0		1		0.128		
Phenylalanine....g	0.135		0		1		0.338		
Tyrosine....g	0.104		0		1		0.260		
Valine....g	0.172		0		1		0.430		
Arginine....g	0.152		0		1		0.380		
Histidine....g	0.062		0		1		0.155		
Alanine....g	0.124		0		1		0.310		
Aspartic acid....g	0.425		0		1		1.063		
Glutamic acid....g	0.387		0		1		0.968		
Glycine....g	0.086		0		1		0.215		
Proline....g	0.102		0		1		0.255		
Serine....g	0.164		0		1		0.410		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11414
Potato salad, home-prepared (1)

Common Measures:

Measure 1 = 250g: 1 cup

Footnotes:

1 Recipe: Potatoes, 62%; egg, 12%; mayonnaise, 8%; celery, 7%; sweet pickle relish, 6%; onion, 2%; green pepper, 1%; pimiento, 1%; salt, 1%; and dry mustard.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11356
Potatoes, Russet, flesh and skin, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.45	0.525	8	A	1		222.60	128.79	102.74
Energy kcal	97		0	NC	4		291	169	134
Energy kJ	408		0	NC	4		1220	706	563
Protein g	2.63	0.050	8	A	1		7.87	4.55	3.63
Total lipid (fat) g	0.13	0.031	8	A	1		0.39	0.22	0.18
Ash g	1.35	0.048	8	A	1		4.04	2.34	1.87
Carbohydrate, by difference g	21.44		0	NC	4		64.10	37.09	29.58
Fiber, total dietary g	2.3	0.059	6	A	1		6.9	4.0	3.2
Sugars, total g	1.08		0	AS	1		3.22	1.86	1.48
Sucrose g	0.39	0.052	8	A	1		1.16	0.67	0.53
Glucose (dextrose) g	0.37	0.044	8	A	1		1.10	0.64	0.51
Fructose g	0.32	0.036	8	A	1		0.96	0.55	0.44
Lactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	17.45	0.619	8	A	1		52.19	30.19	24.09
Minerals:									
Calcium, Ca mg	18	1.678	8	A	1		53	31	24
Iron, Fe mg	1.07	0.104	8	A	1		3.19	1.85	1.47
Magnesium, Mg mg	30	0.766	8	A	1		90	52	42
Phosphorus, P mg	71	1.751	8	A	1		212	122	98
Potassium, K mg	550	21.990	8	A	1		1644	951	759
Sodium, Na mg	14	4.224	8	A	1		41	24	19
Zinc, Zn mg	0.35	0.022	8	A	1		1.03	0.60	0.48
Copper, Cu mg	0.107	0.008	8	A	1		0.319	0.184	0.147
Manganese, Mn mg	0.228	0.020	8	A	1		0.683	0.395	0.315
Selenium, Se µg	0.5		2	A	1		1.5	0.9	0.7
Vitamins:									
Vitamin C, total ascorbic acid mg	8.3	0.355	8	A	1		24.9	14.4	11.5
Thiamin mg	0.067	0.008	8	A	1		0.201	0.116	0.093
Riboflavin mg	0.048	0.003	8	A	1		0.145	0.084	0.067
Niacin mg	1.348	0.087	8	A	1		4.030	2.332	1.860
Pantothenic acid mg	0.380	0.024	8	A	1		1.138	0.658	0.525
Vitamin B-6 mg	0.354	0.028	8	A	1		1.059	0.613	0.489
Folate, total µg	26	3.926	8	A	1		76	44	35
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	26	3.926	8	A	1		76	44	35
Folate, DFE µg	26		0	NC	4		76	44	35
Choline, total mg	15.0	1.075	3	AS	1		45.0	26.0	20.8
Betaine mg	0.2	0.016	3	A	1		0.7	0.4	0.3
Vitamin B-12 µg	0.00		0	BFFN	4		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		2	1	1
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	6	0.001	9	JO	11		18	11	8
Carotene, alpha µg	0	0.000	9	JO	11		0	0	0
Cryptoxanthin, beta µg	0	0.000	9	JO	11		0	0	0
Vitamin A, IU IU	10		1	A	1		31	18	14
Lycopene µg	0	0.000	9	JO	11		0	0	0
Lutein + zeaxanthin µg	19	2.086	6	JO	11		56	32	26
Vitamin E (alpha-tocopherol) mg	0.07	0.007	6	A	1		0.21	0.12	0.10
Tocopherol, beta mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									

NDB No. 11356
Potatoes, Russet, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	2.0	0.327	8	A	1		6.1	3.5	2.8
Dihydrophylloquinone µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.032		0	NC	4		0.097	0.056	0.045
4:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.001		0	BFFN	4		0.004	0.002	0.002
12:0 g	0.004		0	BFFN	4		0.012	0.007	0.005
13:0 g									
14:0 g	0.001		0	BFFN	4		0.004	0.002	0.002
15:0 g									
16:0 g	0.021		0	BFFN	4		0.062	0.036	0.029
17:0 g									
18:0 g	0.005		0	BFFN	4		0.015	0.009	0.007
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.003		0	NC	4		0.008	0.004	0.004
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	BFFN	4		0.004	0.002	0.002
17:1 g									
18:1 undifferentiated g	0.001		0	BFFN	4		0.004	0.002	0.002
20:1 g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.054		0	NC	4		0.163	0.094	0.075
18:2 undifferentiated g	0.041		0	BFFN	4		0.124	0.072	0.057
18:3 undifferentiated g	0.013		0	BFFN	4		0.039	0.022	0.018
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.027		0	A	1		0.080	0.046	0.037
Threonine g	0.086		0	A	1		0.256	0.148	0.118
Isoleucine g	0.085		0	A	1		0.254	0.147	0.117
Leucine g	0.125		0	A	1		0.374	0.217	0.173
Lysine g	0.137		0	A	1		0.409	0.237	0.189
Methionine g	0.041		0	A	1		0.121	0.070	0.056
Cystine g	0.031		0	A	1		0.092	0.053	0.042
Phenylalanine g	0.104		0	A	1		0.312	0.180	0.144
Tyrosine g	0.062		0	A	1		0.184	0.107	0.085
Valine g	0.131		0	A	1		0.393	0.227	0.181
Arginine g	0.130		0	A	1		0.387	0.224	0.179
Histidine g	0.044		0	A	1		0.133	0.077	0.061
Alanine g	0.080		0	A	1		0.240	0.139	0.111
Aspartic acid g	0.615		0	A	1		1.839	1.064	0.849
Glutamic acid g	0.450		0	A	1		1.345	0.778	0.621
Glycine g	0.073		0	A	1		0.218	0.126	0.101
Proline g	0.081		0	A	1		0.241	0.139	0.111

NDB No. 11356
Potatoes, Russet, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.095		0	A	1		0.285	0.165	0.132
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	BFFN	4		0.0	0.0	0.0
Caffeine....mg	0		0	BFFN	4		0	0	0
Theobromine....mg	0		0	BFFN	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia.

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia.)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia.)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11385

Potatoes, au gratin, dry mix, prepared with water, whole milk and butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.98		0		1		108.20	649.22	
Energy kcal	93		0	NC	4		127	764	
Energy kJ	389				4		533	3199	
Protein (N x 0) g	2.30		0		1		3.15	18.91	
Total lipid (fat) g	4.12		0		1		5.64	33.87	
Ash g	1.76		0		1		2.41	14.47	
Carbohydrate, by difference g	12.84		0	NC	4		17.59	105.54	
Fiber, total dietary g	0.9		0		4		1.2	7.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	83		0		1		114	682	
Iron, Fe mg	0.32		0		1		0.44	2.63	
Magnesium, Mg mg	15		0		1		21	123	
Phosphorus, P mg	95		0		1		130	781	
Potassium, K mg	219		0		1		300	1800	
Sodium, Na mg	439		0		1		601	3609	
Zinc, Zn mg	0.24		0		1		0.33	1.97	
Copper, Cu mg	0.046		0		1		0.063	0.378	
Manganese, Mn mg	0.130		0		4		0.178	1.069	
Selenium, Se µg	2.7		0	RA	4		3.7	22.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1		0		1		4.2	25.5	
Thiamin mg	0.020		0		1		0.027	0.164	
Riboflavin mg	0.081		0		1		0.111	0.666	
Niacin mg	0.939		0		1		1.286	7.719	
Pantothenic acid mg	0.239		0		1		0.327	1.965	
Vitamin B-6 mg	0.040		0		1		0.055	0.329	
Folate, total µg	7		0		4		9	54	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		9	54	
Folate, DFE µg	7		0	NC	4		9	54	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	52		0	NC	4		71	423	
Retinol µg	49		0	NC	4		67	403	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	213		0		4		292	1751	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11385

Potatoes, au gratin, dry mix, prepared with water, whole milk and butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.586		0		1		3.543	21.257	
4:0....g	0.131		0		1		0.179	1.077	
6:0....g	0.073		0		1		0.100	0.600	
8:0....g	0.040		0		1		0.055	0.329	
10:0....g	0.089		0		1		0.122	0.732	
12:0....g	0.091		0		1		0.125	0.748	
13:0....g									
14:0....g	0.413		0		1		0.566	3.395	
15:0....g									
16:0....g	1.149		0		1		1.574	9.445	
17:0....g									
18:0....g	0.499		0		1		0.684	4.102	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.175		0		1		1.610	9.659	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.107		0		1		0.147	0.880	
17:1....g									
18:1 undifferentiated....g	1.006		0		1		1.378	8.269	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0		1		0.184	1.101	
18:2 undifferentiated....g	0.083		0		1		0.114	0.682	
18:3 undifferentiated....g	0.053		0		1		0.073	0.436	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	15		0		4		21	123	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: .167 package (5.5 oz) yields

Measure 2 = 822g: 1 package yield, 5.5 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11384
Potatoes, au gratin, dry mix, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.97	0.753	3		1		1.29	7.75	
Energy kcal	314		0	NC	4		82	490	
Energy kJ	1314				4		342	2049	
Protein (N x 0) g	8.90	0.082	3		1		2.31	13.88	
Total lipid (fat) g	3.70	0.053	3		1		0.96	5.77	
Ash g	8.12	0.429	3		1		2.11	12.67	
Carbohydrate, by difference g	74.31		0	NC	4		19.32	115.92	
Fiber, total dietary g	4.1		0		4		1.1	6.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	311	71.929	3		1		81	485	
Iron, Fe mg	1.63	0.063	3		1		0.42	2.54	
Magnesium, Mg mg	64		1		1		17	100	
Phosphorus, P mg	404	25.689	3		1		105	630	
Potassium, K mg	990	35.796	3		1		257	1544	
Sodium, Na mg	2095	100.991	3		1		545	3268	
Zinc, Zn mg	0.90		1		1		0.23	1.40	
Copper, Cu mg	0.240		1		1		0.062	0.374	
Manganese, Mn mg	0.590		0		4		0.153	0.920	
Selenium, Se µg	10.0		0	BFSN	4		2.6	15.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.5	1.550	3		1		4.0	24.2	
Thiamin mg	0.070	0.006	3		1		0.018	0.109	
Riboflavin mg	0.253	0.007	3		1		0.066	0.395	
Niacin mg	4.063	0.147	3		1		1.056	6.338	
Pantothenic acid mg	0.920		1		1		0.239	1.435	
Vitamin B-6 mg	0.150		1		1		0.039	0.234	
Folate, total µg	40		0		4		11	63	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	40		0		4		11	63	
Folate, DFE µg	40		0	NC	4		11	63	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	54		0	NC	4		14	84	
Retinol µg	49		0	NR	4		13	76	
Carotene, beta µg	60		0	NR	4		16	94	
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	263		0	NC	4		68	411	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11384
Potatoes, au gratin, dry mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.323		0		1		0.604	3.624	
4:0....g	0.118		0		1		0.031	0.184	
6:0....g	0.065		0		1		0.017	0.101	
8:0....g	0.036		0		1		0.009	0.056	
10:0....g	0.080		0		1		0.021	0.125	
12:0....g	0.082		0		1		0.021	0.128	
13:0....g									
14:0....g	0.371		0		1		0.096	0.579	
15:0....g									
16:0....g	1.032		0		1		0.268	1.610	
17:0....g									
18:0....g	0.448		0		1		0.116	0.699	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.055		0		1		0.274	1.646	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.096		0		1		0.025	0.150	
17:1....g									
18:1 undifferentiated....g	0.903		0		1		0.235	1.409	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.121		0		1		0.031	0.189	
18:2 undifferentiated....g	0.075		0		1		0.020	0.117	
18:3 undifferentiated....g	0.048		0		1		0.012	0.075	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: .167 package (5.5 oz)

Measure 2 = 156g: 1 package (5.5 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11373
Potatoes, au gratin, home-prepared from recipe using butter (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.00		0		1		181.30		
Energy kcal	132		0	NC	4		323		
Energy kJ	552				4		1353		
Protein (N x 0) g	5.06		0		1		12.40		
Total lipid (fat) g	7.59		0		1		18.60		
Ash g	2.09		0		1		5.12		
Carbohydrate, by difference g	11.27		0	NC	4		27.61		
Fiber, total dietary g	1.8		0		4		4.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	119		0		1		292		
Iron, Fe mg	0.64		0		1		1.57		
Magnesium, Mg mg	20		0		1		49		
Phosphorus, P mg	113		0		1		277		
Potassium, K mg	396		0		1		970		
Sodium, Na mg	433		0		1		1061		
Zinc, Zn mg	0.69		0		1		1.69		
Copper, Cu mg	0.160		0		1		0.392		
Manganese, Mn mg	0.161		0		1		0.394		
Selenium, Se µg	2.7		0	RA	4		6.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.9		0		1		24.3		
Thiamin mg	0.064		0		1		0.157		
Riboflavin mg	0.116		0		1		0.284		
Niacin mg	0.993		0		1		2.433		
Pantothenic acid mg	0.387		0		1		0.948		
Vitamin B-6 mg	0.174		0		1		0.426		
Folate, total µg	11		0	RA	4		27		
Folic acid µg	3		0	NC	4		7		
Folate, food µg	8		0		1		20		
Folate, DFE µg	13		0	NC	4		32		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	64		0	NC	4		157		
Retinol µg	61		0	NC	4		149		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	264		0		1		647		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11373

Potatoes, au gratin, home-prepared from recipe using butter (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.733		0		1		11.596		
4:0....g	0.240		0		1		0.588		
6:0....g	0.133		0		1		0.326		
8:0....g	0.074		0		1		0.181		
10:0....g	0.166		0		1		0.407		
12:0....g	0.174		0		1		0.426		
13:0....g									
14:0....g	0.755		0		1		1.850		
15:0....g									
16:0....g	2.094		0		1		5.130		
17:0....g									
18:0....g	0.913		0		1		2.237		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.149		0		1		5.265		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.193		0		1		0.473		
17:1....g									
18:1 undifferentiated....g	1.844		0		1		4.518		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.276		0		1		0.676		
18:2 undifferentiated....g	0.175		0		1		0.429		
18:3 undifferentiated....g	0.105		0		1		0.257		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	23		0		1		56		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0		1		0.172		
Threonine....g	0.192		0		1		0.470		
Isoleucine....g	0.284		0		1		0.696		
Leucine....g	0.443		0		1		1.085		
Lysine....g	0.381		0		1		0.933		
Methionine....g	0.117		0		1		0.287		
Cystine....g	0.044		0		1		0.108		
Phenylalanine....g	0.254		0		1		0.622		
Tyrosine....g	0.230		0		1		0.564		
Valine....g	0.325		0		1		0.796		
Arginine....g	0.203		0		1		0.497		
Histidine....g	0.151		0		1		0.370		
Alanine....g	0.156		0		1		0.382		
Aspartic acid....g	0.569		0		1		1.394		
Glutamic acid....g	1.141		0		1		2.795		
Glycine....g	0.113		0		1		0.277		
Proline....g	0.463		0		1		1.134		
Serine....g	0.275		0		1		0.674		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11373

Potatoes, au gratin, home-prepared from recipe using butter (1)

Common Measures:

Measure 1 = 245g: 1 cup

Footnotes:

1 Recipe: Potatoes, 55%; whole milk, 30%; cheddar cheese, 9%; butter, 3%; flour , 2%; and salt, 1%.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11843

Potatoes, au gratin, home-prepared from recipe using margarine (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.00		0		1		181.30		
Energy kcal	132		0	NC	4		323		
Energy kJ	552				4		1353		
Protein (N x 0) g	5.06		0		1		12.40		
Total lipid (fat) g	7.59		0		1		18.60		
Ash g	2.09		0		1		5.12		
Carbohydrate, by difference g	11.27		0	NC	4		27.61		
Fiber, total dietary g	1.8		0	BFZN	4		4.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	119		0		1		292		
Iron, Fe mg	0.64		0		1		1.57		
Magnesium, Mg mg	20		0		1		49		
Phosphorus, P mg	113		0		1		277		
Potassium, K mg	396		0		1		970		
Sodium, Na mg	433		0		1		1061		
Zinc, Zn mg	0.69		0		1		1.69		
Copper, Cu mg	0.160		0		1		0.392		
Manganese, Mn mg	0.161		0		1		0.394		
Selenium, Se µg	2.7		0	RA	4		6.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.9		0		1		24.3		
Thiamin mg	0.064		0		1		0.157		
Riboflavin mg	0.116		0		1		0.284		
Niacin mg	0.993		0		1		2.433		
Pantothenic acid mg	0.387		0		1		0.948		
Vitamin B-6 mg	0.174		0		1		0.426		
Folate, total µg	11		0	RA	4		27		
Folic acid µg	3		0	NC	4		7		
Folate, food µg	8		0		1		20		
Folate, DFE µg	13		0	NC	4		32		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	64		0	NC	4		157		
Retinol µg	60		0	NR	4		147		
Carotene, beta µg	48		0	NR	4		118		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	280		0	NC	4		686		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11843

Potatoes, au gratin, home-prepared from recipe using margarine (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.530		0		1		8.649		
4:0....g	0.150		0		1		0.368		
6:0....g	0.077		0		1		0.189		
8:0....g	0.043		0		1		0.105		
10:0....g	0.092		0		1		0.225		
12:0....g	0.091		0		1		0.223		
13:0....g									
14:0....g	0.479		0		1		1.174		
15:0....g									
16:0....g	1.698		0		1		4.160		
17:0....g									
18:0....g	0.773		0		1		1.894		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.587		0		1		6.338		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.135		0		1		0.331		
17:1....g									
18:1 undifferentiated....g	2.388		0		1		5.851		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.076		0		1		2.636		
18:2 undifferentiated....g	0.978		0		1		2.396		
18:3 undifferentiated....g	0.102		0		1		0.250		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	15		0		1		37		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0		1		0.172		
Threonine....g	0.192		0		1		0.470		
Isoleucine....g	0.284		0		1		0.696		
Leucine....g	0.443		0		1		1.085		
Lysine....g	0.381		0		1		0.933		
Methionine....g	0.117		0		1		0.287		
Cystine....g	0.044		0		1		0.108		
Phenylalanine....g	0.254		0		1		0.622		
Tyrosine....g	0.230		0		1		0.564		
Valine....g	0.325		0		1		0.796		
Arginine....g	0.203		0		1		0.497		
Histidine....g	0.151		0		1		0.370		
Alanine....g	0.156		0		1		0.382		
Aspartic acid....g	0.569		0		1		1.394		
Glutamic acid....g	1.141		0		1		2.795		
Glycine....g	0.113		0		1		0.277		
Proline....g	0.463		0		1		1.134		
Serine....g	0.275		0		1		0.674		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11843

Potatoes, au gratin, home-prepared from recipe using margarine (1)

Common Measures:

Measure 1 = 245g: 1 cup

Footnotes:

1 Recipe: Potatoes, 55%; whole milk, 30%; cheddar cheese, 9%; margarine, 3%; flour , 2%; and salt, 1%.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11828
Potatoes, baked, flesh and skin, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.89		21	A	1		45.68	223.93	129.56
Energy kcal	93		0	NC	4		57	279	161
Energy kJ	390		0	NC	4		238	1166	675
Protein (N x 6.25) g	2.50		21	A	1		1.52	7.46	4.32
Total lipid (fat) g	0.13		21	A	1		0.08	0.40	0.23
Ash g	1.33		21	A	1		0.81	3.96	2.29
Carbohydrate, by difference g	21.15		0	NC	4		12.90	63.24	36.59
Fiber, total dietary g	2.2		15	A	1		1.3	6.6	3.8
Sugars, total g	1.18		0	AS	1		0.72	3.51	2.03
Sucrose g	0.40		21	A	1		0.24	1.18	0.69
Glucose (dextrose) g	0.44		21	A	1		0.27	1.31	0.76
Fructose g	0.34		21	A	1		0.21	1.02	0.59
Lactose g	0.00		21	A	1		0.00	0.00	0.00
Maltose g	0.00		21	A	1		0.00	0.00	0.00
Galactose g	0.00		11	A	1		0.00	0.00	0.00
Starch g	17.27		21	A	1		10.54	51.65	29.88
Minerals:									
Calcium, Ca mg	15	0.182	46	JA	6		9	44	26
Iron, Fe mg	1.08	0.022	47	JA	6		0.66	3.24	1.88
Magnesium, Mg mg	28	0.188	47	JA	6		17	85	49
Phosphorus, P mg	70	0.442	46	JA	6		42	208	120
Potassium, K mg	535	3.398	47	JA	6		326	1599	925
Sodium, Na mg	10	0.133	47	JA	6		6	31	18
Zinc, Zn mg	0.36	0.001	47	JA	6		0.22	1.06	0.61
Copper, Cu mg	0.118	0.002	46	JA	6		0.072	0.352	0.203
Manganese, Mn mg	0.219	0.003	47	JA	6		0.134	0.656	0.380
Selenium, Se µg	0.4	0.010	22	JA	6		0.2	1.1	0.7
Vitamins:									
Vitamin C, total ascorbic acid mg	9.6		21	A	1		5.9	28.7	16.6
Thiamin mg	0.064		21	A	1		0.039	0.192	0.111
Riboflavin mg	0.048		21	A	1		0.029	0.142	0.082
Niacin mg	1.410		21	A	1		0.860	4.216	2.439
Pantothenic acid mg	0.376		21	A	1		0.229	1.125	0.651
Vitamin B-6 mg	0.311		21	A	1		0.190	0.931	0.539
Folate, total µg	28		21	A	1		17	83	48
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	28		21	A	1		17	83	48
Folate, DFE µg	28		0	NC	4		17	83	48
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		0	2	1
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	6		21	JO	11		4	18	11
Carotene, alpha µg	0		21	JO	11		0	0	0
Cryptoxanthin, beta µg	0		21	JO	11		0	0	0
Vitamin A, IU IU	10		0	NC	4		6	31	18
Lycopene µg	0		21	JO	11		0	0	0
Lutein + zeaxanthin µg	30		12	JO	11		19	91	53
Vitamin E (alpha-tocopherol) mg	0.04		2	A	1		0.03	0.13	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11828
Potatoes, baked, flesh and skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	2.0		23	JO	11		1.2	6.0	3.5
Dihydrophylloquinone µg	0.0		22	A	1		0.0	0.0	0.0
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.034		0	NC	4		0.021	0.101	0.058
4:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0 g	0.001		0	BFFN	4		0.001	0.004	0.002
12:0 g	0.004		0	BFFN	4		0.002	0.012	0.007
13:0 g									
14:0 g	0.001		0	BFFN	4		0.001	0.004	0.002
15:0 g									
16:0 g	0.022		0	BFFN	4		0.013	0.065	0.037
17:0 g									
18:0 g	0.005		0	BFFN	4		0.003	0.016	0.009
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.003		0	NC	4		0.002	0.008	0.005
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	BFFN	4		0.001	0.004	0.002
17:1 g									
18:1 undifferentiated g	0.001		0	BFFN	4		0.001	0.004	0.002
20:1 g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.057		0	NC	4		0.035	0.169	0.098
18:2 undifferentiated g	0.043		0	BFFN	4		0.026	0.129	0.075
18:3 undifferentiated g	0.013		0	BFFN	4		0.008	0.040	0.023
18:4 g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.025		0	A	1		0.016	0.076	0.044
Threonine g	0.081		0	A	1		0.050	0.243	0.141
Isoleucine g	0.080		0	A	1		0.049	0.240	0.139
Leucine g	0.119		0	A	1		0.072	0.355	0.205
Lysine g	0.130		0	A	1		0.079	0.388	0.225
Methionine g	0.038		0	A	1		0.023	0.115	0.066
Cystine g	0.029		0	A	1		0.018	0.087	0.051
Phenylalanine g	0.099		0	A	1		0.060	0.296	0.171
Tyrosine g	0.058		0	A	1		0.036	0.175	0.101
Valine g	0.125		0	A	1		0.076	0.373	0.216
Arginine g	0.123		0	A	1		0.075	0.367	0.213
Histidine g	0.042		0	A	1		0.026	0.126	0.073
Alanine g	0.076		0	A	1		0.046	0.227	0.132
Aspartic acid g	0.583		0	A	1		0.356	1.743	1.009
Glutamic acid g	0.427		0	A	1		0.260	1.275	0.738

NDB No. 11828
Potatoes, baked, flesh and skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.069		0	A	1		0.042	0.207	0.120
Proline....g	0.076		0	A	1		0.047	0.229	0.132
Serine....g	0.091		0	A	1		0.055	0.271	0.157
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 61g: .5 cup

Measure 2 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 3 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11674
Potatoes, baked, flesh and skin, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.89		21	A	1		110.84	223.93	129.56
Energy kcal	93		0	NC	4		138	279	161
Energy kJ	390		0	NC	4		577	1166	675
Protein (N x 6.25) g	2.50		21	A	1		3.69	7.46	4.32
Total lipid (fat) g	0.13		21	A	1		0.20	0.40	0.23
Ash g	1.33		21	A	1		1.96	3.96	2.29
Carbohydrate, by difference g	21.15		0	NC	4		31.31	63.24	36.59
Fiber, total dietary g	2.2		15	A	1		3.3	6.6	3.8
Sugars, total g	1.18		0	AS	1		1.74	3.51	2.03
Sucrose g	0.40		21	A	1		0.59	1.18	0.69
Glucose (dextrose) g	0.44		21	A	1		0.65	1.31	0.76
Fructose g	0.34		21	A	1		0.51	1.02	0.59
Lactose g	0.00		21	A	1		0.00	0.00	0.00
Maltose g	0.00		21	A	1		0.00	0.00	0.00
Galactose g	0.00		11	A	1		0.00	0.00	0.00
Starch g	17.27		21	A	1		25.56	51.65	29.88
Minerals:									
Calcium, Ca mg	15	0.182	46	JA	6		22	44	26
Iron, Fe mg	1.08	0.022	47	JA	6		1.60	3.24	1.88
Magnesium, Mg mg	28	0.188	47	JA	6		42	85	49
Phosphorus, P mg	70	0.442	46	JA	6		103	208	120
Potassium, K mg	535	3.398	47	JA	6		792	1599	925
Sodium, Na mg	10	0.133	47	JA	6		16	31	18
Zinc, Zn mg	0.36	0.001	47	JA	6		0.53	1.06	0.61
Copper, Cu mg	0.118	0.002	46	JA	6		0.174	0.352	0.203
Manganese, Mn mg	0.219	0.003	47	JA	6		0.325	0.656	0.380
Selenium, Se µg	0.4	0.010	22	JA	6		0.6	1.1	0.7
Vitamins:									
Vitamin C, total ascorbic acid mg	9.6		21	A	1		14.2	28.7	16.6
Thiamin mg	0.064		21	A	1		0.095	0.192	0.111
Riboflavin mg	0.048		21	A	1		0.070	0.142	0.082
Niacin mg	1.410		21	A	1		2.087	4.216	2.439
Pantothenic acid mg	0.376		21	A	1		0.557	1.125	0.651
Vitamin B-6 mg	0.311		21	A	1		0.461	0.931	0.539
Folate, total µg	28		21	A	1		41	83	48
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	28		21	A	1		41	83	48
Folate, DFE µg	28		0	NC	4		41	83	48
Choline, total mg	14.8		0	BFSN	4		21.9	44.2	25.6
Betaine mg	0.2		0	BFSN	4		0.3	0.7	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		1	2	1
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	6		21	JO	11		9	18	11
Carotene, alpha µg	0		21	JO	11		0	0	0
Cryptoxanthin, beta µg	0		21	JO	11		0	0	0
Vitamin A, IU IU	10		0	NC	4		15	31	18
Lycopene µg	0		21	JO	11		0	0	0
Lutein + zeaxanthin µg	30		12	JO	11		45	91	53
Vitamin E (alpha-tocopherol) mg	0.04		2	A	1		0.07	0.13	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11674
Potatoes, baked, flesh and skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.0		23	JO	11		3.0	6.0	3.5
Dihydrophylloquinone....µg	0.0		22	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.034		0	NC	4		0.050	0.101	0.058
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.001		0	BFFN	4		0.002	0.004	0.002
12:0....g	0.004		0	BFFN	4		0.006	0.012	0.007
13:0....g									
14:0....g	0.001		0	BFFN	4		0.002	0.004	0.002
15:0....g									
16:0....g	0.022		0	BFFN	4		0.032	0.065	0.037
17:0....g									
18:0....g	0.005		0	BFFN	4		0.008	0.016	0.009
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0	NC	4		0.004	0.008	0.005
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFFN	4		0.002	0.004	0.002
17:1....g									
18:1 undifferentiated....g	0.001		0	BFFN	4		0.002	0.004	0.002
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.057		0	NC	4		0.084	0.169	0.098
18:2 undifferentiated....g	0.043		0	BFFN	4		0.064	0.129	0.075
18:3 undifferentiated....g	0.013		0	BFFN	4		0.020	0.040	0.023
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0	A	1		0.038	0.076	0.044
Threonine....g	0.081		0	A	1		0.120	0.243	0.141
Isoleucine....g	0.080		0	A	1		0.119	0.240	0.139
Leucine....g	0.119		0	A	1		0.176	0.355	0.205
Lysine....g	0.130		0	A	1		0.192	0.388	0.225
Methionine....g	0.038		0	A	1		0.057	0.115	0.066
Cystine....g	0.029		0	A	1		0.043	0.087	0.051
Phenylalanine....g	0.099		0	A	1		0.146	0.296	0.171
Tyrosine....g	0.058		0	A	1		0.086	0.175	0.101
Valine....g	0.125		0	A	1		0.184	0.373	0.216
Arginine....g	0.123		0	A	1		0.182	0.367	0.213
Histidine....g	0.042		0	A	1		0.062	0.126	0.073
Alanine....g	0.076		0	A	1		0.113	0.227	0.132
Aspartic acid....g	0.583		0	A	1		0.863	1.743	1.009
Glutamic acid....g	0.427		0	A	1		0.631	1.275	0.738

NDB No. 11674
Potatoes, baked, flesh and skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.069		0	A	1		0.102	0.207	0.120
Proline....g	0.076		0	A	1		0.113	0.229	0.132
Serine....g	0.091		0	A	1		0.134	0.271	0.157
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 148g: 1 NLEA serving

Measure 2 = 299g: 1 potato large

Measure 3 = 173g: 1 potato medium

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11829
Potatoes, baked, flesh, with salt

Refuse: 23% Skin and adhering flesh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.42	1.207	6		1		46.01	117.66	
Energy kcal	93		0	NC	4		57	145	
Energy kJ	390		0	NC	4		238	608	
Protein (N x 6.25) g	1.96	0.018	6		1		1.20	3.06	
Total lipid (fat) g	0.10		0		1		0.06	0.16	
Ash g	0.97	0.061	6		1		0.59	1.51	
Carbohydrate, by difference g	21.55		0	NC	4		13.15	33.62	
Fiber, total dietary g	1.5		0		4		0.9	2.3	
Sugars, total g	1.70		0	T	4		1.04	2.65	
Starch g									
Minerals:									
Calcium, Ca mg	5	1.393	6		1		3	8	
Iron, Fe mg	0.35	0.080	6		1		0.21	0.55	
Magnesium, Mg mg	25	1.838	6		1		15	39	
Phosphorus, P mg	50	3.593	6		1		31	78	
Potassium, K mg	391	18.745	6		1		239	610	
Sodium, Na mg	241		0		4		147	376	
Zinc, Zn mg	0.29	0.031	6		1		0.18	0.45	
Copper, Cu mg	0.215	0.043	6		1		0.131	0.335	
Manganese, Mn mg	0.161	0.014	6		1		0.098	0.251	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.8	0.617	3		1		7.8	20.0	
Thiamin mg	0.105	0.006	6		1		0.064	0.164	
Riboflavin mg	0.021	0.001	6		1		0.013	0.033	
Niacin mg	1.395	0.102	6		1		0.851	2.176	
Pantothenic acid mg	0.555		1		1		0.339	0.866	
Vitamin B-6 mg	0.301	0.012	6		1		0.184	0.470	
Folate, total µg	9	0.557	6		1		6	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9	0.557	6		1		6	14	
Folate, DFE µg	9		0	NC	4		6	14	
Choline, total mg	14.5		0	BFSN	4		8.8	22.6	
Betaine mg	0.2		0	BFSN	4		0.1	0.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.04		0	O	4		0.02	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	T	4		0.2	0.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11829
Potatoes, baked, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.016	0.041	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.001	0.002	
12:0....g	0.003		0		1		0.002	0.005	
13:0....g									
14:0....g	0.001		0		1		0.001	0.002	
15:0....g									
16:0....g	0.016		0		1		0.010	0.025	
17:0....g									
18:0....g	0.004		0		1		0.002	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.026	0.067	
18:2 undifferentiated....g	0.032		0		1		0.020	0.050	
18:3 undifferentiated....g	0.010		0		1		0.006	0.016	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.018	0.047	
Threonine....g	0.071		0		1		0.043	0.111	
Isoleucine....g	0.080		0		1		0.049	0.125	
Leucine....g	0.118		0		1		0.072	0.184	
Lysine....g	0.119		0		1		0.073	0.186	
Methionine....g	0.031		0		1		0.019	0.048	
Cystine....g	0.025		0		1		0.015	0.039	
Phenylalanine....g	0.087		0		1		0.053	0.136	
Tyrosine....g	0.073		0		1		0.045	0.114	
Valine....g	0.110		0		1		0.067	0.172	
Arginine....g	0.090		0		1		0.055	0.140	
Histidine....g	0.043		0		1		0.026	0.067	
Alanine....g	0.060		0		1		0.037	0.094	
Aspartic acid....g	0.479		0		1		0.292	0.747	
Glutamic acid....g	0.328		0		1		0.200	0.512	
Glycine....g	0.058		0		1		0.035	0.090	
Proline....g	0.070		0		1		0.043	0.109	
Serine....g	0.085		0		1		0.052	0.133	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11829
Potatoes, baked, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 61g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11363
Potatoes, baked, flesh, without salt

Refuse: 23% Skin and adhering flesh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.42	1.207	6		1		46.01	117.66	
Energy kcal	93		0	NC	4		57	145	
Energy kJ	390		0	NC	4		238	608	
Protein (N x 6.25) g	1.96	0.018	6		1		1.20	3.06	
Total lipid (fat) g	0.10		0		1		0.06	0.16	
Ash g	0.97	0.061	6		1		0.59	1.51	
Carbohydrate, by difference g	21.55		0	NC	4		13.15	33.62	
Fiber, total dietary g	1.5		0		1		0.9	2.3	
Sugars, total g	1.70		0	T	4		1.04	2.65	
Starch g									
Minerals:									
Calcium, Ca mg	5	1.393	6		1		3	8	
Iron, Fe mg	0.35	0.080	6		1		0.21	0.55	
Magnesium, Mg mg	25	1.838	6		1		15	39	
Phosphorus, P mg	50	3.593	6		1		31	78	
Potassium, K mg	391	18.745	6		1		239	610	
Sodium, Na mg	5	0.440	6		1		3	8	
Zinc, Zn mg	0.29	0.031	6		1		0.18	0.45	
Copper, Cu mg	0.215	0.043	6		1		0.131	0.335	
Manganese, Mn mg	0.161	0.014	6		1		0.098	0.251	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.8	0.617	3		1		7.8	20.0	
Thiamin mg	0.105	0.006	6		1		0.064	0.164	
Riboflavin mg	0.021	0.001	6		1		0.013	0.033	
Niacin mg	1.395	0.102	6		1		0.851	2.176	
Pantothenic acid mg	0.555		1		1		0.339	0.866	
Vitamin B-6 mg	0.301	0.012	6		1		0.184	0.470	
Folate, total µg	9	0.557	6		1		6	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9	0.557	6		1		6	14	
Folate, DFE µg	9		0	NC	4		6	14	
Choline, total mg	14.5		0	BFSN	4		8.8	22.6	
Betaine mg	0.2		0	BFSN	4		0.1	0.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.04		0	O	4		0.02	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	T	4		0.2	0.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11363
Potatoes, baked, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.016	0.041	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.001		0		1		0.001	0.002	
12:0....g	0.003		0		1		0.002	0.005	
13:0....g									
14:0....g	0.001		0		1		0.001	0.002	
15:0....g									
16:0....g	0.016		0		1		0.010	0.025	
17:0....g									
18:0....g	0.004		0		1		0.002	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001	0.002	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.026	0.067	
18:2 undifferentiated....g	0.032		0		1		0.020	0.050	
18:3 undifferentiated....g	0.010		0		1		0.006	0.016	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.018	0.047	
Threonine....g	0.071		0		1		0.043	0.111	
Isoleucine....g	0.080		0		1		0.049	0.125	
Leucine....g	0.118		0		1		0.072	0.184	
Lysine....g	0.119		0		1		0.073	0.186	
Methionine....g	0.031		0		1		0.019	0.048	
Cystine....g	0.025		0		1		0.015	0.039	
Phenylalanine....g	0.087		0		1		0.053	0.136	
Tyrosine....g	0.073		0		1		0.045	0.114	
Valine....g	0.110		0		1		0.067	0.172	
Arginine....g	0.090		0		1		0.055	0.140	
Histidine....g	0.043		0		1		0.026	0.067	
Alanine....g	0.060		0		1		0.037	0.094	
Aspartic acid....g	0.479		0		1		0.292	0.747	
Glutamic acid....g	0.328		0		1		0.200	0.512	
Glycine....g	0.058		0		1		0.035	0.090	
Proline....g	0.070		0		1		0.043	0.109	
Serine....g	0.085		0		1		0.052	0.133	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11363
Potatoes, baked, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 61g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11830
Potatoes, baked, skin only, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.31	1.891	6		1		27.44		
Energy kcal	198		0	NC	4		115		
Energy kJ	830		0	NC	4		481		
Protein (N x 6.25) g	4.29	0.270	4		1		2.49		
Total lipid (fat) g	0.10		0		1		0.06		
Ash g	2.24	0.115	4		1		1.30		
Carbohydrate, by difference g	46.06		0	NC	4		26.71		
Fiber, total dietary g	7.9		0		4		4.6		
Sugars, total g	1.40		0	T	4		0.81		
Starch g									
Minerals:									
Calcium, Ca mg	34	9.770	6		1		20		
Iron, Fe mg	7.04	1.901	6		1		4.08		
Magnesium, Mg mg	43	1.960	6		1		25		
Phosphorus, P mg	101	5.775	6		1		59		
Potassium, K mg	573	25.380	6		1		332		
Sodium, Na mg	257		0		4		149		
Zinc, Zn mg	0.49	0.046	6		1		0.28		
Copper, Cu mg	0.817	0.069	6		1		0.474		
Manganese, Mn mg	0.616	0.099	6		1		0.357		
Selenium, Se µg	0.7		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.5	0.169	3		1		7.8		
Thiamin mg	0.122	0.011	6		1		0.071		
Riboflavin mg	0.106	0.005	6		1		0.061		
Niacin mg	3.065	0.038	5		1		1.778		
Pantothenic acid mg	0.857		0		4		0.497		
Vitamin B-6 mg	0.614	0.026	6		1		0.356		
Folate, total µg	22	1.844	6		1		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	22	1.844	6		1		13		
Folate, DFE µg	22		0	NC	4		13		
Choline, total mg	31.0		0	BFSN	4		18.0		
Betaine mg	0.5		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6		0	O	4		3		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	10		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	30		0	O	4		17		
Vitamin E (alpha-tocopherol) mg	0.04		0	O	4		0.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.7		0	O	4		1.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11830
Potatoes, baked, skin only, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.015		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.001		
12:0....g	0.003		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.016		0		1		0.009		
17:0....g									
18:0....g	0.004		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.025		
18:2 undifferentiated....g	0.032		0		1		0.019		
18:3 undifferentiated....g	0.010		0		1		0.006		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 skin

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11364
Potatoes, baked, skin, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.31	1.891	6		1		27.44		
Energy kcal	198		0	NC	4		115		
Energy kJ	830		0	NC	4		481		
Protein (N x 6.25) g	4.29	0.270	4		1		2.49		
Total lipid (fat) g	0.10		0		1		0.06		
Ash g	2.24	0.115	4		1		1.30		
Carbohydrate, by difference g	46.06		0	NC	4		26.71		
Fiber, total dietary g	7.9		0		4		4.6		
Sugars, total g	1.40		0	T	4		0.81		
Starch g									
Minerals:									
Calcium, Ca mg	34	9.770	6		1		20		
Iron, Fe mg	7.04	1.901	6		1		4.08		
Magnesium, Mg mg	43	1.960	6		1		25		
Phosphorus, P mg	101	5.775	6		1		59		
Potassium, K mg	573	25.380	6		1		332		
Sodium, Na mg	21	4.455	6		1		12		
Zinc, Zn mg	0.49	0.046	6		1		0.28		
Copper, Cu mg	0.817	0.069	6		1		0.474		
Manganese, Mn mg	0.616	0.099	6		1		0.357		
Selenium, Se µg	0.7		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.5	0.169	3		1		7.8		
Thiamin mg	0.122	0.011	6		1		0.071		
Riboflavin mg	0.106	0.005	6		1		0.061		
Niacin mg	3.065	0.038	5		1		1.778		
Pantothenic acid mg	0.857		0		4		0.497		
Vitamin B-6 mg	0.614	0.026	6		1		0.356		
Folate, total µg	22	1.844	6		1		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	22	1.844	6		1		13		
Folate, DFE µg	22		0	NC	4		13		
Choline, total mg	31.0		0	BFSN	4		18.0		
Betaine mg	0.5		0	BFSN	4		0.3		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6		0	O	4		3		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	10		0	NC	4		6		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	30		0	O	4		17		
Vitamin E (alpha-tocopherol) mg	0.04		0	O	4		0.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.7		0	O	4		1.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11364
Potatoes, baked, skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.015		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.001		0		1		0.001		
12:0....g	0.003		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.016		0		1		0.009		
17:0....g									
18:0....g	0.004		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.025		
18:2 undifferentiated....g	0.032		0		1		0.019		
18:3 undifferentiated....g	0.010		0		1		0.006		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 skin

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11831
Potatoes, boiled, cooked in skin, flesh, with salt

Refuse: 9% Skins and eyes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.98	0.915	6		1		60.04	104.69	
Energy kcal	87		0	NC	4		68	118	
Energy kJ	364		0		4		284	495	
Protein (N x 6.25) g	1.87	0.073	6		1		1.46	2.54	
Total lipid (fat) g	0.10		0		1		0.08	0.14	
Ash g	0.92	0.061	6		1		0.72	1.25	
Carbohydrate, by difference g	20.13		0	NC	4		15.70	27.38	
Fiber, total dietary g	2.0		0		4		1.6	2.7	
Sugars, total g	0.91		0	BFSN	4		0.71	1.24	
Starch g									
Minerals:									
Calcium, Ca mg	5	1.310	6		1		4	7	
Iron, Fe mg	0.31	0.041	6		1		0.24	0.42	
Magnesium, Mg mg	22	1.282	6		1		17	30	
Phosphorus, P mg	44	2.407	6		1		34	60	
Potassium, K mg	379	10.859	6		1		296	515	
Sodium, Na mg	240		0		4		187	326	
Zinc, Zn mg	0.30	0.027	6		1		0.23	0.41	
Copper, Cu mg	0.188	0.030	6		1		0.147	0.256	
Manganese, Mn mg	0.138	0.013	6		1		0.108	0.188	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.0	0.712	3		1		10.1	17.7	
Thiamin mg	0.106	0.007	6		1		0.083	0.144	
Riboflavin mg	0.020	0.000	6		1		0.016	0.027	
Niacin mg	1.439	0.110	6		1		1.122	1.957	
Pantothenic acid mg	0.520		0		1		0.406	0.707	
Vitamin B-6 mg	0.299	0.005	6		1		0.233	0.407	
Folate, total µg	10	0.387	6		1		8	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10	0.387	6		1		8	14	
Folate, DFE µg	10		0	NC	4		8	14	
Choline, total mg	13.5		0	BFSN	4		10.6	18.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2		0	BFSY	4		1	2	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	3		0	NC	4		2	3	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	10		0	BFSY	4		8	13	
Vitamin E (alpha-tocopherol) mg	0.05		0	O	4		0.04	0.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.2		0	BFSN	4		1.7	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11831

Potatoes, boiled, cooked in skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.020	0.035	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.001		0		1		0.001	0.001	
12:0....g	0.003		0		1		0.002	0.004	
13:0....g									
14:0....g	0.001		0		1		0.001	0.001	
15:0....g									
16:0....g	0.016		0		1		0.012	0.022	
17:0....g									
18:0....g	0.004		0		1		0.003	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.002	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001	0.001	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.034	0.058	
18:2 undifferentiated....g	0.032		0		1		0.025	0.044	
18:3 undifferentiated....g	0.010		0		1		0.008	0.014	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.023	0.039	
Threonine....g	0.068		0		1		0.053	0.092	
Isoleucine....g	0.076		0		1		0.059	0.103	
Leucine....g	0.112		0		1		0.087	0.152	
Lysine....g	0.114		0		1		0.089	0.155	
Methionine....g	0.030		0		1		0.023	0.041	
Cystine....g	0.024		0		1		0.019	0.033	
Phenylalanine....g	0.083		0		1		0.065	0.113	
Tyrosine....g	0.069		0		1		0.054	0.094	
Valine....g	0.105		0		1		0.082	0.143	
Arginine....g	0.086		0		1		0.067	0.117	
Histidine....g	0.041		0		1		0.032	0.056	
Alanine....g	0.057		0		1		0.044	0.078	
Aspartic acid....g	0.457		0		1		0.356	0.622	
Glutamic acid....g	0.314		0		1		0.245	0.427	
Glycine....g	0.056		0		1		0.044	0.076	
Proline....g	0.067		0		1		0.052	0.091	
Serine....g	0.081		0		1		0.063	0.110	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11831
Potatoes, boiled, cooked in skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup

Measure 2 = 136g: 1 potato (2-1/2" dia, sphere)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11365
Potatoes, boiled, cooked in skin, flesh, without salt

Refuse: 9% Skins and eyes

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.98	0.915	6		1		60.04	104.69	
Energy kcal	87		0	NC	4		68	118	
Energy kJ	364		0		4		284	495	
Protein (N x 6.25) g	1.87	0.073	6		1		1.46	2.54	
Total lipid (fat) g	0.10		0		1		0.08	0.14	
Ash g	0.92	0.061	6		1		0.72	1.25	
Carbohydrate, by difference g	20.13		0	NC	4		15.70	27.38	
Fiber, total dietary g	1.8		0		1		1.4	2.4	
Sugars, total g	0.91		0	BFSN	4		0.71	1.24	
Sucrose g	0.19		0	BFSN	4		0.15	0.26	
Glucose (dextrose) g	0.34		0	BFSN	4		0.27	0.46	
Fructose g	0.29		0	BFSN	4		0.23	0.39	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.00		0	BFSN	4		0.00	0.00	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5	1.310	6		1		4	7	
Iron, Fe mg	0.31	0.041	6		1		0.24	0.42	
Magnesium, Mg mg	22	1.282	6		1		17	30	
Phosphorus, P mg	44	2.407	6		1		34	60	
Potassium, K mg	379	10.859	6		1		296	515	
Sodium, Na mg	4	0.616	6		1		3	5	
Zinc, Zn mg	0.30	0.027	6		1		0.23	0.41	
Copper, Cu mg	0.188	0.030	6		1		0.147	0.256	
Manganese, Mn mg	0.138	0.013	6		1		0.108	0.188	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.0	0.712	3		1		10.1	17.7	
Thiamin mg	0.106	0.007	6		1		0.083	0.144	
Riboflavin mg	0.020	0.000	6		1		0.016	0.027	
Niacin mg	1.439	0.110	6		1		1.122	1.957	
Pantothenic acid mg	0.520		0		1		0.406	0.707	
Vitamin B-6 mg	0.299	0.005	6		1		0.233	0.407	
Folate, total µg	10	0.387	6		1		8	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10	0.387	6		1		8	14	
Folate, DFE µg	10		0	NC	4		8	14	
Choline, total mg	13.5		0	BFSN	4		10.6	18.4	
Betaine mg	0.2		0	BFSN	4		0.2	0.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2		0	BFSY	4		1	2	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	3		0	NC	4		2	3	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	10		0	BFSY	4		8	13	
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.01	0.01	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11365

Potatoes, boiled, cooked in skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.2		0	BFSN	4		1.7	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.026		0		1		0.020	0.035	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.001		0		1		0.001	0.001	
12:0 g	0.003		0		1		0.002	0.004	
13:0 g									
14:0 g	0.001		0		1		0.001	0.001	
15:0 g									
16:0 g	0.016		0		1		0.012	0.022	
17:0 g									
18:0 g	0.004		0		1		0.003	0.005	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.002		0		1		0.002	0.003	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.001	0.001	
17:1 g									
18:1 undifferentiated g	0.001		0		1		0.001	0.001	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.043		0		1		0.034	0.058	
18:2 undifferentiated g	0.032		0		1		0.025	0.044	
18:3 undifferentiated g	0.010		0		1		0.008	0.014	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.029		0		1		0.023	0.039	
Threonine g	0.068		0		1		0.053	0.092	
Isoleucine g	0.076		0		1		0.059	0.103	
Leucine g	0.112		0		1		0.087	0.152	
Lysine g	0.114		0		1		0.089	0.155	
Methionine g	0.030		0		1		0.023	0.041	
Cystine g	0.024		0		1		0.019	0.033	
Phenylalanine g	0.083		0		1		0.065	0.113	
Tyrosine g	0.069		0		1		0.054	0.094	
Valine g	0.105		0		1		0.082	0.143	
Arginine g	0.086		0		1		0.067	0.117	
Histidine g	0.041		0		1		0.032	0.056	
Alanine g	0.057		0		1		0.044	0.078	
Aspartic acid g	0.457		0		1		0.356	0.622	
Glutamic acid g	0.314		0		1		0.245	0.427	

NDB No. 11365
Potatoes, boiled, cooked in skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.056		0		1		0.044	0.076	
Proline....g	0.067		0		1		0.052	0.091	
Serine....g	0.081		0		1		0.063	0.110	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup

Measure 2 = 136g: 1 potato (2-1/2" dia, sphere)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11832
Potatoes, boiled, cooked in skin, skin, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.80	1.792	5		1		26.45		
Energy kcal	78		0	NC	4		27		
Energy kJ	327		0	NC	4		111		
Protein (N x 6.25) g	2.86		2		1		0.97		
Total lipid (fat) g	0.10		0		1		0.03		
Ash g	2.04		2		1		0.69		
Carbohydrate, by difference g	17.20		0	NC	4		5.85		
Fiber, total dietary g	3.3		0		4		1.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	45	14.305	5		1		15		
Iron, Fe mg	6.07	0.315	5		1		2.06		
Magnesium, Mg mg	30	0.380	5		1		10		
Phosphorus, P mg	54	6.423	5		1		18		
Potassium, K mg	407	19.419	5		1		138		
Sodium, Na mg	250		0		4		85		
Zinc, Zn mg	0.44	0.020	5		1		0.15		
Copper, Cu mg	0.878	0.144	5		1		0.299		
Manganese, Mn mg	1.338	0.225	5		1		0.455		
Selenium, Se µg	0.3		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2		2		1		1.8		
Thiamin mg	0.032	0.005	5		1		0.011		
Riboflavin mg	0.036	0.004	5		1		0.012		
Niacin mg	1.222	0.152	5		1		0.415		
Pantothenic acid mg	0.361		0		4		0.123		
Vitamin B-6 mg	0.239	0.008	5		1		0.081		
Folate, total µg	10	0.828	5		1		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10	0.828	5		1		3		
Folate, DFE µg	10		0	NC	4		3		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11832

Potatoes, boiled, cooked in skin, skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.009		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.000		
12:0....g	0.003		0		1		0.001		
13:0....g									
14:0....g	0.001		0		1		0.000		
15:0....g									
16:0....g	0.016		0		1		0.005		
17:0....g									
18:0....g	0.004		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.000		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.015		
18:2 undifferentiated....g	0.032		0		1		0.011		
18:3 undifferentiated....g	0.010		0		1		0.003		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 skin

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11366
Potatoes, boiled, cooked in skin, skin, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.80	1.792	5		1		26.45		
Energy kcal	78		0	NC	4		27		
Energy kJ	326				4		111		
Protein (N x 6.25) g	2.86		2		1		0.97		
Total lipid (fat) g	0.10		0		1		0.03		
Ash g	2.04		2		1		0.69		
Carbohydrate, by difference g	17.21		0	NC	4		5.85		
Fiber, total dietary g	3.3		0		4		1.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	45	14.305	5		1		15		
Iron, Fe mg	6.07	0.315	5		1		2.06		
Magnesium, Mg mg	30	0.380	5		1		10		
Phosphorus, P mg	54	6.423	5		1		18		
Potassium, K mg	407	19.419	5		1		138		
Sodium, Na mg	14	1.948	5		1		5		
Zinc, Zn mg	0.44	0.020	5		1		0.15		
Copper, Cu mg	0.878	0.144	5		1		0.299		
Manganese, Mn mg	1.338	0.225	5		1		0.455		
Selenium, Se µg	0.3		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2		2		1		1.8		
Thiamin mg	0.032	0.005	5		1		0.011		
Riboflavin mg	0.036	0.004	5		1		0.012		
Niacin mg	1.222	0.152	5		1		0.415		
Pantothenic acid mg	0.361		0		4		0.123		
Vitamin B-6 mg	0.239	0.008	5		1		0.081		
Folate, total µg	10	0.828	5		1		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10	0.828	5		1		3		
Folate, DFE µg	10		0	NC	4		3		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11366

Potatoes, boiled, cooked in skin, skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.009		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.000		
12:0....g	0.003		0		1		0.001		
13:0....g									
14:0....g	0.001		0		1		0.000		
15:0....g									
16:0....g	0.016		0		1		0.005		
17:0....g									
18:0....g	0.004		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.000		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.015		
18:2 undifferentiated....g	0.032		0		1		0.011		
18:3 undifferentiated....g	0.010		0		1		0.003		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 skin

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11833
Potatoes, boiled, cooked without skin, flesh, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.46	1.121	6		1		60.42	232.38	129.36
Energy kcal	86		0	NC	4		67	258	144
Energy kJ	360		0		4		281	1079	601
Protein (N x 6.25) g	1.71	0.047	6		1		1.33	5.13	2.86
Total lipid (fat) g	0.10		0		1		0.08	0.30	0.17
Ash g	0.72	0.055	6		1		0.56	2.16	1.20
Carbohydrate, by difference g	20.01		0	NC	4		15.61	60.03	33.42
Fiber, total dietary g	2.0		0		4		1.6	6.0	3.3
Sugars, total g	0.89		0	BFSN	4		0.70	2.68	1.49
Starch g									
Minerals:									
Calcium, Ca mg	8	3.105	6		1		6	24	13
Iron, Fe mg	0.31	0.073	6		1		0.24	0.93	0.52
Magnesium, Mg mg	20	1.181	6		1		16	60	33
Phosphorus, P mg	40	2.023	6		1		31	120	67
Potassium, K mg	328		0		1		256	984	548
Sodium, Na mg	241		0		4		188	723	402
Zinc, Zn mg	0.27	0.031	6		1		0.21	0.81	0.45
Copper, Cu mg	0.167	0.019	6		1		0.130	0.501	0.279
Manganese, Mn mg	0.140	0.009	6		1		0.109	0.420	0.234
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.9	0.5
Vitamins:									
Vitamin C, total ascorbic acid mg	7.4	0.596	3		1		5.8	22.2	12.4
Thiamin mg	0.098	0.006	6		1		0.076	0.294	0.164
Riboflavin mg	0.019	0.002	6		1		0.015	0.057	0.032
Niacin mg	1.312	0.176	6		1		1.023	3.936	2.191
Pantothenic acid mg	0.509		0		1		0.397	1.527	0.850
Vitamin B-6 mg	0.269	0.006	6		1		0.210	0.807	0.449
Folate, total µg	9	0.525	6		1		7	27	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9	0.525	6		1		7	27	15
Folate, DFE µg	9		0	NC	4		7	27	15
Choline, total mg	13.2		0	BFSN	4		10.3	39.7	22.1
Betaine mg	0.2		0	BFSN	4		0.2	0.6	0.3
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		0	BFSY	4		1	4	2
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	2		0	NC	4		2	7	4
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	9		0	BFSY	4		7	28	16
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.01	0.02	0.01
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	2.2		0	BFSN	4		1.7	6.6	3.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11833

Potatoes, boiled, cooked without skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.020	0.078	0.043
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.001		0		1		0.001	0.003	0.002
12:0....g	0.003		0		1		0.002	0.009	0.005
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	0.002
15:0....g									
16:0....g	0.016		0		1		0.012	0.048	0.027
17:0....g									
18:0....g	0.004		0		1		0.003	0.012	0.007
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.002	0.006	0.003
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	0.002
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001	0.003	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.034	0.129	0.072
18:2 undifferentiated....g	0.032		0		1		0.025	0.096	0.053
18:3 undifferentiated....g	0.010		0		1		0.008	0.030	0.017
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.021	0.081	0.045
Threonine....g	0.062		0		1		0.048	0.186	0.104
Isoleucine....g	0.070		0		1		0.055	0.210	0.117
Leucine....g	0.103		0		1		0.080	0.309	0.172
Lysine....g	0.104		0		1		0.081	0.312	0.174
Methionine....g	0.027		0		1		0.021	0.081	0.045
Cystine....g	0.022		0		1		0.017	0.066	0.037
Phenylalanine....g	0.076		0		1		0.059	0.228	0.127
Tyrosine....g	0.064		0		1		0.050	0.192	0.107
Valine....g	0.096		0		1		0.075	0.288	0.160
Arginine....g	0.079		0		1		0.062	0.237	0.132
Histidine....g	0.038		0		1		0.030	0.114	0.063
Alanine....g	0.053		0		1		0.041	0.159	0.089
Aspartic acid....g	0.419		0		1		0.327	1.257	0.700
Glutamic acid....g	0.287		0		1		0.224	0.861	0.479
Glycine....g	0.051		0		1		0.040	0.153	0.085
Proline....g	0.062		0		1		0.048	0.186	0.104
Serine....g	0.075		0		1		0.059	0.225	0.125
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11833
Potatoes, boiled, cooked without skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup

Measure 2 = 300g: 1 large (3" to 4-1/4" dia.)

Measure 3 = 167g: 1 medium (2-1/4" to 2-1/4" dia.)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11367
Potatoes, boiled, cooked without skin, flesh, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.46	1.121	6		1		60.42	232.38	129.36
Energy kcal	86		0	NC	4		67	258	144
Energy kJ	360		0		4		281	1079	601
Protein (N x 6.25) g	1.71	0.047	6		1		1.33	5.13	2.86
Total lipid (fat) g	0.10		0		1		0.08	0.30	0.17
Ash g	0.72	0.055	6		1		0.56	2.16	1.20
Carbohydrate, by difference g	20.01		0	NC	4		15.61	60.03	33.42
Fiber, total dietary g	1.8		0		1		1.4	5.4	3.0
Sugars, total g	0.89		0	BFSN	4		0.70	2.68	1.49
Sucrose g	0.18		0	BFSN	4		0.14	0.55	0.31
Glucose (dextrose) g	0.33		0	BFSN	4		0.26	1.00	0.56
Fructose g	0.28		0	BFSN	4		0.22	0.85	0.47
Lactose g	0.00		0	BFSN	4		0.00	0.00	0.00
Maltose g	0.00		0	BFSN	4		0.00	0.00	0.00
Galactose g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	8	3.105	6		1		6	24	13
Iron, Fe mg	0.31	0.073	6		1		0.24	0.93	0.52
Magnesium, Mg mg	20	1.181	6		1		16	60	33
Phosphorus, P mg	40	2.023	6		1		31	120	67
Potassium, K mg	328		0		1		256	984	548
Sodium, Na mg	5	0.668	6		1		4	15	8
Zinc, Zn mg	0.27	0.031	6		1		0.21	0.81	0.45
Copper, Cu mg	0.167	0.019	6		1		0.130	0.501	0.279
Manganese, Mn mg	0.140	0.009	6		1		0.109	0.420	0.234
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.9	0.5
Vitamins:									
Vitamin C, total ascorbic acid mg	7.4	0.596	3		1		5.8	22.2	12.4
Thiamin mg	0.098	0.006	6		1		0.076	0.294	0.164
Riboflavin mg	0.019	0.002	6		1		0.015	0.057	0.032
Niacin mg	1.312	0.176	6		1		1.023	3.936	2.191
Pantothenic acid mg	0.509		0		1		0.397	1.527	0.850
Vitamin B-6 mg	0.269	0.006	6		1		0.210	0.807	0.449
Folate, total µg	9	0.525	6		1		7	27	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9	0.525	6		1		7	27	15
Folate, DFE µg	9		0	NC	4		7	27	15
Choline, total mg	13.2		0	BFSN	4		10.3	39.7	22.1
Betaine mg	0.2		0	BFSN	4		0.2	0.6	0.3
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		0	BFSY	4		1	4	2
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	2		0	NC	4		2	7	4
Lycopene µg	0		0	BFSY	4		0	0	0
Lutein + zeaxanthin µg	9		0	BFSY	4		7	28	16
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.01	0.02	0.01
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11367

Potatoes, boiled, cooked without skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.2		0	BFSN	4		1.7	6.6	3.7
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.020	0.078	0.043
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.001		0		1		0.001	0.003	0.002
12:0....g	0.003		0		1		0.002	0.009	0.005
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	0.002
15:0....g									
16:0....g	0.016		0		1		0.012	0.048	0.027
17:0....g									
18:0....g	0.004		0		1		0.003	0.012	0.007
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.002	0.006	0.003
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	0.002
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001	0.003	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.034	0.129	0.072
18:2 undifferentiated....g	0.032		0		1		0.025	0.096	0.053
18:3 undifferentiated....g	0.010		0		1		0.008	0.030	0.017
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.027		0		1		0.021	0.081	0.045
Threonine....g	0.062		0		1		0.048	0.186	0.104
Isoleucine....g	0.070		0		1		0.055	0.210	0.117
Leucine....g	0.103		0		1		0.080	0.309	0.172
Lysine....g	0.104		0		1		0.081	0.312	0.174
Methionine....g	0.027		0		1		0.021	0.081	0.045
Cystine....g	0.022		0		1		0.017	0.066	0.037
Phenylalanine....g	0.076		0		1		0.059	0.228	0.127
Tyrosine....g	0.064		0		1		0.050	0.192	0.107
Valine....g	0.096		0		1		0.075	0.288	0.160
Arginine....g	0.079		0		1		0.062	0.237	0.132
Histidine....g	0.038		0		1		0.030	0.114	0.063
Alanine....g	0.053		0		1		0.041	0.159	0.089
Aspartic acid....g	0.419		0		1		0.327	1.257	0.700
Glutamic acid....g	0.287		0		1		0.224	0.861	0.479

NDB No. 11367

Potatoes, boiled, cooked without skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.051		0		1		0.040	0.153	0.085
Proline....g	0.062		0		1		0.048	0.186	0.104
Serine....g	0.075		0		1		0.059	0.225	0.125
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: .5 cup

Measure 2 = 300g: 1 large (3" to 4-1/4" dia.)

Measure 3 = 167g: 1 medium (2-1/4" to 3-1/4" dia.)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11376
Potatoes, canned, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.28	0.674	5		1		151.70	29.50	
Energy kcal	60		0	NC	4		108	21	
Energy kJ	251				4		452	88	
Protein (N x 6.25) g	1.41	0.068	5		1		2.54	0.49	
Total lipid (fat) g	0.21		0		1		0.38	0.07	
Ash g	0.86	0.081	5		1		1.55	0.30	
Carbohydrate, by difference g	13.61		0	NC	4		24.50	4.76	
Fiber, total dietary g	2.3		0		4		4.1	0.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5		0		1		9	2	
Iron, Fe mg	1.26	0.489	5		1		2.27	0.44	
Magnesium, Mg mg	14		0		1		25	5	
Phosphorus, P mg	28		0		1		50	10	
Potassium, K mg	229		0		1		412	80	
Sodium, Na mg	219		0	BD	4		394	77	
Zinc, Zn mg	0.28	0.043	5		1		0.50	0.10	
Copper, Cu mg	0.057	0.006	5		1		0.103	0.020	
Manganese, Mn mg	0.097	0.020	5		1		0.175	0.034	
Selenium, Se µg	0.9		1	A	1		1.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1		0		1		9.2	1.8	
Thiamin mg	0.068		0		1		0.122	0.024	
Riboflavin mg	0.013		0		1		0.023	0.005	
Niacin mg	0.915		0		1		1.647	0.320	
Pantothenic acid mg	0.354		0		1		0.637	0.124	
Vitamin B-6 mg	0.188		0		1		0.338	0.066	
Folate, total µg	6		0		1		11	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		11	2	
Folate, DFE µg	6		0	NC	4		11	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11376
Potatoes, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.054		0		1		0.097	0.019	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.002	0.000	
12:0....g	0.007		0		1		0.013	0.002	
13:0....g									
14:0....g	0.001		0		1		0.002	0.000	
15:0....g									
16:0....g	0.033		0		1		0.059	0.012	
17:0....g									
18:0....g	0.007		0		1		0.013	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.009	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004	0.001	
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.004	0.001	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0		1		0.160	0.031	
18:2 undifferentiated....g	0.066		0		1		0.119	0.023	
18:3 undifferentiated....g	0.021		0		1		0.038	0.007	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.022		0		1		0.040	0.008	
Threonine....g	0.051		0		1		0.092	0.018	
Isoleucine....g	0.057		0		1		0.103	0.020	
Leucine....g	0.085		0		1		0.153	0.030	
Lysine....g	0.086		0		1		0.155	0.030	
Methionine....g	0.022		0		1		0.040	0.008	
Cystine....g	0.018		0		1		0.032	0.006	
Phenylalanine....g	0.063		0		1		0.113	0.022	
Tyrosine....g	0.052		0		1		0.094	0.018	
Valine....g	0.080		0		1		0.144	0.028	
Arginine....g	0.065		0		1		0.117	0.023	
Histidine....g	0.031		0		1		0.056	0.011	
Alanine....g	0.043		0		1		0.077	0.015	
Aspartic acid....g	0.346		0		1		0.623	0.121	
Glutamic acid....g	0.237		0		1		0.427	0.083	
Glycine....g	0.042		0		1		0.076	0.015	
Proline....g	0.051		0		1		0.092	0.018	
Serine....g	0.061		0		1		0.110	0.021	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11376
Potatoes, canned, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 35g: 1 potato

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43311
Potatoes, canned, drained solids, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	84.30		1		1		151.74		
Energy kcal	62		0	NC	4		111		
Energy kJ	259		0	NC	4		465		
Protein g	1.40		1		1		2.52		
Total lipid (fat) g	0.20		1		1		0.36		
Ash g	0.50		0	BFSN	4		0.90		
Carbohydrate, by difference g	13.60		0	NC	4		24.48		
Fiber, total dietary g	2.4		1		1		4.3		
Sugars, total g	0.59		0	BFSN	4		1.06		
Starch g									
Minerals:									
Calcium, Ca mg	5		1		1		9		
Iron, Fe mg	1.26		1		1		2.27		
Magnesium, Mg mg	14		1		1		25		
Phosphorus, P mg	28		1		1		50		
Potassium, K mg	229		1		1		412		
Sodium, Na mg	5		0		4		9		
Zinc, Zn mg	0.28		1		1		0.50		
Copper, Cu mg	0.057		1		1		0.103		
Manganese, Mn mg	0.120		0	BFSN	4		0.217		
Selenium, Se µg	0.9		1	A	1		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1		1		1		9.2		
Thiamin mg	0.070		1		1		0.126		
Riboflavin mg	0.010		1		1		0.018		
Niacin mg	0.920		1		1		1.656		
Pantothenic acid mg	0.245		0	BFSN	4		0.440		
Vitamin B-6 mg	0.190		1		1		0.342		
Folate, total µg	6		1		1		11		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6		1		1		11		
Folate, DFE µg	6		0	NC	4		11		
Choline, total mg	9.2		0	BFSN	4		16.6		
Betaine mg	0.1		0	BFSN	4		0.2		
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1		0	BFSN	4		2		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	2		0	NC	4		3		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	6		0	BFSN	4		11		
Vitamin E (alpha-tocopherol) mg	0.05		0	O	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.5		0	BFSN	4		2.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43311

Potatoes, canned, drained solids, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.051		0		4		0.092		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.001		0		4		0.002		
12:0....g	0.007		0		4		0.013		
13:0....g									
14:0....g	0.001		0		4		0.002		
15:0....g									
16:0....g	0.031		0		4		0.056		
17:0....g									
18:0....g	0.007		0		4		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		4		0.009		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.004		
17:1....g									
18:1 undifferentiated....g	0.002		0		4		0.004		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.085		0		4		0.153		
18:2 undifferentiated....g	0.063		0		4		0.113		
18:3 undifferentiated....g	0.020		0		4		0.036		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11374
Potatoes, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.83	0.238	65	A	1		263.49	398.75	
Energy kcal	44		0	NC	4		132	200	
Energy kJ	184				4		552	836	
Protein (N x 6.25) g	1.20	0.030	66	A	1		3.60	5.45	
Total lipid (fat) g	0.11	0.011	64	A	1		0.33	0.50	
Ash g	0.98	0.052	65	A	1		2.94	4.45	
Carbohydrate, by difference g	9.89		0	NC	4		29.67	44.90	
Fiber, total dietary g	1.4		0	A	1		4.2	6.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39	2.487	65	A	1		117	177	
Iron, Fe mg	0.72	0.057	65	A	1		2.16	3.27	
Magnesium, Mg mg	14	0.484	22		1		42	64	
Phosphorus, P mg	22	1.925	23		1		66	100	
Potassium, K mg	205	6.698	37	A	1		615	931	
Sodium, Na mg	217	8.730	45	A	1		651	985	
Zinc, Zn mg	0.39	0.015	23		1		1.17	1.77	
Copper, Cu mg	0.070	0.004	23		1		0.210	0.318	
Manganese, Mn mg	0.071		0		1		0.213	0.322	
Selenium, Se µg	0.7		0	BFSN	4		2.1	3.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.6	0.587	66	A	1		22.8	34.5	
Thiamin mg	0.034	0.002	31		1		0.102	0.154	
Riboflavin mg	0.020	0.003	31		1		0.060	0.091	
Niacin mg	0.889	0.043	30		1		2.667	4.036	
Pantothenic acid mg	0.174		1		1		0.522	0.790	
Vitamin B-6 mg	0.137		0		1		0.411	0.622	
Folate, total µg	5		0		1		14	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		1		14	20	
Folate, DFE µg	5		0	NC	4		14	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11374
Potatoes, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.029		0	BFFN	4		0.087	0.132	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.001		0		1		0.003	0.005	
12:0....g	0.005		0		1		0.015	0.023	
13:0....g									
14:0....g	0.001		0		1		0.003	0.005	
15:0....g									
16:0....g	0.018		0	BFFN	4		0.054	0.082	
17:0....g									
18:0....g	0.004		0	BFFN	4		0.012	0.018	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	BFFN	4		0.006	0.009	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.003	0.005	
17:1....g									
18:1 undifferentiated....g	0.001		0	BFFN	4		0.003	0.005	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0	BFFN	4		0.144	0.218	
18:2 undifferentiated....g	0.035		0	BFFN	4		0.105	0.159	
18:3 undifferentiated....g	0.011		0	BFFN	4		0.033	0.050	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.018		0	BFPN	4		0.054	0.082	
Threonine....g	0.043		0	BFPN	4		0.129	0.195	
Isoleucine....g	0.048		0	BFPN	4		0.144	0.218	
Leucine....g	0.072		0	BFPN	4		0.216	0.327	
Lysine....g	0.073		0	BFPN	4		0.219	0.331	
Methionine....g	0.019		0	BFPN	4		0.057	0.086	
Cystine....g	0.015		0	BFPN	4		0.045	0.068	
Phenylalanine....g	0.054		0	BFPN	4		0.162	0.245	
Tyrosine....g	0.045		0	BFPN	4		0.135	0.204	
Valine....g	0.068		0	BFPN	4		0.204	0.309	
Arginine....g	0.056		0	BFPN	4		0.168	0.254	
Histidine....g	0.026		0	BFPN	4		0.078	0.118	
Alanine....g	0.037		0	BFPN	4		0.111	0.168	
Aspartic acid....g	0.295		0	BFPN	4		0.885	1.339	
Glutamic acid....g	0.202		0	BFPN	4		0.606	0.917	
Glycine....g	0.036		0	BFPN	4		0.108	0.163	
Proline....g	0.043		0	BFPN	4		0.129	0.195	
Serine....g	0.052		0	BFPN	4		0.156	0.236	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11374
Potatoes, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 300g: 1 cup, whole

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11352
Potatoes, flesh and skin, raw
Solanum tuberosum

Refuse: 25% Parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.25	0.373	11	A	1		59.44	292.44	168.81
Energy kcal	77		0	NC	4		58	284	164
Energy kJ	322		0	NC	4		242	1188	686
Protein (N x 6.25) g	2.05	0.048	11	A	1		1.54	7.58	4.37
Total lipid (fat) g	0.09	0.012	11	A	1		0.07	0.34	0.20
Ash g	1.11	0.098	11	A	1		0.83	4.09	2.36
Carbohydrate, by difference g	17.49		0	NC	4		13.12	64.55	37.26
Fiber, total dietary g	2.1		5	A	1		1.6	7.8	4.5
Sugars, total g	0.82		5	A	1		0.62	3.04	1.75
Sucrose g	0.17	0.022	11	A	1		0.13	0.63	0.36
Glucose (dextrose) g	0.31	0.041	11	A	1		0.23	1.13	0.65
Fructose g	0.26	0.032	11	A	1		0.20	0.96	0.56
Lactose g	0.00	0.000	11	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	11	A	1		0.00	0.00	0.00
Galactose g	0.00		5	A	1		0.00	0.00	0.00
Starch g	15.29	1.525	11	A	1		11.47	56.42	32.57
Minerals:									
Calcium, Ca mg	12	1.511	11	A	1		9	45	26
Iron, Fe mg	0.81	0.054	11	A	1		0.61	2.99	1.73
Magnesium, Mg mg	23	0.593	11	A	1		17	85	49
Phosphorus, P mg	57	1.293	11	A	1		42	209	120
Potassium, K mg	425	14.169	11	A	1		319	1568	905
Sodium, Na mg	6	0.760	73		1		5	22	13
Zinc, Zn mg	0.30	0.003	11	A	1		0.22	1.10	0.64
Copper, Cu mg	0.110	0.017	11	A	1		0.083	0.406	0.235
Manganese, Mn mg	0.153	0.027	11	A	1		0.115	0.565	0.326
Selenium, Se µg	0.4		2	A	1		0.3	1.4	0.8
Vitamins:									
Vitamin C, total ascorbic acid mg	19.7	0.769	141		1		14.8	72.7	42.0
Thiamin mg	0.081	0.006	11	A	1		0.061	0.300	0.173
Riboflavin mg	0.032	0.013	11	A	1		0.024	0.119	0.069
Niacin mg	1.061	0.035	10	A	1		0.795	3.914	2.259
Pantothenic acid mg	0.295	0.037	11	A	1		0.222	1.090	0.629
Vitamin B-6 mg	0.298	0.153	11	A	1		0.223	1.099	0.634
Folate, total µg	15	3.036	11	A	1		11	56	32
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15	3.036	11	A	1		11	56	32
Folate, DFE µg	15		0	NC	4		11	56	32
Choline, total mg	12.1		0	BFSN	4		9.1	44.8	25.9
Betaine mg	0.2		0	BFSN	4		0.1	0.7	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1	0.565	11	JO	11		1	5	3
Carotene, alpha µg	0	0.000	11	JO	11		0	0	0
Cryptoxanthin, beta µg	0	0.000	11	JO	11		0	0	0
Vitamin A, IU IU	2		0	NC	4		2	8	5
Lycopene µg	0	0.000	11	JO	11		0	0	0
Lutein + zeaxanthin µg	9	2.208	10	A	1		7	32	18
Vitamin E (alpha-tocopherol) mg	0.01		2	A	1		0.01	0.03	0.02
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11352
Potatoes, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.0	0.675	11	A	1		1.5	7.4	4.3
Dihydrophylloquinone....µg	0.0	0.000	11	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.025		0	NC	4		0.019	0.092	0.053
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.001		6		1		0.001	0.004	0.002
12:0....g	0.003		6		1		0.002	0.011	0.006
13:0....g									
14:0....g	0.001		18		1		0.001	0.004	0.002
15:0....g									
16:0....g	0.016		59		1		0.012	0.059	0.034
17:0....g									
18:0....g	0.004		59		1		0.003	0.015	0.009
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0	NC	4		0.002	0.007	0.004
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		37		1		0.001	0.004	0.002
17:1....g									
18:1 undifferentiated....g	0.001		59		1		0.001	0.004	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0	NC	4		0.032	0.155	0.089
18:2 undifferentiated....g	0.032		59		1		0.024	0.118	0.068
18:3 undifferentiated....g	0.010		59		1		0.008	0.037	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0	A	1		0.016	0.077	0.045
Threonine....g	0.067		0	A	1		0.050	0.247	0.142
Isoleucine....g	0.066		0	A	1		0.050	0.244	0.141
Leucine....g	0.098		0	A	1		0.073	0.360	0.208
Lysine....g	0.107		0	A	1		0.080	0.394	0.227
Methionine....g	0.032		0	A	1		0.024	0.117	0.067
Cystine....g	0.024		0	A	1		0.018	0.089	0.051
Phenylalanine....g	0.081		0	A	1		0.061	0.300	0.173
Tyrosine....g	0.048		0	A	1		0.036	0.177	0.102
Valine....g	0.103		0	A	1		0.077	0.378	0.218
Arginine....g	0.101		0	A	1		0.076	0.373	0.215
Histidine....g	0.035		0	A	1		0.026	0.128	0.074
Alanine....g	0.063		0	A	1		0.047	0.231	0.133
Aspartic acid....g	0.480		0	A	1		0.360	1.770	1.022
Glutamic acid....g	0.351		0	A	1		0.263	1.295	0.748

NDB No. 11352
Potatoes, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.057		0	A	1		0.043	0.210	0.121
Proline....g	0.063		0	A	1		0.047	0.232	0.134
Serine....g	0.074		0	A	1		0.056	0.275	0.159
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: .5 cup, diced

Measure 2 = 369g: 1 Potato large (3" to 4-1/4" dia)

Measure 3 = 213g: 1 Potato medium (2-1/4" to 3-1/4" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11403

Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.44	0.303	12	A	1		48.98	127.60	
Energy kcal	158		0	NC	4		120	313	
Energy kJ	662		0	NC	4		503	1311	
Protein (N x 6.25) g	2.75	0.026	13	A	1		2.09	5.45	
Total lipid (fat) g	5.48	0.074	13	A	1		4.16	10.84	
Ash g	1.77	0.045	13	A	1		1.35	3.51	
Carbohydrate, by difference g	25.55		0	NC	4		19.42	50.60	
Fiber, total dietary g	2.0	0.155	6	A	1		1.5	3.9	
Sugars, total g	0.37	0.000	3	A	1		0.28	0.73	
Sucrose g	0.18	0.000	3	A	1		0.14	0.37	
Glucose (dextrose) g	0.18	0.000	3	A	1		0.14	0.37	
Fructose g	0.00	0.000	3	A	1		0.00	0.00	
Lactose g	0.00	0.000	3	A	1		0.00	0.00	
Maltose g	0.00	0.000	3	A	1		0.00	0.00	
Galactose g	0.00	0.000	3	A	1		0.00	0.00	
Starch g	23.20	0.422	6	A	1		17.64	45.95	
Minerals:									
Calcium, Ca mg	12	0.318	13	A	1		9	24	
Iron, Fe mg	0.57	0.011	13	A	1		0.44	1.14	
Magnesium, Mg mg	24	0.437	13	A	1		18	47	
Phosphorus, P mg	87	1.433	13	A	1		66	173	
Potassium, K mg	478	4.039	13	A	1		363	946	
Sodium, Na mg	324	9.983	11	A	1		246	642	
Zinc, Zn mg	0.35	0.004	13	A	1		0.27	0.69	
Copper, Cu mg	0.104	0.002	13	A	1		0.079	0.206	
Manganese, Mn mg	0.154	0.004	13	A	1		0.117	0.305	
Selenium, Se µg	0.4	0.040	5	A	1		0.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.6	3.794	6	A	1		6.6	17.1	
Thiamin mg	0.130	0.007	6	A	1		0.099	0.257	
Riboflavin mg	0.032	0.002	6	A	1		0.024	0.063	
Niacin mg	2.077	0.135	6	A	1		1.578	4.112	
Pantothenic acid mg	0.463	0.039	4	A	1		0.352	0.918	
Vitamin B-6 mg	0.261	0.022	6	A	1		0.198	0.516	
Folate, total µg	23	1.634	6	A	1		18	46	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23	1.634	6	A	1		18	46	
Folate, DFE µg	23		0	NC	4		18	46	
Choline, total mg	23.7	0.158	3	AS	1		18.0	46.9	
Betaine mg	0.7	0.057	3	A	1		0.6	1.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	3		0	BFSN	4		2	6	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	5		0	NC	4		4	9	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	16		0	BFSN	4		12	32	
Vitamin E (alpha-tocopherol) mg	0.39	0.088	3	A	1		0.29	0.77	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.02	0.019	3	A	1		0.01	0.04	
Tocopherol, gamma mg	0.64	0.077	3	A	1		0.49	1.27	
Tocopherol, delta mg	0.25	0.133	3	A	1		0.19	0.50	
Tocotrienol, alpha mg	0.04	0.039	3	A	1		0.03	0.08	
Tocotrienol, beta mg	0.02	0.020	3	A	1		0.02	0.04	

NDB No. 11403

Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.07	0.035	3	A	1		0.05	0.13	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	7.4	1.118	3	A	1		5.6	14.7	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.848		0	NC	4		0.645	1.679	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.005	0.002	6	A	1		0.004	0.010	
10:0....g	0.021	0.001	6	A	1		0.016	0.041	
12:0....g	0.006	0.001	6	A	1		0.004	0.012	
13:0....g									
14:0....g	0.015	0.003	6	A	1		0.011	0.029	
15:0....g	0.003	0.000	6	A	1		0.003	0.007	
16:0....g	0.607	0.101	6	A	1		0.461	1.202	
17:0....g	0.004	0.000	6	A	1		0.003	0.008	
18:0....g	0.147	0.013	6	A	1		0.112	0.292	
20:0....g	0.022	0.001	6	A	1		0.017	0.043	
22:0....g	0.012	0.001	6	A	1		0.009	0.023	
24:0....g									
Fatty acids, total monounsaturated....g	1.874		0	NC	4		1.424	3.711	
14:1....g	0.000	0.000	6	A	1		0.000	0.000	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.010	0.001	6	AS	1		0.008	0.020	
17:1....g	0.002	0.001	6	A	1		0.002	0.004	
18:1 undifferentiated....g	1.824	0.221	6	AS	1		1.386	3.612	
20:1....g	0.037	0.004	6	A	1		0.028	0.074	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.502		0	NC	4		1.141	2.973	
18:2 undifferentiated....g	1.266	0.146	6	AS	1		0.962	2.507	
18:3 undifferentiated....g	0.235	0.012	6	AS	1		0.179	0.466	
18:3 n-3 c,c,c (ALA)....g	0.223	0.012	6	A	1		0.170	0.442	
18:3 n-6 c,c,c....g	0.012	0.000	6	A	1		0.009	0.024	
18:3i....g									
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0	A	1		0.019	0.048	
Threonine....g	0.095		0	A	1		0.072	0.189	
Isoleucine....g	0.096		0	A	1		0.073	0.191	
Leucine....g	0.161		0	A	1		0.122	0.318	
Lysine....g	0.162		0	A	1		0.123	0.320	
Methionine....g	0.044		0	A	1		0.033	0.087	
Cystine....g	0.044		0	A	1		0.033	0.087	

NDB No. 11403

Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.117		0	A	1		0.089	0.232	
Tyrosine....g	0.094		0	A	1		0.071	0.185	
Valine....g	0.152		0	A	1		0.115	0.301	
Arginine....g	0.159		0	A	1		0.121	0.314	
Histidine....g	0.056		0	A	1		0.043	0.111	
Alanine....g	0.111		0	A	1		0.085	0.221	
Aspartic acid....g	0.609		0	A	1		0.463	1.206	
Glutamic acid....g	0.491		0	A	1		0.373	0.971	
Glycine....g	0.090		0	A	1		0.068	0.178	
Proline....g	0.101		0	A	1		0.077	0.200	
Serine....g	0.120		0	A	1		0.091	0.237	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 76g: 10 fries

Measure 2 = 198g: 1 package (9 oz), yields

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11402

Potatoes, french fried, all types, salt added in processing, frozen, unprepared (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.61	1.058	6	A	1		59.29	169.87	
Energy kcal	147		0	NC	4		130	374	
Energy kJ	613		0	NC	4		546	1563	
Protein (N x 6.25) g	2.24	0.079	6	A	1		2.00	5.72	
Total lipid (fat) g	4.66	0.498	6	A	1		4.15	11.88	
Ash g	1.68	0.135	6	A	1		1.49	4.27	
Carbohydrate, by difference g	24.81		0	NC	4		22.08	63.27	
Fiber, total dietary g	1.9	0.119	6	A	1		1.7	5.0	
Sugars, total g	0.20	0.020	5	A	1		0.17	0.50	
Sucrose g	0.10	0.014	6	A	1		0.09	0.27	
Glucose (dextrose) g	0.10	0.017	6	A	1		0.09	0.25	
Fructose g	0.00	0.000	5	A	1		0.00	0.00	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	0.00	0.000	6	A	1		0.00	0.00	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	17.39	0.304	6	A	1		15.48	44.34	
Minerals:									
Calcium, Ca mg	9	0.455	6	A	1		8	24	
Iron, Fe mg	0.62	0.034	6	A	1		0.55	1.59	
Magnesium, Mg mg	21	0.412	6	A	1		19	54	
Phosphorus, P mg	83	5.166	6	A	1		74	212	
Potassium, K mg	408	8.280	6	A	1		363	1041	
Sodium, Na mg	332	36.211	6	A	1		295	847	
Zinc, Zn mg	0.35	0.005	6	A	1		0.31	0.90	
Copper, Cu mg	0.093	0.009	6	A	1		0.083	0.237	
Manganese, Mn mg	0.158	0.005	6	A	1		0.140	0.402	
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	17.3	2.442	6	A	1		15.4	44.2	
Thiamin mg	0.098	0.011	6	A	1		0.087	0.251	
Riboflavin mg	0.048	0.011	6	A	1		0.042	0.121	
Niacin mg	2.038	0.060	6	A	1		1.814	5.198	
Pantothenic acid mg	0.473	0.027	6	A	1		0.421	1.206	
Vitamin B-6 mg	0.178	0.007	6	A	1		0.158	0.454	
Folate, total µg	35	3.099	6	A	1		31	89	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	35	3.099	6	A	1		31	89	
Folate, DFE µg	35		0	NC	4		31	89	
Choline, total mg	22.3		0	AS	1		19.9	56.9	
Betaine mg	0.7		2	A	1		0.6	1.7	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2		0	BFSN	4		2	6	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	4		0	NC	4		3	10	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	13		0	BFSN	4		12	34	
Vitamin E (alpha-tocopherol) mg	0.10	0.016	6	A	1		0.09	0.25	
Tocopherol, beta mg	0.01	0.003	6	A	1		0.01	0.02	
Tocopherol, gamma mg	0.31	0.081	6	A	1		0.27	0.79	
Tocopherol, delta mg	0.43	0.080	6	A	1		0.38	1.10	
Tocotrienol, alpha mg	0.02	0.008	6	A	1		0.02	0.06	
Tocotrienol, beta mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00	0.000	6	A	1		0.00	0.00	

NDB No. 11402

Potatoes, french fried, all types, salt added in processing, frozen, unprepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.2	0.173	6	A	1		2.0	5.6	
Dihydrophylloquinone µg	12.8	2.266	6	A	1		11.4	32.6	
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.005		0	NC	4		0.894	2.562	
4:0 g	0.000		0	BFSN	4		0.000	0.000	
6:0 g	0.000		0	BFSN	4		0.000	0.000	
8:0 g	0.000	0.000	6	A	1		0.000	0.000	
10:0 g	0.000	0.000	6	A	1		0.000	0.000	
12:0 g	0.000	0.000	6	A	1		0.000	0.000	
13:0 g									
14:0 g	0.000	0.000	6	A	1		0.000	0.000	
15:0 g	0.000	0.000	6	A	1		0.000	0.000	
16:0 g	0.533	0.057	6	A	1		0.474	1.359	
17:0 g	0.001	0.001	6	A	1		0.001	0.004	
18:0 g	0.435	0.051	6	A	1		0.387	1.109	
20:0 g	0.018	0.002	6	A	1		0.016	0.047	
22:0 g	0.017	0.001	6	A	1		0.015	0.044	
24:0 g									
Fatty acids, total monounsaturated g	3.164		0	NC	4		2.816	8.068	
14:1 g	0.000	0.000	6	A	1		0.000	0.000	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.010	0.002	6	A	1		0.009	0.025	
17:1 g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated g	3.140	0.365	6	A	1		2.794	8.006	
20:1 g	0.014	0.001	6	A	1		0.013	0.037	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.303		0	NC	4		0.269	0.772	
18:2 undifferentiated g	0.264	0.025	6	A	1		0.235	0.673	
18:3 undifferentiated g	0.019		0	AS	1		0.017	0.049	
18:3 n-3 c,c,c (ALA) g	0.019	0.001	6	A	1		0.017	0.049	
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	
18:3i g									
18:4 g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.020		0	A	1		0.018	0.051	
Threonine g	0.078		0	A	1		0.069	0.198	
Isoleucine g	0.078		0	A	1		0.070	0.200	
Leucine g	0.131		0	A	1		0.117	0.334	
Lysine g	0.132		0	A	1		0.117	0.336	
Methionine g	0.036		0	A	1		0.032	0.091	
Cystine g	0.036		0	A	1		0.032	0.091	
Phenylalanine g	0.095		0	A	1		0.085	0.243	
Tyrosine g	0.076		0	A	1		0.068	0.194	

NDB No. 11402

Potatoes, french fried, all types, salt added in processing, frozen, unprepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.124		0	A	1		0.110	0.315	
Arginine....g	0.129		0	A	1		0.115	0.330	
Histidine....g	0.046		0	A	1		0.041	0.117	
Alanine....g	0.091		0	A	1		0.081	0.232	
Aspartic acid....g	0.496		0	A	1		0.442	1.266	
Glutamic acid....g	0.400		0	A	1		0.356	1.019	
Glycine....g	0.073		0	A	1		0.065	0.187	
Proline....g	0.082		0	A	1		0.073	0.210	
Serine....g	0.098		0	A	1		0.087	0.249	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 10 strip

Measure 2 = 255g: 1 package (9 oz)

Footnotes:

1 Primarily retail consumer product

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11842

Potatoes, french fried, all types, salt not added in processing, frozen, as purchased (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.61	1.058	6	A	1		43.30	169.87	
Energy kcal	150		0	NC	4		98	383	
Energy kJ	628		0	NC	4		408	1602	
Protein g	2.24	0.079	6	A	1		1.46	5.72	
Total lipid (fat) g	4.66	0.498	6	A	1		3.03	11.88	
Ash g	1.68	0.135	6	A	1		1.09	4.27	
Carbohydrate, by difference g	24.81		0	NC	4		16.13	63.27	
Fiber, total dietary g	1.9	0.119	6	A	1		1.3	5.0	
Sugars, total g	0.20	0.020	5	A	1		0.13	0.50	
Sucrose g	0.10	0.014	6	A	1		0.07	0.27	
Glucose (dextrose) g	0.10	0.017	6	A	1		0.06	0.25	
Fructose g	0.00	0.000	5	A	1		0.00	0.00	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	0.00	0.000	6	A	1		0.00	0.00	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	17.39	0.304	6	A	1		11.30	44.34	
Minerals:									
Calcium, Ca mg	9	0.455	6	A	1		6	24	
Iron, Fe mg	0.62	0.034	6	A	1		0.40	1.59	
Magnesium, Mg mg	21	0.412	6	A	1		14	54	
Phosphorus, P mg	83	5.166	6	A	1		54	212	
Potassium, K mg	408	8.280	6	A	1		265	1041	
Sodium, Na mg	23	0.896	211	A	1		15	59	
Zinc, Zn mg	0.35	0.005	6	A	1		0.23	0.90	
Copper, Cu mg	0.093	0.009	6	A	1		0.060	0.237	
Manganese, Mn mg	0.158	0.005	6	A	1		0.103	0.402	
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	17.3	2.442	6	A	1		11.3	44.2	
Thiamin mg	0.098	0.011	6	A	1		0.064	0.251	
Riboflavin mg	0.048	0.011	6	A	1		0.031	0.121	
Niacin mg	2.038	0.060	6	A	1		1.325	5.198	
Pantothenic acid mg	0.473	0.027	6	A	1		0.308	1.206	
Vitamin B-6 mg	0.178	0.007	6	A	1		0.116	0.454	
Folate, total µg	35	3.099	6	A	1		23	89	
Folic acid µg									
Folate, food µg	35	3.099	6	A	1		23	89	
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.10	0.016	6	A	1		0.06	0.25	
Tocopherol, beta mg	0.01	0.003	6	A	1		0.00	0.02	
Tocopherol, gamma mg	0.31	0.081	6	A	1		0.20	0.79	
Tocopherol, delta mg	0.43	0.080	6	A	1		0.28	1.10	
Tocotrienol, alpha mg	0.02	0.008	6	A	1		0.02	0.06	
Tocotrienol, beta mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	

NDB No. 11842

Potatoes, french fried, all types, salt not added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.2	0.173	6	A	1		1.4	5.6	
Dihydrophylloquinone µg	12.8	2.266	6	A	1		8.3	32.6	
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.940		0	NC	4		0.611	2.397	
4:0 g									
6:0 g									
8:0 g	0.000	0.000	6	A	1		0.000	0.000	
10:0 g	0.000	0.000	6	A	1		0.000	0.000	
12:0 g	0.000	0.000	6	A	1		0.000	0.000	
13:0 g									
14:0 g	0.000	0.000	6	A	1		0.000	0.000	
15:0 g	0.000	0.000	6	A	1		0.000	0.000	
16:0 g	0.498	0.057	6	A	1		0.324	1.271	
17:0 g	0.001	0.001	6	A	1		0.001	0.003	
18:0 g	0.407	0.051	6	A	1		0.265	1.038	
20:0 g	0.017	0.002	6	A	1		0.011	0.044	
22:0 g	0.016	0.001	6	A	1		0.010	0.041	
24:0 g									
Fatty acids, total monounsaturated g	2.960		0	NC	4		1.924	7.549	
14:1 g	0.000	0.000	6	A	1		0.000	0.000	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.009	0.002	6	A	1		0.006	0.024	
17:1 g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated g	2.938	0.365	6	A	1		1.909	7.491	
20:1 g	0.013	0.001	6	A	1		0.009	0.034	
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.265		0	NC	4		0.172	0.676	
18:2 undifferentiated g	0.247	0.025	6	A	1		0.161	0.630	
18:3 undifferentiated g	0.018	0.001	6	AS	1		0.012	0.046	
18:3 n-3 c,c,c (ALA) g	0.018	0.001	6	A	1		0.012	0.046	
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000	0.000	6	A	1		0.000	0.000	
20:3 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	6	A	1		0.000	0.000	
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 11842

Potatoes, french fried, all types, salt not added in processing, frozen, as purchased (1)

Measure 1 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

Footnotes:

1 Primarily food service product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11841

Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.51	1.746	6	A	1		45.52		
Energy kcal	172		0	NC	4		128		
Energy kJ	721		0	NC	4		534		
Protein g	2.66	0.096	6	A	1		1.97		
Total lipid (fat) g	5.22	0.604	6	A	1		3.86		
Ash g	1.90	0.153	6	A	1		1.40		
Carbohydrate, by difference g	28.71		0	NC	4		21.25		
Fiber, total dietary g	2.6	0.164	6	A	1		1.9		
Sugars, total g	0.28	0.030	6	A	1		0.21		
Sucrose g	0.18	0.019	6	A	1		0.13		
Glucose (dextrose) g	0.11	0.016	6	A	1		0.08		
Fructose g	0.00	0.000	6	A	1		0.00		
Lactose g	0.00	0.000	6	A	1		0.00		
Maltose g	0.00	0.000	6	A	1		0.00		
Galactose g	0.00	0.000	6	A	1		0.00		
Starch g	20.13	1.546	6	A	1		14.90		
Minerals:									
Calcium, Ca mg	12	0.457	53	JA	6		9		
Iron, Fe mg	0.74	0.017	54	JA	6		0.54		
Magnesium, Mg mg	26	0.475	54	JA	6		19		
Phosphorus, P mg	97	2.935	53	JA	6		72		
Potassium, K mg	451	10.220	54	JA	6		334		
Sodium, Na mg	32	2.587	48		1		24		
Zinc, Zn mg	0.38	0.009	54	JA	6		0.28		
Copper, Cu mg	0.135	0.007	54	JA	6		0.100		
Manganese, Mn mg	0.210	0.006	54	JA	6		0.156		
Selenium, Se µg	0.2	0.101	42		1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.3	1.650	6	A	1		9.9		
Thiamin mg	0.128	0.005	6	A	1		0.095		
Riboflavin mg	0.031	0.006	6	A	1		0.023		
Niacin mg	2.218	0.053	6	A	1		1.642		
Pantothenic acid mg	0.522	0.018	6	A	1		0.386		
Vitamin B-6 mg	0.184	0.010	5	A	1		0.136		
Folate, total µg	28	2.679	6	A	1		21		
Folic acid µg									
Folate, food µg	28	2.679	6	A	1		21		
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.11	0.019	6	A	1		0.09		
Tocopherol, beta mg	0.00	0.003	6	A	1		0.00		
Tocopherol, gamma mg	0.36	0.095	6	A	1		0.27		
Tocopherol, delta mg	0.49	0.100	6	A	1		0.36		
Tocotrienol, alpha mg	0.02	0.008	6	A	1		0.02		
Tocotrienol, beta mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, gamma mg	0.00	0.000	6	A	1		0.00		
Tocotrienol, delta mg	0.00	0.000	6	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11841

Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.5	0.291	6	A	1		1.8		
Dihydrophylloquinone µg	15.1	2.568	6	A	1		11.2		
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.029		0	NC	4		0.761		
4:0 g									
6:0 g									
8:0 g	0.000	0.000	6	A	1		0.000		
10:0 g	0.000	0.000	6	A	1		0.000		
12:0 g	0.000	0.000	6	A	1		0.000		
13:0 g									
14:0 g	0.000	0.000	6	A	1		0.000		
15:0 g	0.000	0.000	6	A	1		0.000		
16:0 g	0.548	0.067	6	A	1		0.406		
17:0 g	0.001	0.001	6	A	1		0.001		
18:0 g	0.445	0.060	6	A	1		0.329		
20:0 g	0.018	0.002	6	A	1		0.013		
22:0 g	0.016	0.002	6	A	1		0.012		
24:0 g									
Fatty acids, total monounsaturated g	3.237		0	NC	4		2.395		
14:1 g	0.000	0.000	6	A	1		0.000		
15:1 g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated g	0.005	0.001	6	A	1		0.004		
17:1 g	0.000	0.000	6	A	1		0.000		
18:1 undifferentiated g	3.224	0.429	6	A	1		2.386		
20:1 g	0.008	0.002	6	A	1		0.006		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.321		0	NC	4		0.237		
18:2 undifferentiated g	0.279	0.027	6	A	1		0.206		
18:3 undifferentiated g	0.021		0	AS	1		0.016		
18:3 n-3 c,c,c (ALA) g	0.021	0.002	6	A	1		0.016		
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000	0.000	6	A	1		0.000		
20:3 undifferentiated g	0.000	0.000	6	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000	0.000	6	A	1		0.000		
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 11841

Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated (1)

Measure 1 = 74g: 10 strip

Footnotes:

1 Primarily food service product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11406

Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.82	0.844	13		1		43.43	170.39	
Energy kcal	153		0	NC	4		99	390	
Energy kJ	640		0		4		416	1632	
Protein (N x 6.25) g	2.42	0.127	13		1		1.57	6.17	
Total lipid (fat) g	5.78	0.214	13		1		3.76	14.74	
Ash g	1.01	0.111	13		1		0.66	2.58	
Carbohydrate, by difference g	23.98		0	NC	4		15.59	61.15	
Fiber, total dietary g	3.0		0	BFSN	4		2.0	7.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		1		1		5	18	
Iron, Fe mg	1.05	0.163	13		1		0.68	2.68	
Magnesium, Mg mg	16		1		1		10	41	
Phosphorus, P mg	46		1		1		30	117	
Potassium, K mg	338	35.049	3		1		220	862	
Sodium, Na mg	32	6.636	12		1		21	82	
Zinc, Zn mg	0.29		1		1		0.19	0.74	
Copper, Cu mg	0.141		1		1		0.092	0.360	
Manganese, Mn mg	0.214		1		1		0.139	0.546	
Selenium, Se µg	0.3		0	BFSN	4		0.2	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.4	1.490	13		1		5.5	21.4	
Thiamin mg	0.099	0.009	13		1		0.064	0.252	
Riboflavin mg	0.023		2		1		0.015	0.059	
Niacin mg	1.789	0.095	13		1		1.163	4.562	
Pantothenic acid mg	0.540		0		1		0.351	1.377	
Vitamin B-6 mg	0.180		0		1		0.117	0.459	
Folate, total µg	15		0		1		9	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		1		9	37	
Folate, DFE µg	15		0	NC	4		9	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11406

Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.743		0		1		1.783	6.995	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	2.345		0		1		1.524	5.980	
17:0....g									
18:0....g	0.398		0		1		0.259	1.015	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.345		0		1		1.524	5.980	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	2.345		0		1		1.524	5.980	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.433		0		1		0.281	1.104	
18:2 undifferentiated....g	0.433		0		1		0.281	1.104	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0		1		0.021	0.084	
Threonine....g	0.110		0		1		0.072	0.281	
Isoleucine....g	0.104		0		1		0.068	0.265	
Leucine....g	0.146		0		1		0.095	0.372	
Lysine....g	0.128		0		1		0.083	0.326	
Methionine....g	0.027		0		1		0.018	0.069	
Cystine....g	0.015		0		1		0.010	0.038	
Phenylalanine....g	0.103		0		1		0.067	0.263	
Tyrosine....g	0.061		0		1		0.040	0.156	
Valine....g	0.123		0		1		0.080	0.314	
Arginine....g	0.115		0		1		0.075	0.293	
Histidine....g	0.041		0		1		0.027	0.105	
Alanine....g	0.084		0		1		0.055	0.214	
Aspartic acid....g	0.560		0		1		0.364	1.428	
Glutamic acid....g	0.378		0		1		0.246	0.964	
Glycine....g	0.087		0		1		0.057	0.222	
Proline....g	0.078		0		1		0.051	0.199	
Serine....g	0.087		0		1		0.057	0.222	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11406

Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased

Common Measures:

Measure 1 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11407

Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.90		0		1		26.45	104.74	
Energy kcal	218		0	NC	4		109	431	
Energy kJ	912		0	NC	4		456	1805	
Protein (N x 6.25) g	3.44		0		1		1.72	6.81	
Total lipid (fat) g	8.20		0		1		4.10	16.24	
Ash g	1.43		0		1		0.72	2.83	
Carbohydrate, by difference g	34.03		0	NC	4		17.02	67.38	
Fiber, total dietary g	3.2		0		4		1.6	6.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		5	20	
Iron, Fe mg	1.49		0		1		0.75	2.95	
Magnesium, Mg mg	22		0		1		11	44	
Phosphorus, P mg	65		0		1		33	129	
Potassium, K mg	480		0		1		240	950	
Sodium, Na mg	45		0		1		23	89	
Zinc, Zn mg	0.41		0		1		0.21	0.81	
Copper, Cu mg	0.200		0		1		0.100	0.396	
Manganese, Mn mg	0.304		0		1		0.152	0.602	
Selenium, Se µg	0.4		0	BFSN	4		0.2	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.5		0		1		4.8	18.8	
Thiamin mg	0.119		0		1		0.060	0.236	
Riboflavin mg	0.031		0		1		0.016	0.061	
Niacin mg	2.413		0		1		1.207	4.778	
Pantothenic acid mg	0.690		0		1		0.345	1.366	
Vitamin B-6 mg	0.243		0		1		0.122	0.481	
Folate, total µg	17		0		1		8	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		8	33	
Folate, DFE µg	17		0	NC	4		8	33	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11407

Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.894		0		1		1.947	7.710	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	3.328		0		1		1.664	6.589	
17:0....g									
18:0....g	0.566		0		1		0.283	1.121	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.328		0		1		1.664	6.589	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.328		0		1		1.664	6.589	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.615		0		1		0.308	1.218	
18:2 undifferentiated....g	0.615		0		1		0.308	1.218	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.023	0.091	
Threonine....g	0.156		0		1		0.078	0.309	
Isoleucine....g	0.148		0		1		0.074	0.293	
Leucine....g	0.207		0		1		0.104	0.410	
Lysine....g	0.183		0		1		0.092	0.362	
Methionine....g	0.039		0		1		0.020	0.077	
Cystine....g	0.021		0		1		0.011	0.042	
Phenylalanine....g	0.147		0		1		0.074	0.291	
Tyrosine....g	0.086		0		1		0.043	0.170	
Valine....g	0.175		0		1		0.088	0.347	
Arginine....g	0.163		0		1		0.082	0.323	
Histidine....g	0.058		0		1		0.029	0.115	
Alanine....g	0.119		0		1		0.060	0.236	
Aspartic acid....g	0.796		0		1		0.398	1.576	
Glutamic acid....g	0.537		0		1		0.269	1.063	
Glycine....g	0.124		0		1		0.062	0.246	
Proline....g	0.111		0		1		0.056	0.220	
Serine....g	0.124		0		1		0.062	0.246	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11407

Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated

Common Measures:

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11359

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.11	0.723	9	A	1		55.03	57.05	
Energy kcal	150		0	NC	4		123	128	
Energy kJ	628		0	NC	4		515	534	
Protein g	2.34	0.085	10	A	1		1.92	1.99	
Total lipid (fat) g	4.99	0.339	9	A	1		4.09	4.24	
Ash g	1.59	0.106	10	A	1		1.30	1.35	
Carbohydrate, by difference g	23.96		0	NC	4		19.65	20.37	
Fiber, total dietary g	2.0	0.336	10	A	1		1.6	1.7	
Sugars, total g	0.21		0	AS	1		0.18	0.18	
Sucrose g	0.14		2	A	1		0.12	0.12	
Glucose (dextrose) g	0.07		2	A	1		0.06	0.06	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	17.71		2	A	1		14.53	15.06	
Minerals:									
Calcium, Ca mg	13	1.049	10	A	1		10	11	
Iron, Fe mg	0.62	0.063	10	A	1		0.51	0.52	
Magnesium, Mg mg	21		2	A	1		18	18	
Phosphorus, P mg	81		2	A	1		67	69	
Potassium, K mg	380	23.569	10	A	1		311	323	
Sodium, Na mg	349	15.771	10	A	1		286	296	
Zinc, Zn mg	0.34		2	A	1		0.28	0.29	
Copper, Cu mg	0.077		2	A	1		0.063	0.065	
Manganese, Mn mg	0.157		2	A	1		0.129	0.133	
Selenium, Se µg	0.5		0	BFSN	4		0.4	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.7	0.927	10	A	1		6.3	6.6	
Thiamin mg	0.106		2	A	1		0.087	0.090	
Riboflavin mg	0.037		2	A	1		0.030	0.031	
Niacin mg	2.140		2	A	1		1.755	1.819	
Pantothenic acid mg	0.448		2	A	1		0.368	0.381	
Vitamin B-6 mg	0.196		2	A	1		0.161	0.167	
Folate, total µg	31		2	A	1		26	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	31		2	A	1		26	27	
Folate, DFE µg	31		0	NC	4		26	27	
Choline, total mg	19.2		0	BFSN	4		15.8	16.3	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2		0	BFSN	4		2	2	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	4		0	NC	4		3	3	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	13		0	BFSN	4		11	11	
Vitamin E (alpha-tocopherol) mg	0.10		2	A	1		0.09	0.09	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		2	A	1		0.01	0.01	
Tocopherol, gamma mg	0.36		2	A	1		0.30	0.31	
Tocopherol, delta mg	0.47		2	A	1		0.38	0.40	
Tocotrienol, alpha mg	0.01		2	A	1		0.01	0.01	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11359

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.1		2	A	1		1.8	1.8	
Dihydrophylloquinone....µg	14.4		2	A	1		11.8	12.3	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.249	0.170	10	JO	11		1.024	1.062	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.516		2	A	1		0.423	0.439	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.425		2	A	1		0.349	0.362	
20:0....g	0.018		2	A	1		0.015	0.015	
22:0....g	0.016		2	A	1		0.013	0.014	
24:0....g									
Fatty acids, total monounsaturated....g	3.102		0	NC	4		2.543	2.636	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.007		2	A	1		0.006	0.006	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	3.079		2	A	1		2.525	2.618	
20:1....g	0.015		2	A	1		0.012	0.013	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.270		0	NC	4		0.222	0.230	
18:2 undifferentiated....g	0.254		2	A	1		0.208	0.216	
18:3 undifferentiated....g	0.016		0	AS	1		0.013	0.014	
18:3 n-3 c,c,c (ALA)....g	0.016		2	A	1		0.013	0.014	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.106	0.011	8	A	1		0.087	0.090	
Cholesterol....mg	0	0.000	8	A	1		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0	A	1		0.017	0.018	
Threonine....g	0.081		0	A	1		0.067	0.069	
Isoleucine....g	0.082		0	A	1		0.067	0.070	
Leucine....g	0.137		0	A	1		0.112	0.116	
Lysine....g	0.138		0	A	1		0.113	0.117	
Methionine....g	0.037		0	A	1		0.031	0.032	
Cystine....g	0.037		0	A	1		0.031	0.032	

NDB No. 11359

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.100		0	A	1		0.082	0.085	
Tyrosine....g	0.080		0	A	1		0.065	0.068	
Valine....g	0.129		0	A	1		0.106	0.110	
Arginine....g	0.135		0	A	1		0.111	0.115	
Histidine....g	0.048		0	A	1		0.039	0.041	
Alanine....g	0.095		0	A	1		0.078	0.081	
Aspartic acid....g	0.519		0	A	1		0.426	0.441	
Glutamic acid....g	0.418		0	A	1		0.343	0.355	
Glycine....g	0.077		0	A	1		0.063	0.065	
Proline....g	0.086		0	A	1		0.071	0.073	
Serine....g	0.102		0	A	1		0.084	0.087	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 82g: 10 strip

Measure 2 = 85g: 3 oz

Footnotes:

1 Primarily retail consumer product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11360

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.07		2	A	1		43.52		
Energy kcal	166		0	NC	4		115		
Energy kJ	695		0	NC	4		480		
Protein g	2.51		2	A	1		1.73		
Total lipid (fat) g	5.13		2	A	1		3.54		
Ash g	1.79		2	A	1		1.23		
Carbohydrate, by difference g	27.50		0	NC	4		18.97		
Fiber, total dietary g	2.3		2	A	1		1.6		
Sugars, total g	0.29		2	A	1		0.20		
Sucrose g	0.17		2	A	1		0.12		
Glucose (dextrose) g	0.12		2	A	1		0.08		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	19.99		2	A	1		13.79		
Minerals:									
Calcium, Ca mg	13	1.010	49	JA	6		9		
Iron, Fe mg	0.75	0.044	50	JA	6		0.52		
Magnesium, Mg mg	28	1.838	50	JA	6		19		
Phosphorus, P mg	97	3.633	49	JA	6		67		
Potassium, K mg	471	25.193	50	JA	6		325		
Sodium, Na mg	391		2	A	1		270		
Zinc, Zn mg	0.40	0.024	50	JA	6		0.28		
Copper, Cu mg	0.145	0.017	50	JA	6		0.100		
Manganese, Mn mg	0.219	0.015	50	JA	6		0.151		
Selenium, Se µg	0.1	0.070	42		1		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.8		2	A	1		8.2		
Thiamin mg	0.122		2	A	1		0.084		
Riboflavin mg	0.031		2	A	1		0.021		
Niacin mg	2.135		2	A	1		1.473		
Pantothenic acid mg	0.491		2	A	1		0.338		
Vitamin B-6 mg	0.172		2	A	1		0.119		
Folate, total µg	22		2	A	1		15		
Folic acid µg									
Folate, food µg	22		2	A	1		15		
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg									
Carotene, beta µg	3		0	BFSN	4		2		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	4		0	NC	4		3		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	15		0	BFSN	4		10		
Vitamin E (alpha-tocopherol) mg	0.10		2	A	1		0.07		
Tocopherol, beta mg	0.01		2	A	1		0.01		
Tocopherol, gamma mg	0.39		2	A	1		0.27		
Tocopherol, delta mg	0.50		2	A	1		0.35		
Tocotrienol, alpha mg	0.01		2	A	1		0.01		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11360

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0			Z	7				
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.3		2	A	1		1.6		
Dihydrophylloquinone µg	15.5		2	A	1		10.7		
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.082		0	NC	4		0.747		
4:0 g	0.000		0	BFSN	4		0.000		
6:0 g	0.000		0	BFSN	4		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.000		2	A	1		0.000		
15:0 g	0.000		2	A	1		0.000		
16:0 g	0.574		2	A	1		0.396		
17:0 g	0.000		2	A	1		0.000		
18:0 g	0.471		2	A	1		0.325		
20:0 g	0.019		2	A	1		0.013		
22:0 g	0.017		2	A	1		0.012		
24:0 g									
Fatty acids, total monounsaturated g	3.446		0	NC	4		2.378		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.006		2	A	1		0.004		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	3.430		2	A	1		2.367		
20:1 g	0.010		2	A	1		0.007		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.319		0	NC	4		0.220		
18:2 undifferentiated g	0.283		2	A	1		0.196		
18:3 undifferentiated g	0.018		0	AS	1		0.012		
18:3 n-3 c,c,c (ALA) g	0.018		2	A	1		0.012		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.022		0	A	1		0.015		
Threonine g	0.087		0	A	1		0.060		
Isoleucine g	0.088		0	A	1		0.061		
Leucine g	0.147		0	A	1		0.101		
Lysine g	0.147		0	A	1		0.102		
Methionine g	0.040		0	A	1		0.028		
Cystine g	0.040		0	A	1		0.028		
Phenylalanine g	0.107		0	A	1		0.074		
Tyrosine g	0.085		0	A	1		0.059		

NDB No. 11360

Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.139		0	A	1		0.096		
Arginine....g	0.145		0	A	1		0.100		
Histidine....g	0.051		0	A	1		0.035		
Alanine....g	0.102		0	A	1		0.070		
Aspartic acid....g	0.556		0	A	1		0.384		
Glutamic acid....g	0.448		0	A	1		0.309		
Glycine....g	0.082		0	A	1		0.057		
Proline....g	0.092		0	A	1		0.064		
Serine....g	0.109		0	A	1		0.075		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 69g: 10 strip

Footnotes:

1 Primarily retail consumer product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31031
Potatoes, french fried, cross cut, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.36		1	A	1		53.01		
Energy kcal	193		0	NC	4		164		
Energy kJ	806		0	NC	4		685		
Protein (N x 6.25) g	2.70		1	A	1		2.30		
Total lipid (fat) g	10.00		1	A	1		8.50		
Ash g	1.99		1	A	1		1.69		
Carbohydrate, by difference g	22.95		0	NC	4		19.51		
Fiber, total dietary g	2.3		1	A	1		1.9		
Sugars, total g	0.49		1	A	1		0.42		
Starch g									
Minerals:									
Calcium, Ca mg	13		1	A	1		11		
Iron, Fe mg	0.87		1	A	1		0.74		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	310		1	A	1		264		
Sodium, Na mg	393		1	A	1		334		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	5.7		1	A	1		4.9		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	0		1	MA	12		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	2.590		1	A	1		2.202		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.200		1	A	1		0.170		
Cholesterol mg	0		1	A	1		0		
Phytosterols mg									

NDB No. 31031
Potatoes, french fried, cross cut, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11394

Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.51	0.816	3	A	1		19.35		
Energy kcal	167		0	NC	4		50		
Energy kJ	699		0	NC	4		210		
Protein g	2.16	0.251	3	A	1		0.65		
Total lipid (fat) g	6.24	0.716	3	A	1		1.87		
Ash g	1.50	0.086	3	A	1		0.45		
Carbohydrate, by difference g	25.59		0	NC	4		7.68		
Fiber, total dietary g	2.3	0.031	3	A	1		0.7		
Sugars, total g	0.20		0	AS	1		0.06		
Sucrose g	0.07		2	A	1		0.02		
Glucose (dextrose) g	0.12		2	A	1		0.04		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	17.07		2	A	1		5.12		
Minerals:									
Calcium, Ca mg	11	0.943	3	A	1		3		
Iron, Fe mg	0.72	0.108	3	A	1		0.22		
Magnesium, Mg mg	21		2	A	1		6		
Phosphorus, P mg	90		2	A	1		27		
Potassium, K mg	379	30.500	3	A	1		114		
Sodium, Na mg	323	1.750	3	A	1		97		
Zinc, Zn mg	0.36		2	A	1		0.11		
Copper, Cu mg	0.110		2	A	1		0.033		
Manganese, Mn mg	0.155		2	A	1		0.047		
Selenium, Se µg	0.5		0	BFSN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	12.3	5.250	3	A	1		3.7		
Thiamin mg	0.090		2	A	1		0.027		
Riboflavin mg	0.034		2	A	1		0.010		
Niacin mg	1.970		2	A	1		0.591		
Pantothenic acid mg	0.498		2	A	1		0.149		
Vitamin B-6 mg	0.170		2	A	1		0.051		
Folate, total µg	36		2	A	1		11		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	36		2	A	1		11		
Folate, DFE µg	36		0	NC	4		11		
Choline, total mg	20.8		0	BFSN	4		6.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2		0	BFSN	4		1		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	4		0	NC	4		1		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	14		0	BFSN	4		4		
Vitamin E (alpha-tocopherol) mg	0.12		2	A	1		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		2	A	1		0.00		
Tocopherol, gamma mg	0.40		2	A	1		0.12		
Tocopherol, delta mg	0.56		2	A	1		0.17		
Tocotrienol, alpha mg	0.02		2	A	1		0.01		
Tocotrienol, beta mg	0.00		2	A	1		0.00		

NDB No. 11394

Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.6		2	A	1		0.8		
Dihydrophylloquinone....µg	15.9		2	A	1		4.8		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.371	0.233	3	JO	11		0.411		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.000		2	A	1		0.000		
12:0....g	0.000		2	A	1		0.000		
13:0....g									
14:0....g	0.000		2	A	1		0.000		
15:0....g	0.000		2	A	1		0.000		
16:0....g	0.622		2	A	1		0.187		
17:0....g	0.000		2	A	1		0.000		
18:0....g	0.494		2	A	1		0.148		
20:0....g	0.021		2	A	1		0.006		
22:0....g	0.019		2	A	1		0.006		
24:0....g									
Fatty acids, total monounsaturated....g	3.754		0	NC	4		1.126		
14:1....g	0.000		2	A	1		0.000		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.010		2	A	1		0.003		
17:1....g	0.000		2	A	1		0.000		
18:1 undifferentiated....g	3.732		2	A	1		1.120		
20:1....g	0.012		2	A	1		0.004		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.307		0	NC	4		0.092		
18:2 undifferentiated....g	0.286		2	A	1		0.086		
18:3 undifferentiated....g	0.020		0	AS	1		0.006		
18:3 n-3 c,c,c (ALA)....g	0.020		2	A	1		0.006		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.000		2	A	1		0.000		
20:3 undifferentiated....g	0.000		2	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		2	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.140		1	A	1		0.042		
Cholesterol....mg	0		1	A	1		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0	A	1		0.006		
Threonine....g	0.075		0	A	1		0.022		
Isoleucine....g	0.076		0	A	1		0.023		
Leucine....g	0.126		0	A	1		0.038		
Lysine....g	0.127		0	A	1		0.038		
Methionine....g	0.034		0	A	1		0.010		
Cystine....g	0.034		0	A	1		0.010		

NDB No. 11394

Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.092		0	A	1		0.028		
Tyrosine....g	0.074		0	A	1		0.022		
Valine....g	0.119		0	A	1		0.036		
Arginine....g	0.125		0	A	1		0.037		
Histidine....g	0.044		0	A	1		0.013		
Alanine....g	0.088		0	A	1		0.026		
Aspartic acid....g	0.478		0	A	1		0.144		
Glutamic acid....g	0.385		0	A	1		0.116		
Glycine....g	0.071		0	A	1		0.021		
Proline....g	0.079		0	A	1		0.024		
Serine....g	0.094		0	A	1		0.028		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 10 strip

Footnotes:

1 Primarily retail consumer product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11395

Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	56.62		2	A	1		11.89		
Energy kcal	199		0	NC	4		42		
Energy kJ	833		0	NC	4		175		
Protein g	2.90		2	A	1		0.61		
Total lipid (fat) g	6.76		2	A	1		1.42		
Ash g	2.07		2	A	1		0.43		
Carbohydrate, by difference g	31.66		0	NC	4		6.65		
Fiber, total dietary g	2.8		2	A	1		0.6		
Sugars, total g	0.31		2	A	1		0.06		
Sucrose g	0.21		2	A	1		0.04		
Glucose (dextrose) g	0.10		2	A	1		0.02		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	23.15		2	A	1		4.86		
Minerals:									
Calcium, Ca mg	12		2	A	1		2		
Iron, Fe mg	0.80		2	A	1		0.17		
Magnesium, Mg mg	25		2	A	1		5		
Phosphorus, P mg	112		2	A	1		24		
Potassium, K mg	505		2	A	1		106		
Sodium, Na mg	400		2	A	1		84		
Zinc, Zn mg	0.43		2	A	1		0.09		
Copper, Cu mg	0.114		2	A	1		0.024		
Manganese, Mn mg	0.187		2	A	1		0.039		
Selenium, Se µg	0.6		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	14.2		2	A	1		3.0		
Thiamin mg	0.129		2	A	1		0.027		
Riboflavin mg	0.034		2	A	1		0.007		
Niacin mg	2.280		2	A	1		0.479		
Pantothenic acid mg	0.554		2	A	1		0.116		
Vitamin B-6 mg	0.192		2	A	1		0.040		
Folate, total µg	33		2	A	1		7		
Folic acid µg									
Folate, food µg	33		2	A	1		7		
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg									
Carotene, beta µg	3		0	BFSN	4		1		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	5		0	NC	4		1		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	17		0	BFSN	4		4		
Vitamin E (alpha-tocopherol) mg	0.16		2	A	1		0.03		
Tocopherol, beta mg	0.01		2	A	1		0.00		
Tocopherol, gamma mg	0.49		2	A	1		0.10		
Tocopherol, delta mg	0.65		2	A	1		0.14		
Tocotrienol, alpha mg	0.01		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		

NDB No. 11395

Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.7		2	A	1		0.6		
Dihydrophylloquinone µg	19.6		2	A	1		4.1		
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.267		0	NC	4		0.266		
4:0 g	0.000		0	BFSN	4		0.000		
6:0 g	0.000		0	BFSN	4		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.000		2	A	1		0.000		
15:0 g	0.000		2	A	1		0.000		
16:0 g	0.682		2	A	1		0.143		
17:0 g	0.000		2	A	1		0.000		
18:0 g	0.543		2	A	1		0.114		
20:0 g	0.022		2	A	1		0.005		
22:0 g	0.021		2	A	1		0.004		
24:0 g									
Fatty acids, total monounsaturated g	4.058		0	NC	4		0.852		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.007		2	A	1		0.002		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	4.042		2	A	1		0.849		
20:1 g	0.009		2	A	1		0.002		
22:1 undifferentiated g	0.000		0	BFSN	4		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	0.345		0	NC	4		0.073		
18:2 undifferentiated g	0.322		2	A	1		0.068		
18:3 undifferentiated g	0.024		0	AS	1		0.005		
18:3 n-3 c,c,c (ALA) g	0.024		2	A	1		0.005		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.026		0	A	1		0.005		
Threonine g	0.100		0	A	1		0.021		
Isoleucine g	0.101		0	A	1		0.021		
Leucine g	0.169		0	A	1		0.036		
Lysine g	0.170		0	A	1		0.036		
Methionine g	0.046		0	A	1		0.010		
Cystine g	0.046		0	A	1		0.010		
Phenylalanine g	0.123		0	A	1		0.026		
Tyrosine g	0.099		0	A	1		0.021		

NDB No. 11395

Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.160		0	A	1		0.034		
Arginine....g	0.167		0	A	1		0.035		
Histidine....g	0.059		0	A	1		0.012		
Alanine....g	0.117		0	A	1		0.025		
Aspartic acid....g	0.642		0	A	1		0.135		
Glutamic acid....g	0.517		0	A	1		0.109		
Glycine....g	0.095		0	A	1		0.020		
Proline....g	0.106		0	A	1		0.022		
Serine....g	0.126		0	A	1		0.027		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 10 strip

Footnotes:

1 Primarily retail consumer product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31030

Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.01		1	A	1		58.66		
Energy kcal	138		0	NC	4		117		
Energy kJ	576		0	NC	4		490		
Protein (N x 6.25) g	2.40		1	A	1		2.04		
Total lipid (fat) g	3.42		1	A	1		2.91		
Ash g	0.86		1	A	1		0.73		
Carbohydrate, by difference g	24.31		0	NC	4		20.66		
Fiber, total dietary g	2.4		1	A	1		2.0		
Sugars, total g	0.21		1	A	1		0.18		
Starch g									
Minerals:									
Calcium, Ca mg	13		1	A	1		11		
Iron, Fe mg	0.83		1	A	1		0.71		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	360		1	A	1		306		
Sodium, Na mg	30		1	A	1		26		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	6.9		1	A	1		5.9		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	0		1	MA	12		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.880		1	A	1		0.748		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.070		1	A	1		0.060		
Cholesterol mg	0		1	A	1		0		
Phytosterols mg									

NDB No. 31030

Potatoes, french fried, steak cut, salt not added in processing, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11411

Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.29		2	A	1		106.02		
Energy kcal	133		0	NC	4		204		
Energy kJ	558		0	NC	4		854		
Protein g	2.19		2	A	1		3.35		
Total lipid (fat) g	3.39		2	A	1		5.19		
Ash g	1.61		2	A	1		2.47		
Carbohydrate, by difference g	23.51		0	NC	4		35.97		
Fiber, total dietary g	1.9		2	A	1		3.0		
Sugars, total g	0.20		2	A	1		0.30		
Sucrose g	0.10		2	A	1		0.15		
Glucose (dextrose) g	0.10		2	A	1		0.15		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	17.37		2	A	1		26.58		
Minerals:									
Calcium, Ca mg	9		2	A	1		13		
Iron, Fe mg	0.65		2	A	1		1.00		
Magnesium, Mg mg	21		2	A	1		32		
Phosphorus, P mg	78		2	A	1		120		
Potassium, K mg	400		2	A	1		611		
Sodium, Na mg	317		2	A	1		485		
Zinc, Zn mg	0.36		2	A	1		0.55		
Copper, Cu mg	0.092		2	A	1		0.140		
Manganese, Mn mg	0.161		2	A	1		0.246		
Selenium, Se µg	0.4		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.4		2	A	1		28.2		
Thiamin mg	0.098		2	A	1		0.151		
Riboflavin mg	0.072		2	A	1		0.109		
Niacin mg	2.005		2	A	1		3.068		
Pantothenic acid mg	0.473		2	A	1		0.724		
Vitamin B-6 mg	0.168		2	A	1		0.257		
Folate, total µg	38		2	A	1		57		
Folic acid µg									
Folate, food µg	38		2	A	1		57		
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg									
Carotene, beta µg	2		0	BFSN	4		3		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	4		0	NC	4		5		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	12		0	BFSN	4		19		
Vitamin E (alpha-tocopherol) mg	0.08		2	A	1		0.11		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.15		2	A	1		0.24		
Tocopherol, delta mg	0.26		2	A	1		0.41		
Tocotrienol, alpha mg	0.04		2	A	1		0.06		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		

NDB No. 11411

Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.8		2	A	1		2.8		
Dihydrophylloquinone µg	8.0		2	A	1		12.2		
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.688		0	NC	4		1.053		
4:0 g	0.000		0	BFSN	4		0.000		
6:0 g	0.000		0	BFSN	4		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.000		2	A	1		0.000		
15:0 g	0.000		2	A	1		0.000		
16:0 g	0.357		2	A	1		0.546		
17:0 g	0.004		2	A	1		0.006		
18:0 g	0.301		2	A	1		0.461		
20:0 g	0.013		2	A	1		0.020		
22:0 g	0.013		2	A	1		0.020		
24:0 g									
Fatty acids, total monounsaturated g	2.025		0	NC	4		3.099		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.011		2	A	1		0.017		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.001		2	A	1		3.062		
20:1 g	0.013		2	A	1		0.020		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.218		0	NC	4		0.334		
18:2 undifferentiated g	0.201		2	A	1		0.307		
18:3 undifferentiated g	0.017		0	AS	1		0.027		
18:3 n-3 c,c,c (ALA) g	0.017		2	A	1		0.027		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.019		0	A	1		0.030		
Threonine g	0.076		0	A	1		0.116		
Isoleucine g	0.077		0	A	1		0.117		
Leucine g	0.128		0	A	1		0.196		
Lysine g	0.129		0	A	1		0.197		
Methionine g	0.035		0	A	1		0.053		
Cystine g	0.035		0	A	1		0.053		
Phenylalanine g	0.093		0	A	1		0.143		
Tyrosine g	0.074		0	A	1		0.114		

NDB No. 11411

Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine....g	0.121		0	A	1		0.185		
Arginine....g	0.126		0	A	1		0.193		
Histidine....g	0.045		0	A	1		0.068		
Alanine....g	0.089		0	A	1		0.136		
Aspartic acid....g	0.485		0	A	1		0.742		
Glutamic acid....g	0.390		0	A	1		0.597		
Glycine....g	0.072		0	A	1		0.109		
Proline....g	0.080		0	A	1		0.123		
Serine....g	0.095		0	A	1		0.146		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 153g: 10 strip

Footnotes:

1 Primarily retail consumer product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11412

Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.85		2	A	1		86.24		
Energy kcal	152		0	NC	4		202		
Energy kJ	636		0	NC	4		846		
Protein g	2.57		2	A	1		3.42		
Total lipid (fat) g	3.76		2	A	1		5.00		
Ash g	1.84		2	A	1		2.45		
Carbohydrate, by difference g	26.98		0	NC	4		35.88		
Fiber, total dietary g	2.6		2	A	1		3.5		
Sugars, total g	0.25		2	A	1		0.33		
Sucrose g	0.15		2	A	1		0.20		
Glucose (dextrose) g	0.10		2	A	1		0.13		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	17.26		2	A	1		22.96		
Minerals:									
Calcium, Ca mg	10		2	A	1		14		
Iron, Fe mg	0.64		2	A	1		0.85		
Magnesium, Mg mg	23		2	A	1		31		
Phosphorus, P mg	90		2	A	1		119		
Potassium, K mg	459		2	A	1		610		
Sodium, Na mg	373		2	A	1		495		
Zinc, Zn mg	0.41		2	A	1		0.54		
Copper, Cu mg	0.095		2	A	1		0.127		
Manganese, Mn mg	0.189		2	A	1		0.251		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	14.0		2	A	1		18.6		
Thiamin mg	0.132		2	A	1		0.176		
Riboflavin mg	0.029		2	A	1		0.039		
Niacin mg	2.240		2	A	1		2.979		
Pantothenic acid mg	0.522		2	A	1		0.694		
Vitamin B-6 mg	0.192		1	A	1		0.255		
Folate, total µg	31		2	A	1		41		
Folic acid µg									
Folate, food µg	31		2	A	1		41		
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.08		2	A	1		0.11		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.19		2	A	1		0.25		
Tocopherol, delta mg	0.31		2	A	1		0.42		
Tocotrienol, alpha mg	0.04		2	A	1		0.06		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11412

Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.3		2	A	1		3.1		
Dihydrophylloquinone µg	10.1		2	A	1		13.5		
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.737		0	NC	4		0.981		
4:0 g									
6:0 g									
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.000		2	A	1		0.000		
12:0 g	0.000		2	A	1		0.000		
13:0 g									
14:0 g	0.000		2	A	1		0.000		
15:0 g	0.000		2	A	1		0.000		
16:0 g	0.389		2	A	1		0.517		
17:0 g	0.004		2	A	1		0.006		
18:0 g	0.320		2	A	1		0.426		
20:0 g	0.013		2	A	1		0.017		
22:0 g	0.011		2	A	1		0.015		
24:0 g									
Fatty acids, total monounsaturated g	2.207		0	NC	4		2.935		
14:1 g	0.000		2	A	1		0.000		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.003		2	A	1		0.004		
17:1 g	0.000		2	A	1		0.000		
18:1 undifferentiated g	2.199		2	A	1		2.925		
20:1 g	0.004		2	A	1		0.006		
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.252		0	NC	4		0.336		
18:2 undifferentiated g	0.232		2	A	1		0.308		
18:3 undifferentiated g	0.021		0	AS	1		0.028		
18:3 n-3 c,c,c (ALA) g	0.021		2	A	1		0.028		
18:3 n-6 c,c,c g	0.000		2	A	1		0.000		
18:3i g									
18:4 g									
20:2 n-6 c,c g	0.000		2	A	1		0.000		
20:3 undifferentiated g	0.000		2	A	1		0.000		
20:3 n-3 g									
20:3 n-6 g									
20:4 undifferentiated g	0.000		2	A	1		0.000		
20:4 n-6 g									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		
Caffeine mg	0		0	Z	7		0		
Theobromine mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

NDB No. 11412

Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated (1)

Measure 1 = 133g: 10 strip

Footnotes:

1 Primarily retail consumer product

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31029
Potatoes, french fried, wedge cut, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.06	0.784	3	A	1		56.15		
Energy kcal	166		0	NC	4		141		
Energy kJ	696		0	NC	4		592		
Protein g	2.56	0.086	3	A	1		2.18		
Total lipid (fat) g	7.47	0.291	3	A	1		6.35		
Ash g	1.69	0.140	3	A	1		1.44		
Carbohydrate, by difference g	22.22		0	NC	4		18.88		
Fiber, total dietary g	2.4	0.009	3	A	1		2.0		
Sugars, total g	0.34	0.100	3	A	1		0.29		
Starch g									
Minerals:									
Calcium, Ca mg	14	2.118	3	A	1		12		
Iron, Fe mg	0.72	0.145	3	A	1		0.61		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	381	18.330	3	A	1		324		
Sodium, Na mg	380	31.575	3	A	1		323		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1	1.243	3	A	1		4.3		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	0	0.000	3	MA	12		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.843	0.142	3	A	1		1.567		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.147	0.003	3	A	1		0.125		
Cholesterol mg	0	0.000	3	A	1		0		
Phytosterols mg									

NDB No. 31029
Potatoes, french fried, wedge cut, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11840

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	52.90		0		1		26.45	104.74	
Energy kcal	218		0	NC	4		109	431	
Energy kJ	912		0	NC	4		456	1805	
Protein (N x 6.25) g	3.44		0		1		1.72	6.81	
Total lipid (fat) g	8.20		0		1		4.10	16.24	
Ash g	1.43		0		1		0.72	2.83	
Carbohydrate, by difference g	34.03		0	NC	4		17.02	67.38	
Fiber, total dietary g	3.2		0		4		1.6	6.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		5	20	
Iron, Fe mg	1.49		0		1		0.75	2.95	
Magnesium, Mg mg	22		0		1		11	44	
Phosphorus, P mg	65		0		1		33	129	
Potassium, K mg	480		0		1		240	950	
Sodium, Na mg	281		0		4		141	556	
Zinc, Zn mg	0.41		0		1		0.21	0.81	
Copper, Cu mg	0.200		0		1		0.100	0.396	
Manganese, Mn mg	0.304		0		1		0.152	0.602	
Selenium, Se µg	0.4		0	BFSN	4		0.2	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.5		0		1		4.8	18.8	
Thiamin mg	0.119		0		1		0.060	0.236	
Riboflavin mg	0.031		0		1		0.016	0.061	
Niacin mg	2.413		0		1		1.207	4.778	
Pantothenic acid mg	0.690		0		1		0.345	1.366	
Vitamin B-6 mg	0.243		0		1		0.122	0.481	
Folate, total µg	17		0		1		8	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		8	33	
Folate, DFE µg	17		0	NC	4		8	33	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11840

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.894		0		1		1.947	7.710	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	3.328		0		1		1.664	6.589	
17:0....g									
18:0....g	0.566		0		1		0.283	1.121	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.328		0		1		1.664	6.589	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	3.328		0		1		1.664	6.589	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.615		0		1		0.308	1.218	
18:2 undifferentiated....g	0.615		0		1		0.308	1.218	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.046		0		1		0.023	0.091	
Threonine....g	0.156		0		1		0.078	0.309	
Isoleucine....g	0.148		0		1		0.074	0.293	
Leucine....g	0.207		0		1		0.104	0.410	
Lysine....g	0.183		0		1		0.092	0.362	
Methionine....g	0.039		0		1		0.020	0.077	
Cystine....g	0.021		0		1		0.011	0.042	
Phenylalanine....g	0.147		0		1		0.074	0.291	
Tyrosine....g	0.086		0		1		0.043	0.170	
Valine....g	0.175		0		1		0.088	0.347	
Arginine....g	0.163		0		1		0.082	0.323	
Histidine....g	0.058		0		1		0.029	0.115	
Alanine....g	0.119		0		1		0.060	0.236	
Aspartic acid....g	0.796		0		1		0.398	1.576	
Glutamic acid....g	0.537		0		1		0.269	1.063	
Glycine....g	0.124		0		1		0.062	0.246	
Proline....g	0.111		0		1		0.056	0.220	
Serine....g	0.124		0		1		0.062	0.246	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11840

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt

Common Measures:

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz) yields

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11409

Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	35.40		0		1		17.70	70.09	
Energy kcal	333		0	NC	4		167	659	
Energy kJ	1393				4		697	2759	
Protein (N x 6.25) g	3.55		0		1		1.78	7.03	
Total lipid (fat) g	18.71		0		1		9.36	37.05	
Ash g	2.66		0		1		1.33	5.27	
Carbohydrate, by difference g	39.68		0	NC	4		19.84	78.57	
Fiber, total dietary g	3.2		0		4		1.6	6.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		6	24	
Iron, Fe mg	1.66		0		1		0.83	3.29	
Magnesium, Mg mg	23		0		1		12	46	
Phosphorus, P mg	96		0		1		48	190	
Potassium, K mg	539		0		1		270	1067	
Sodium, Na mg	613		0		1		307	1214	
Zinc, Zn mg	0.41		0		1		0.21	0.81	
Copper, Cu mg	0.040		0		1		0.020	0.079	
Manganese, Mn mg	0.285		0		1		0.143	0.564	
Selenium, Se µg	0.6		0	BFSN	4		0.3	1.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.2		0		1		3.1	12.3	
Thiamin mg	0.080		0		1		0.040	0.158	
Riboflavin mg	0.037		0		1		0.019	0.073	
Niacin mg	2.665		0		1		1.333	5.277	
Pantothenic acid mg	0.608		0		1		0.304	1.204	
Vitamin B-6 mg	0.213		0		1		0.107	0.422	
Folate, total µg	22		0		1		11	44	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	22		0		1		11	44	
Folate, DFE µg	22		0	NC	4		11	44	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11409

Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	5.960		0		4		2.980	11.801	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.076		0		4		0.038	0.150	
15:0....g									
16:0....g	3.822		0		4		1.911	7.568	
17:0....g									
18:0....g	1.274		0		4		0.637	2.523	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	11.338		0		4		5.669	22.449	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		4		0.019	0.075	
17:1....g									
18:1 undifferentiated....g	11.317		0		4		5.659	22.408	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.405		0		4		0.703	2.782	
18:2 undifferentiated....g	1.405		0		4		0.703	2.782	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.024	0.095	
Threonine....g	0.161		0		1		0.081	0.319	
Isoleucine....g	0.153		0		1		0.077	0.303	
Leucine....g	0.214		0		1		0.107	0.424	
Lysine....g	0.188		0		1		0.094	0.372	
Methionine....g	0.040		0		1		0.020	0.079	
Cystine....g	0.023		0		1		0.012	0.046	
Phenylalanine....g	0.152		0		1		0.076	0.301	
Tyrosine....g	0.089		0		1		0.045	0.176	
Valine....g	0.180		0		1		0.090	0.356	
Arginine....g	0.168		0		1		0.084	0.333	
Histidine....g	0.060		0		1		0.030	0.119	
Alanine....g	0.122		0		1		0.061	0.242	
Aspartic acid....g	0.821		0		1		0.411	1.626	
Glutamic acid....g	0.554		0		1		0.277	1.097	
Glycine....g	0.128		0		1		0.064	0.253	
Proline....g	0.114		0		1		0.057	0.226	
Serine....g	0.128		0		1		0.064	0.253	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11409

Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt

Common Measures:

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11408

Potatoes, frozen, french fried, par fried, extruded, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.94	1.465	17		1		32.46	127.35	
Energy kcal	260		0	NC	4		169	663	
Energy kJ	1088		0		4		707	2774	
Protein (N x 6.25) g	2.83	0.053	17		1		1.84	7.22	
Total lipid (fat) g	14.95	0.726	17		1		9.72	38.12	
Ash g	2.13	0.130	17		1		1.38	5.43	
Carbohydrate, by difference g	30.15		0	NC	4		19.60	76.88	
Fiber, total dietary g	2.9		0	BFSN	4		1.9	7.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		0		1		6	23	
Iron, Fe mg	1.32	0.210	16		1		0.86	3.37	
Magnesium, Mg mg	18		2		1		12	46	
Phosphorus, P mg	77		2		1		50	196	
Potassium, K mg	430	36.201	4		1		280	1097	
Sodium, Na mg	490	23.244	16		1		319	1250	
Zinc, Zn mg	0.33		2		1		0.21	0.84	
Copper, Cu mg	0.032		2		1		0.021	0.082	
Manganese, Mn mg	0.227		2		1		0.148	0.579	
Selenium, Se µg	0.5		0	BFSN	4		0.3	1.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	6.3	0.649	17		1		4.1	16.1	
Thiamin mg	0.074	0.007	16		1		0.048	0.189	
Riboflavin mg	0.031		2		1		0.020	0.079	
Niacin mg	2.241	0.104	16		1		1.457	5.715	
Pantothenic acid mg	0.540		0		1		0.351	1.377	
Vitamin B-6 mg	0.180		0		1		0.117	0.459	
Folate, total µg	22		0		1		14	56	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	22		0		1		14	56	
Folate, DFE µg	22		0	NC	4		14	56	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11408

Potatoes, frozen, french fried, par fried, extruded, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	4.544		0		1		2.954	11.587	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.057		0		1		0.037	0.145	
15:0....g									
16:0....g	3.515		0		1		2.285	8.963	
17:0....g									
18:0....g	0.972		0		1		0.632	2.479	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.659		0		1		5.628	22.080	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.029		0		1		0.019	0.074	
17:1....g									
18:1 undifferentiated....g	8.631		0		1		5.610	22.009	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.072		0		1		0.697	2.734	
18:2 undifferentiated....g	1.072		0		1		0.697	2.734	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.025	0.097	
Threonine....g	0.129		0		1		0.084	0.329	
Isoleucine....g	0.122		0		1		0.079	0.311	
Leucine....g	0.171		0		1		0.111	0.436	
Lysine....g	0.150		0		1		0.098	0.383	
Methionine....g	0.032		0		1		0.021	0.082	
Cystine....g	0.018		0		1		0.012	0.046	
Phenylalanine....g	0.121		0		1		0.079	0.309	
Tyrosine....g	0.071		0		1		0.046	0.181	
Valine....g	0.144		0		1		0.094	0.367	
Arginine....g	0.134		0		1		0.087	0.342	
Histidine....g	0.048		0		1		0.031	0.122	
Alanine....g	0.098		0		1		0.064	0.250	
Aspartic acid....g	0.656		0		1		0.426	1.673	
Glutamic acid....g	0.442		0		1		0.287	1.127	
Glycine....g	0.102		0		1		0.066	0.260	
Proline....g	0.091		0		1		0.059	0.232	
Serine....g	0.102		0		1		0.066	0.260	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11408

Potatoes, frozen, french fried, par fried, extruded, unprepared

Common Measures:

Measure 1 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

Calories Factors: Protein 2.8 **Fat** 8.8 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11837
Potatoes, frozen, whole, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.80		0		1				
Energy kcal	63		0	NC	4				
Energy kJ	262		0	NC	4				
Protein (N x 6.25) g	1.98		0		1				
Total lipid (fat) g	0.13		0		1				
Ash g	1.16		0	O	4				
Carbohydrate, by difference g	13.93		0	NC	4				
Fiber, total dietary g	1.4		0		4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1				
Iron, Fe mg	0.84		0		1				
Magnesium, Mg mg	11		0		1				
Phosphorus, P mg	26		0		1				
Potassium, K mg	287		0		1				
Sodium, Na mg	256		0		4				
Zinc, Zn mg	0.25		0		1				
Copper, Cu mg	0.078		0		1				
Manganese, Mn mg	0.185		0		1				
Selenium, Se µg	0.2		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	9.4		0		1				
Thiamin mg	0.102		0		1				
Riboflavin mg	0.025		0		1				
Niacin mg	1.326		0		1				
Pantothenic acid mg	0.280		0		1				
Vitamin B-6 mg	0.202		0		1				
Folate, total µg	8		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	8		0		1				
Folate, DFE µg	8		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0	AS	1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11837

Potatoes, frozen, whole, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.034		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1				
12:0....g	0.004		0		1				
13:0....g									
14:0....g	0.001		0		1				
15:0....g									
16:0....g	0.021		0		1				
17:0....g									
18:0....g	0.005		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1				
17:1....g									
18:1 undifferentiated....g	0.001		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.056		0		1				
18:2 undifferentiated....g	0.042		0		1				
18:3 undifferentiated....g	0.013		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1				
Threonine....g	0.072		0		1				
Isoleucine....g	0.080		0		1				
Leucine....g	0.119		0		1				
Lysine....g	0.120		0		1				
Methionine....g	0.031		0		1				
Cystine....g	0.025		0		1				
Phenylalanine....g	0.088		0		1				
Tyrosine....g	0.073		0		1				
Valine....g	0.111		0		1				
Arginine....g	0.091		0		1				
Histidine....g	0.043		0		1				
Alanine....g	0.061		0		1				
Aspartic acid....g	0.483		0		1				
Glutamic acid....g	0.331		0		1				
Glycine....g	0.059		0		1				
Proline....g	0.071		0		1				
Serine....g	0.086		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11837

Potatoes, frozen, whole, cooked, boiled, drained, with salt

Common Measures:

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11401
Potatoes, frozen, whole, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.80		0		1				
Energy kcal	65		0	NC	4				
Energy kJ	272				4				
Protein (N x 6.25) g	1.98		0		1				
Total lipid (fat) g	0.13		0		1				
Ash g	0.57		0		1				
Carbohydrate, by difference g	14.52		0	NC	4				
Fiber, total dietary g	1.4		0		4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	7		0		1				
Iron, Fe mg	0.84		0		1				
Magnesium, Mg mg	11		0		1				
Phosphorus, P mg	26		0		1				
Potassium, K mg	287		0		1				
Sodium, Na mg	20		0		1				
Zinc, Zn mg	0.25		0		1				
Copper, Cu mg	0.078		0		1				
Manganese, Mn mg	0.185		0		1				
Selenium, Se µg	0.2		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	9.4		0		1				
Thiamin mg	0.102		0		1				
Riboflavin mg	0.025		0		1				
Niacin mg	1.326		0		1				
Pantothenic acid mg	0.280		0		1				
Vitamin B-6 mg	0.202		0		1				
Folate, total µg	8		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	8		0		1				
Folate, DFE µg	8		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0		4				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11401

Potatoes, frozen, whole, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.034		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1				
12:0....g	0.004		0		1				
13:0....g									
14:0....g	0.001		0		1				
15:0....g									
16:0....g	0.021		0		1				
17:0....g									
18:0....g	0.005		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1				
17:1....g									
18:1 undifferentiated....g	0.001		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.056		0		1				
18:2 undifferentiated....g	0.042		0		1				
18:3 undifferentiated....g	0.013		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0		1				
Threonine....g	0.072		0		1				
Isoleucine....g	0.080		0		1				
Leucine....g	0.119		0		1				
Lysine....g	0.120		0		1				
Methionine....g	0.031		0		1				
Cystine....g	0.025		0		1				
Phenylalanine....g	0.088		0		1				
Tyrosine....g	0.073		0		1				
Valine....g	0.111		0		1				
Arginine....g	0.091		0		1				
Histidine....g	0.043		0		1				
Alanine....g	0.061		0		1				
Aspartic acid....g	0.483		0		1				
Glutamic acid....g	0.331		0		1				
Glycine....g	0.059		0		1				
Proline....g	0.071		0		1				
Serine....g	0.086		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11401

Potatoes, frozen, whole, cooked, boiled, drained, without salt

Common Measures:

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11400
Potatoes, frozen, whole, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.30	0.556	23		1		144.33		
Energy kcal	78		0	NC	4		143		
Energy kJ	328		0	NC	4		597		
Protein (N x 6.25) g	2.38	0.081	23		1		4.33		
Total lipid (fat) g	0.16	0.028	21		1		0.29		
Ash g	0.69	0.035	23		1		1.26		
Carbohydrate, by difference g	17.47		0	NC	4		31.80		
Fiber, total dietary g	1.2		0		1		2.2		
Sugars, total g	0.78		0	BFSN	4		1.42		
Starch g									
Minerals:									
Calcium, Ca mg	8	2.640	8		1		15		
Iron, Fe mg	1.01	0.101	23		1		1.84		
Magnesium, Mg mg	13		2		1		24		
Phosphorus, P mg	32		2		1		58		
Potassium, K mg	346	37.695	4		1		630		
Sodium, Na mg	25	2.666	17		1		46		
Zinc, Zn mg	0.30		2		1		0.55		
Copper, Cu mg	0.094		2		1		0.171		
Manganese, Mn mg	0.223		2		1		0.406		
Selenium, Se µg	0.3		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	14.2	1.705	22		1		25.8		
Thiamin mg	0.154	0.040	23		1		0.280		
Riboflavin mg	0.031	0.003	8		1		0.056		
Niacin mg	1.680	0.107	23		1		3.058		
Pantothenic acid mg	0.374		0		1		0.681		
Vitamin B-6 mg	0.256		0		1		0.466		
Folate, total µg	13		0		1		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0		1		23		
Folate, DFE µg	13		0	NC	4		23		
Choline, total mg	12.2		0	BFSN	4		22.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1		0	BFSN	4		3		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	2		0	NC	4		4		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	8		0	BFSN	4		15		
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.01		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.9		0	BFSN	4		3.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11400
Potatoes, frozen, whole, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0		1		0.075		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.001		0		1		0.002		
12:0....g	0.005		0		1		0.009		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.025		0		1		0.046		
17:0....g									
18:0....g	0.006		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.005		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.002		0		1		0.004		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.067		0		1		0.122		
18:2 undifferentiated....g	0.050		0		1		0.091		
18:3 undifferentiated....g	0.016		0		1		0.029		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.067		
Threonine....g	0.086		0		1		0.157		
Isoleucine....g	0.097		0		1		0.177		
Leucine....g	0.143		0		1		0.260		
Lysine....g	0.144		0		1		0.262		
Methionine....g	0.038		0		1		0.069		
Cystine....g	0.030		0		1		0.055		
Phenylalanine....g	0.106		0		1		0.193		
Tyrosine....g	0.088		0		1		0.160		
Valine....g	0.134		0		1		0.244		
Arginine....g	0.109		0		1		0.198		
Histidine....g	0.052		0		1		0.095		
Alanine....g	0.073		0		1		0.133		
Aspartic acid....g	0.581		0		1		1.057		
Glutamic acid....g	0.399		0		1		0.726		
Glycine....g	0.071		0		1		0.129		
Proline....g	0.086		0		1		0.157		
Serine....g	0.103		0		1		0.187		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11400
Potatoes, frozen, whole, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11391

Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil

Potatoes, hashed brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	55.95	7.568	9	A	1		83.93	16.23	114.70
Energy kcal	219		0	NC	4		329	64	449
Energy kJ	917		0	NC	4		1376	266	1880
Protein (N x 6.25) g	2.65	0.223	9	A	1		3.97	0.77	5.43
Total lipid (fat) g	11.59	4.525	9	A	1		17.38	3.36	23.75
Ash g	1.30	0.129	9	A	1		1.95	0.38	2.67
Carbohydrate, by difference g	28.51		0	NC	4		42.76	8.27	58.45
Fiber, total dietary g	3.2	0.349	6	A	1		4.8	0.9	6.5
Sugars, total g	0.27	0.040	6	A	1		0.41	0.08	0.56
Sucrose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.26	0.029	9	A	1		0.40	0.08	0.54
Fructose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Lactose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch g	24.57	1.874	6	A	1		36.86	7.13	50.37
Minerals:									
Calcium, Ca mg	17	0.867	9	A	1		25	5	34
Iron, Fe mg	0.54	0.042	9	A	1		0.82	0.16	1.11
Magnesium, Mg mg	28	2.217	9	A	1		42	8	57
Phosphorus, P mg	79	11.176	9	A	1		118	23	161
Potassium, K mg	496	60.868	9	A	1		743	144	1016
Sodium, Na mg	15	2.398	9	A	1		23	4	31
Zinc, Zn mg	0.38	0.057	9	A	1		0.57	0.11	0.78
Copper, Cu mg	0.115	0.011	9	A	1		0.173	0.033	0.237
Manganese, Mn mg	0.184	0.021	9	A	1		0.276	0.053	0.377
Selenium, Se µg	0.5		0	BFZN	4		0.8	0.2	1.1
Vitamins:									
Vitamin C, total ascorbic acid mg	6.7	1.317	9	A	1		10.0	1.9	13.7
Thiamin mg	0.134	0.008	6	A	1		0.202	0.039	0.276
Riboflavin mg	0.033	0.010	9	A	1		0.050	0.010	0.069
Niacin mg	2.314	0.375	6	A	1		3.471	0.671	4.744
Pantothenic acid mg	0.574	0.060	4	A	1		0.861	0.166	1.177
Vitamin B-6 mg	0.236	0.014	6	A	1		0.354	0.069	0.484
Folate, total µg	16		0	BFZN	4		23	5	32
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	16		0	BFZN	4		23	5	32
Folate, DFE µg	16		0	NC	4		23	5	32
Choline, total mg	23.2		0	BFZN	4		34.9	6.7	47.6
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	2.19	0.858	6	A	1		3.29	0.64	4.49
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.04	0.002	9	A	1		0.06	0.01	0.08
Tocopherol, gamma mg	3.92	1.526	6	A	1		5.88	1.14	8.04
Tocopherol, delta mg	0.16	0.054	6	A	1		0.23	0.05	0.32
Tocotrienol, alpha mg	0.01	0.009	9	A	1		0.01	0.00	0.01
Tocotrienol, beta mg	0.00	0.000	6	A	1		0.00	0.00	0.00

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Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.001	6	A	1		0.01	0.00	0.01
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D3 (cholecalciferol)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	18.1		1	A	1		27.2	5.3	37.2
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	0.0		1	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated....g	0.934		0	NC	4		1.400	0.271	1.914
4:0....g	0.010		2	A	1		0.016	0.003	0.021
6:0....g	0.000		2	A	1		0.000	0.000	0.000
8:0....g	0.004		2	A	1		0.006	0.001	0.009
10:0....g	0.009		2	A	1		0.014	0.003	0.019
12:0....g	0.004		2	A	1		0.006	0.001	0.009
13:0....g									
14:0....g	0.008		2	A	1		0.012	0.002	0.017
15:0....g	0.004		2	A	1		0.006	0.001	0.009
16:0....g	0.523		2	A	1		0.784	0.152	1.071
17:0....g	0.006		2	A	1		0.009	0.002	0.013
18:0....g	0.240		2	A	1		0.361	0.070	0.493
20:0....g	0.067		2	A	1		0.101	0.020	0.138
22:0....g	0.037		2	A	1		0.056	0.011	0.076
24:0....g	0.019		2	A	1		0.029	0.006	0.040
Fatty acids, total monounsaturated....g	7.295		0	NC	4		10.943	2.116	14.956
14:1....g									
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.024		0	AS	1		0.036	0.007	0.049
16:1 c....g	0.024		2	A	1		0.036	0.007	0.049
16:1 t....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.007		2	A	1		0.011	0.002	0.015
18:1 undifferentiated....g	7.056		0	AS	1		10.584	2.046	14.465
18:1 c....g	7.044		2	A	1		10.565	2.043	14.439
18:1 t....g	0.012		2	A	1		0.019	0.004	0.026
18:1-11 t (18:1t n-7)....g									
20:1....g	0.202		2	A	1		0.303	0.059	0.414
22:1 undifferentiated....g	0.006		0	AS	1		0.009	0.002	0.013
22:1 c....g	0.001		2	A	1		0.002	0.000	0.002
22:1 t....g	0.005	0.000	4	A	1		0.008	0.002	0.011
24:1 c....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	2.785		0	NC	4		4.177	0.808	5.709
18:2 undifferentiated....g	2.318		0	AS	1		3.478	0.672	4.753
18:2 n-6 c,c....g	2.292		2	A	1		3.437	0.665	4.698
18:2 CLAs....g	0.008		2	A	1		0.012	0.002	0.017
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018		2	A	1		0.028	0.005	0.038
18:3 undifferentiated....g	0.445		0	AS	1		0.667	0.129	0.912
18:3 n-3 c,c,c (ALA)....g	0.369	0.000	4	A	1		0.554	0.107	0.757
18:3 n-6 c,c,c....g	0.076		2	A	1		0.114	0.022	0.155
18:3i....g	0.000		2	A	1		0.000	0.000	0.000
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007		2	A	1		0.011	0.002	0.015
20:3 undifferentiated....g	0.009		0	AS	1		0.014	0.003	0.019
20:3 n-3....g	0.009	0.000	4	A	1		0.014	0.003	0.019
20:3 n-6....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.003		2	A	1		0.005	0.001	0.006
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000

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Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.036		0	NC	4		0.054	0.010	0.074
Fatty acids, total trans-monoenoic g	0.018		0	NC	4		0.026	0.005	0.036
Fatty acids, total trans-polyenoic g	0.018		0	NC	4		0.028	0.005	0.038
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.025		0	A	1		0.038	0.007	0.052
Threonine g	0.108		0	A	1		0.161	0.031	0.221
Isoleucine g	0.113		0	A	1		0.169	0.033	0.231
Leucine g	0.197		0	A	1		0.296	0.057	0.405
Lysine g	0.174		0	A	1		0.261	0.050	0.357
Methionine g	0.042		0	A	1		0.063	0.012	0.086
Cystine g	0.048		0	A	1		0.072	0.014	0.098
Phenylalanine g	0.127		0	A	1		0.191	0.037	0.261
Tyrosine g	0.097		0	A	1		0.146	0.028	0.199
Valine g	0.160		0	A	1		0.239	0.046	0.327
Arginine g	0.167		0	A	1		0.251	0.049	0.343
Histidine g	0.059		0	A	1		0.089	0.017	0.122
Alanine g	0.123		0	A	1		0.184	0.036	0.251
Aspartic acid g	0.484		0	A	1		0.726	0.140	0.992
Glutamic acid g	0.418		0	A	1		0.626	0.121	0.856
Glycine g	0.107		0	A	1		0.160	0.031	0.218
Proline g	0.116		0	A	1		0.175	0.034	0.239
Serine g	0.131		0	A	1		0.197	0.038	0.269
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup prepared

Measure 2 = 29g: 1 patty, oval (approx 3" x 1-1/2" x 1/2")

Measure 3 = 205g: 1 package yield, 12 oz

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11390
Potatoes, hash brown, frozen, plain, unprepared

Potatoes, hashed brown
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.85	0.139	123		1		82.79	268.09	
Energy kcal	82		0	NC	4		86	279	
Energy kJ	343		0		4		360	1166	
Protein (N x 6.25) g	2.06	0.068	37		1		2.16	7.00	
Total lipid (fat) g	0.62	0.056	183		1		0.65	2.11	
Ash g	0.75	0.034	97		1		0.79	2.55	
Carbohydrate, by difference g	17.72		0	NC	4		18.61	60.25	
Fiber, total dietary g	1.4		0		4		1.5	4.8	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		11	34	
Iron, Fe mg	0.98	0.048	109		1		1.03	3.33	
Magnesium, Mg mg	11	0.342	4		1		12	37	
Phosphorus, P mg	47	7.070	4		1		49	160	
Potassium, K mg	285	17.129	20		1		299	969	
Sodium, Na mg	22	1.398	117		1		23	75	
Zinc, Zn mg	0.21	0.011	4		1		0.22	0.71	
Copper, Cu mg	0.099	0.006	4		1		0.104	0.337	
Manganese, Mn mg	0.146	0.008	4		1		0.153	0.496	
Selenium, Se µg	0.3		0	BFZN	4		0.3	1.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.2	0.366	115		1		8.6	27.9	
Thiamin mg	0.097	0.009	60		1		0.102	0.330	
Riboflavin mg	0.014	0.001	4		1		0.015	0.048	
Niacin mg	1.664	0.090	119		1		1.747	5.658	
Pantothenic acid mg	0.323		0		1		0.339	1.098	
Vitamin B-6 mg	0.087		0		1		0.091	0.296	
Folate, total µg	4		0		4		4	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		4		4	14	
Folate, DFE µg	4		0	NC	4		4	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11390

Potatoes, hash brown, frozen, plain, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.163		0		1		0.171	0.554	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.004		0		1		0.004	0.014	
12:0....g	0.021		0		1		0.022	0.071	
13:0....g									
14:0....g	0.004		0		1		0.004	0.014	
15:0....g									
16:0....g	0.102		0		1		0.107	0.347	
17:0....g									
18:0....g	0.022		0		1		0.023	0.075	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.015	0.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.005	0.017	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.007	0.024	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.269		0		1		0.282	0.915	
18:2 undifferentiated....g	0.201		0		1		0.211	0.683	
18:3 undifferentiated....g	0.064		0		1		0.067	0.218	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.029	0.095	
Threonine....g	0.094		0		1		0.099	0.320	
Isoleucine....g	0.089		0		1		0.093	0.303	
Leucine....g	0.124		0		1		0.130	0.422	
Lysine....g	0.110		0		1		0.116	0.374	
Methionine....g	0.023		0		1		0.024	0.078	
Cystine....g	0.013		0		1		0.014	0.044	
Phenylalanine....g	0.088		0		1		0.092	0.299	
Tyrosine....g	0.052		0		1		0.055	0.177	
Valine....g	0.105		0		1		0.110	0.357	
Arginine....g	0.098		0		1		0.103	0.333	
Histidine....g	0.035		0		1		0.037	0.119	
Alanine....g	0.071		0		1		0.075	0.241	
Aspartic acid....g	0.478		0		1		0.502	1.625	
Glutamic acid....g	0.322		0		1		0.338	1.095	
Glycine....g	0.075		0		1		0.079	0.255	
Proline....g	0.066		0		1		0.069	0.224	
Serine....g	0.074		0		1		0.078	0.252	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11390

Potatoes, hash brown, frozen, plain, unprepared

Common Measures:

Measure 1 = 105g: .5 cup

Measure 2 = 340g: 1 package (12 oz)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11393

Potatoes, hash brown, frozen, with butter sauce, prepared

Potatoes, hashed brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.71		0		1				
Energy kcal	178		0	NC	4				
Energy kJ	745		0		4				
Protein (N x 6.25) g	2.46		0		1				
Total lipid (fat) g	8.79		0		1				
Ash g	0.92		0		1				
Carbohydrate, by difference g	24.13		0	NC	4				
Fiber, total dietary g	3.8		0	BFSN	4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	33		0		1				
Iron, Fe mg	0.99		0		1				
Magnesium, Mg mg	15		0		4				
Phosphorus, P mg	38		0		4				
Potassium, K mg	327		0		1				
Sodium, Na mg	101		0		1				
Zinc, Zn mg	0.33		0		4				
Copper, Cu mg	0.102		0		4				
Manganese, Mn mg	0.244		0		4				
Selenium, Se µg	0.3		0	BFZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	3.8		0		1				
Thiamin mg	0.052		0		1				
Riboflavin mg	0.031		0		1				
Niacin mg	1.421		0		1				
Pantothenic acid mg	0.367		0		4				
Vitamin B-6 mg	0.266		0		4				
Folate, total µg	13		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	13		0		4				
Folate, DFE µg	13		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	26		0	NC	4				
Retinol µg	24		0	NC	4				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	111		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11393

Potatoes, hash brown, frozen, with butter sauce, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.373		0		1				
4:0....g	0.141		0		1				
6:0....g	0.083		0		1				
8:0....g	0.048		0		1				
10:0....g	0.110		0		1				
12:0....g	0.123		0		1				
13:0....g									
14:0....g	0.444		0		1				
15:0....g									
16:0....g	1.581		0		1				
17:0....g									
18:0....g	0.751		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.149		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.114		0		1				
17:1....g									
18:1 undifferentiated....g	2.965		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.814		0		1				
18:2 undifferentiated....g	1.634		0		1				
18:3 undifferentiated....g	0.180		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	23		0		1				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11392

Potatoes, hash brown, frozen, with butter sauce, unprepared

Potatoes, hashed brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.51	0.576	11		1		123.27		
Energy kcal	135		0	NC	4		230		
Energy kJ	565		0		4		960		
Protein (N x 6.25) g	1.87	0.033	11		1		3.18		
Total lipid (fat) g	6.66	0.504	11		1		11.32		
Ash g	0.69	0.032	11		1		1.17		
Carbohydrate, by difference g	18.28		0	NC	4		31.08		
Fiber, total dietary g	2.9		0		4		4.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25		1		1		43		
Iron, Fe mg	0.75	0.079	11		1		1.28		
Magnesium, Mg mg	11		0		4		19		
Phosphorus, P mg	29		0		4		49		
Potassium, K mg	248		2		1		422		
Sodium, Na mg	77	10.755	11		1		131		
Zinc, Zn mg	0.25		0		4		0.43		
Copper, Cu mg	0.077		0		4		0.131		
Manganese, Mn mg	0.185		0		4		0.315		
Selenium, Se µg	0.3		0	BFZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.7	0.385	11		1		9.7		
Thiamin mg	0.053	0.009	11		1		0.090		
Riboflavin mg	0.025		2		1		0.043		
Niacin mg	1.133	0.110	11		1		1.926		
Pantothenic acid mg	0.309		0		4		0.525		
Vitamin B-6 mg	0.212		0		4		0.360		
Folate, total µg	12		0		4		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12		0		4		20		
Folate, DFE µg	12		0	NC	4		20		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	19		0	NC	4		32		
Retinol µg	18		0	NC	4		31		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	84	18.451	7		1		143		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11392

Potatoes, hash brown, frozen, with butter sauce, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.556		0		1		4.345		
4:0....g	0.106		0		1		0.180		
6:0....g	0.063		0		1		0.107		
8:0....g	0.037		0		1		0.063		
10:0....g	0.083		0		1		0.141		
12:0....g	0.093		0		1		0.158		
13:0....g									
14:0....g	0.336		0		1		0.571		
15:0....g									
16:0....g	1.198		0		1		2.037		
17:0....g									
18:0....g	0.569		0		1		0.967		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.386		0		1		4.056		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.087		0		1		0.148		
17:1....g									
18:1 undifferentiated....g	2.246		0		1		3.818		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.374		0		1		2.336		
18:2 undifferentiated....g	1.238		0		1		2.105		
18:3 undifferentiated....g	0.136		0		1		0.231		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 package (6 oz)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11370
Potatoes, hash brown, home-prepared

Potatoes, hashed brown
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	47.25		0	RC	4		73.70		
Energy kcal	265		0	RC	4		414		
Energy kJ	1109		0	RC	4		1730		
Protein g	3.00		0	RC	4		4.68		
Total lipid (fat) g	12.52		0	RC	4		19.53		
Ash g	2.12		0	RC	4		3.31		
Carbohydrate, by difference g	35.11		0	RC	4		54.78		
Fiber, total dietary g	3.2		0	RC	4		4.9		
Sugars, total g	1.49		0	RC	4		2.32		
Sucrose g	0.33		0	RC	4		0.52		
Glucose (dextrose) g	0.64		0	RC	4		1.00		
Fructose g	0.52		0	RC	4		0.81		
Lactose g	0.00		0	RC	4		0.00		
Maltose g	0.00		0	RC	4		0.00		
Galactose g	0.00		0	RC	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14		0	RC	4		22		
Iron, Fe mg	0.55		0	RC	4		0.85		
Magnesium, Mg mg	35		0	RC	4		55		
Phosphorus, P mg	70		0	RC	4		109		
Potassium, K mg	576		0	RC	4		898		
Sodium, Na mg	342		0	RC	4		533		
Zinc, Zn mg	0.47		0	RC	4		0.74		
Copper, Cu mg	0.293		0	RC	4		0.458		
Manganese, Mn mg	0.247		0	RC	4		0.385		
Selenium, Se µg	0.5		0	RC	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.0		0	RC	4		20.3		
Thiamin mg	0.172		0	RC	4		0.268		
Riboflavin mg	0.033		0	RC	4		0.052		
Niacin mg	2.302		0	RC	4		3.592		
Pantothenic acid mg	0.893		0	RC	4		1.393		
Vitamin B-6 mg	0.472		0	RC	4		0.736		
Folate, total µg	16		0	RC	4		24		
Folic acid µg	0		0	RC	4		0		
Folate, food µg	16		0	RC	4		24		
Folate, DFE µg	16		0	NC	4		24		
Choline, total mg	23.2		0	RC	4		36.2		
Betaine mg	0.3		0	RC	4		0.5		
Vitamin B-12 µg	0.00		0	RC	4		0.00		
Vitamin B-12, added µg	0.00		0	RC	4		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	RC	4		0		
Carotene, beta µg	3		0	RC	4		4		
Carotene, alpha µg	0		0	RC	4		0		
Cryptoxanthin, beta µg	0		0	RC	4		0		
Vitamin A, IU IU	5		0	NC	4		7		
Lycopene µg	0		0	RC	4		0		
Lutein + zeaxanthin µg	16		0	RC	4		25		
Vitamin E (alpha-tocopherol) mg	0.01		0	RC	4		0.02		
Vitamin E, added mg	0.00		0	RC	4		0.00		
Tocopherol, beta mg	0.00		0	RC	4		0.00		
Tocopherol, gamma mg	0.00		0	RC	4		0.00		
Tocopherol, delta mg	0.00		0	RC	4		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11370
Potatoes, hash brown, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	3.7		0	RC	4		5.7		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.883		0	RC	4		2.938		
4:0....g	0.000		0	RC	4		0.000		
6:0....g	0.000		0	RC	4		0.000		
8:0....g	0.000		0	RC	4		0.000		
10:0....g	0.002		0	RC	4		0.003		
12:0....g	0.005		0	RC	4		0.008		
13:0....g									
14:0....g	0.014		0	RC	4		0.022		
15:0....g									
16:0....g	1.238		0	RC	4		1.931		
17:0....g									
18:0....g	0.624		0	RC	4		0.974		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.299		0	RC	4		8.266		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.051		0	RC	4		0.080		
17:1....g									
18:1 undifferentiated....g	5.248		0	RC	4		8.187		
20:1....g	0.000		0	RC	4		0.000		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.703		0	RC	4		7.336		
18:2 undifferentiated....g	4.364		0	RC	4		6.808		
18:3 undifferentiated....g	0.338		0	RC	4		0.528		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	RC	4		0		
Phytosterols....mg	0		0	RC	4		0		
Amino Acids:									
Tryptophan....g	0.047		0	RC	4		0.074		
Threonine....g	0.109		0	RC	4		0.170		
Isoleucine....g	0.123		0	RC	4		0.192		
Leucine....g	0.181		0	RC	4		0.282		
Lysine....g	0.182		0	RC	4		0.285		
Methionine....g	0.047		0	RC	4		0.074		
Cystine....g	0.039		0	RC	4		0.060		
Phenylalanine....g	0.133		0	RC	4		0.208		
Tyrosine....g	0.112		0	RC	4		0.175		
Valine....g	0.168		0	RC	4		0.263		
Arginine....g	0.139		0	RC	4		0.216		
Histidine....g	0.067		0	RC	4		0.104		
Alanine....g	0.093		0	RC	4		0.145		
Aspartic acid....g	0.735		0	RC	4		1.147		
Glutamic acid....g	0.504		0	RC	4		0.786		

NDB No. 11370
Potatoes, hash brown, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.089		0	RC	4		0.140		
Proline....g	0.109		0	RC	4		0.170		
Serine....g	0.132		0	RC	4		0.205		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0		
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31022

Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil

Potatoes, hashed brown

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	50.57	1.192	6	A	1		65.74		
Energy kcal	242		0	NC	4		314		
Energy kJ	1011		0	NC	4		1314		
Protein g	3.24	0.136	6	A	1		4.21		
Total lipid (fat) g	10.30	0.292	6	A	1		13.39		
Ash g	1.91	0.032	6	A	1		2.48		
Carbohydrate, by difference g	33.99		0	NC	4		44.19		
Fiber, total dietary g	3.6	0.123	3	A	1		4.7		
Sugars, total g	1.16		2	A	1		1.51		
Sucrose g	0.00		2	A	1		0.00		
Glucose (dextrose) g	0.61	0.047	3	A	1		0.80		
Fructose g	0.45	0.055	3	A	1		0.58		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g	26.30	1.137	3	A	1		34.19		
Minerals:									
Calcium, Ca mg	10	0.265	6	A	1		12		
Iron, Fe mg	0.74	0.025	6	A	1		0.96		
Magnesium, Mg mg	32	0.790	6	A	1		41		
Phosphorus, P mg	122	2.344	6	A	1		158		
Potassium, K mg	704	14.782	6	A	1		915		
Sodium, Na mg	77	3.340	6	A	1		101		
Zinc, Zn mg	0.63	0.039	6	A	1		0.81		
Copper, Cu mg	0.107	0.012	6	A	1		0.139		
Manganese, Mn mg	0.225	0.011	6	A	1		0.293		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	2.7	0.414	3	A	1		3.6		
Thiamin mg	0.027	0.003	3	A	1		0.035		
Riboflavin mg	0.050	0.006	3	A	1		0.065		
Niacin mg	3.193	0.105	3	A	1		4.151		
Pantothenic acid mg	0.735		2	A	1		0.956		
Vitamin B-6 mg	0.363	0.012	3	A	1		0.472		
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	1.68	0.096	3	A	1		2.19		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.05	0.031	3	A	1		0.07		
Tocopherol, gamma mg	3.36	0.181	3	A	1		4.36		
Tocopherol, delta mg	0.14	0.014	3	A	1		0.18		
Tocotrienol, alpha mg	0.03	0.030	3	A	1		0.04		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.01	0.006	3	A	1		0.01		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	19.6		1	A	1		25.5		
Dihydrophylloquinone µg	0.0		1	A	1		0.0		

NDB No. 31022

Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated g	0.805		0	NC	4		1.047		
4:0 g	0.001		2	A	1		0.001		
6:0 g	0.000		2	A	1		0.000		
8:0 g	0.003		2	A	1		0.003		
10:0 g	0.007		2	A	1		0.010		
12:0 g	0.003		2	A	1		0.003		
13:0 g									
14:0 g	0.007		2	A	1		0.009		
15:0 g	0.003		2	A	1		0.004		
16:0 g	0.455		2	A	1		0.591		
17:0 g	0.005		2	A	1		0.006		
18:0 g	0.211		2	A	1		0.274		
20:0 g	0.060		2	A	1		0.078		
22:0 g	0.032		2	A	1		0.042		
24:0 g	0.018		2	A	1		0.024		
Fatty acids, total monounsaturated g	6.568		0	NC	4		8.538		
14:1 g									
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.021		0	AS	1		0.028		
16:1 c g	0.021		2	A	1		0.028		
16:1 t g	0.000		2	A	1		0.000		
17:1 g	0.006		2	A	1		0.008		
18:1 undifferentiated g	6.349		0	AS	1		8.254		
18:1 c g	6.340		2	A	1		8.242		
18:1 t g	0.009		2	A	1		0.012		
18:1-11 t (18:1t n-7) g									
20:1 g	0.182		2	A	1		0.236		
22:1 undifferentiated g	0.009		0	AS	1		0.012		
22:1 c g	0.003		2	A	1		0.004		
22:1 t g	0.005		2	A	1		0.007		
24:1 c g	0.001		2	A	1		0.001		
Fatty acids, total polyunsaturated g	2.862		0	NC	4		3.720		
18:2 undifferentiated g	2.062		0	AS	1		2.680		
18:2 n-6 c,c g	2.038		2	A	1		2.649		
18:2 CLAs g	0.007		2	A	1		0.009		
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.017		2	A	1		0.022		
18:3 undifferentiated g	0.787		0	AS	1		1.024		
18:3 n-3 c,c,c (ALA) g	0.718		2	A	1		0.933		
18:3 n-6 c,c,c g	0.070		2	A	1		0.090		
18:3i g	0.000		2	A	1		0.000		
18:4 g	0.000		2	A	1		0.000		
20:2 n-6 c,c g	0.008		2	A	1		0.010		
20:3 undifferentiated g	0.000		0	AS	1		0.000		
20:3 n-3 g	0.000		2	A	1		0.000		
20:3 n-6 g	0.000		2	A	1		0.000		
20:4 undifferentiated g	0.004		2	A	1		0.005		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	A	1		0.000		
21:5 g									
22:4 g	0.000		2	A	1		0.000		
22:5 n-3 (DPA) g	0.000		2	A	1		0.000		
22:6 n-3 (DHA) g	0.000		2	A	1		0.000		
Fatty acids, total trans g	0.032		0	NC	4		0.041		
Fatty acids, total trans-monoenoic g	0.015		0	NC	4		0.019		
Fatty acids, total trans-polyenoic g	0.017		0	NC	4		0.022		
Cholesterol mg	0		0	Z	7		0		
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0		

NDB No. 31022

Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup prepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31021
Potatoes, hash brown, refrigerated, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.82	0.202	6	A	1		123.73		
Energy kcal	84		0	NC	4		134		
Energy kJ	353		0	NC	4		561		
Protein g	1.75	0.083	6	A	1		2.78		
Total lipid (fat) g	0.08	0.004	6	A	1		0.12		
Ash g	1.19	0.028	6	A	1		1.89		
Carbohydrate, by difference g	19.16		0	NC	4		30.47		
Fiber, total dietary g	1.8	0.038	3	A	1		2.8		
Sugars, total g	0.91	0.015	3	A	1		1.44		
Sucrose g	0.00	0.000	3	A	1		0.00		
Glucose (dextrose) g	0.54	0.003	3	A	1		0.86		
Fructose g	0.36	0.012	3	A	1		0.58		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g	17.03	0.524	3	A	1		27.08		
Minerals:									
Calcium, Ca mg	6	0.179	6	A	1		10		
Iron, Fe mg	0.48	0.028	6	A	1		0.77		
Magnesium, Mg mg	19	0.526	6	A	1		31		
Phosphorus, P mg	70	2.126	6	A	1		111		
Potassium, K mg	425	8.527	6	A	1		675		
Sodium, Na mg	42	1.107	6	A	1		68		
Zinc, Zn mg	0.38	0.015	6	A	1		0.60		
Copper, Cu mg	0.062	0.005	6	A	1		0.098		
Manganese, Mn mg	0.140	0.009	6	A	1		0.223		
Selenium, Se µg	2.9		1	A	1		4.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.9	0.431	3	A	1		7.9		
Thiamin mg	0.027	0.003	3	A	1		0.042		
Riboflavin mg	0.022	0.004	3	A	1		0.034		
Niacin mg	1.777	0.079	3	A	1		2.825		
Pantothenic acid mg	0.555		2	A	1		0.882		
Vitamin B-6 mg	0.257	0.003	3	A	1		0.408		
Folate, total µg									
Folate, DFE µg									
Choline, total mg	14.5		0	AS	1		23.1		
Betaine mg	0.6		1	A	1		1.0		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.07	0.018	3	A	1		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01	0.009	3	A	1		0.01		
Tocopherol, gamma mg	0.00	0.002	3	A	1		0.00		
Tocopherol, delta mg	0.00	0.002	3	A	1		0.00		
Tocotrienol, alpha mg	0.01	0.008	3	A	1		0.01		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.4		1	A	1		0.6		
Dihydrophylloquinone µg	0.0		1	A	1		0.0		

NDB No. 31021
Potatoes, hash brown, refrigerated, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4....µg	0.0		1	A	1		0.0		
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 cup unprepared

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

Include USDA Commodity food A200

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.58	0.504	27	JA	6		3.95		
Energy kcal	354		0	NC	4		212		
Energy kJ	1480		0	NC	4		888		
Protein (N x 6.25) g	8.34	0.147	20	JA	6		5.01		
Total lipid (fat) g	0.41	0.139	16	JA	6		0.25		
Ash g	3.50	0.104	15	JA	6		2.10		
Carbohydrate, by difference g	81.17		0	NC	4		48.70		
Fiber, total dietary g	6.6		1	A	1		4.0		
Sugars, total g	3.36		1	A	1		2.02		
Sucrose g	0.99		1	A	1		0.59		
Glucose (dextrose) g	0.89		1	A	1		0.53		
Fructose g	0.98		1	A	1		0.59		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.50		1	A	1		0.30		
Galactose g	0.00		1	A	1		0.00		
Starch g	70.60		1	A	1		42.36		
Minerals:									
Calcium, Ca mg	27	3.972	16	JA	6		16		
Iron, Fe mg	1.21	0.120	24	JA	6		0.72		
Magnesium, Mg mg	66	6.054	24	JA	6		39		
Phosphorus, P mg	156	14.126	26	JA	6		94		
Potassium, K mg	1098	145.314	17	JA	6		659		
Sodium, Na mg	77		0	LC	8		46		
Zinc, Zn mg	0.70	0.039	11	JA	6		0.42		
Copper, Cu mg	0.161	0.006	10	JA	6		0.096		
Manganese, Mn mg	0.161	0.003	6	JA	6		0.097		
Selenium, Se µg	13.4		2	A	1		8.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	81.0	15.286	29	JA	6		48.6		
Thiamin mg	0.988	0.459	20	JA	6		0.593		
Riboflavin mg	0.110	0.012	25	JA	6		0.066		
Niacin mg	6.264	0.566	25	JA	6		3.758		
Pantothenic acid mg	2.079	0.193	11	JA	6		1.247		
Vitamin B-6 mg	0.748	0.116	17	JA	6		0.449		
Folate, total µg	46	4.023	4	JA	6		27		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	46	4.023	4	JA	6		27		
Folate, DFE µg	46		0	NC	4		27		
Choline, total mg	54.9		0	BFSN	4		32.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6		0	BFSN	4		4		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	11		0	NC	4		6		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	37		0	BFSN	4		22		
Vitamin E (alpha-tocopherol) mg	0.03		1	A	1		0.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.01		1	A	1		0.01		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		

NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1	A	1		0.00		
Tocotrienol, delta....mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	8.7		0	BFSN	4		5.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.169		0	NC	4		0.101		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		1	JA	6		0.000		
10:0....g	0.001		2	JA	6		0.001		
12:0....g	0.005		2	JA	6		0.003		
13:0....g									
14:0....g	0.002		2	JA	6		0.001		
15:0....g	0.000		1	A	1		0.000		
16:0....g	0.075		2	JA	6		0.045		
17:0....g	0.001		1	A	1		0.000		
18:0....g	0.077		2	JA	6		0.046		
20:0....g	0.005		1	A	1		0.003		
22:0....g	0.002		1	A	1		0.001		
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0	NC	4		0.005		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.001		2	JA	6		0.001		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.007		2	JA	6		0.004		
20:1....g	0.000		1	JA	6		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.143		0	NC	4		0.086		
18:2 undifferentiated....g	0.093		2	JA	6		0.056		
18:3 undifferentiated....g	0.027		2	JA	6		0.016		
18:3 n-3 c,c,c (ALA)....g	0.023		1	A	1		0.014		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		1	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.000		1	JA	6		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.079		0	A	1		0.047		
Threonine....g	0.270		0	A	1		0.162		
Isoleucine....g	0.272		0	A	1		0.163		
Leucine....g	0.426		0	A	1		0.256		
Lysine....g	0.456		0	A	1		0.273		
Methionine....g	0.127		0	A	1		0.076		
Cystine....g	0.109		0	A	1		0.066		

NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.494		0	A	1		0.296		
Tyrosine....g	0.226		0	A	1		0.135		
Valine....g	0.427		0	A	1		0.256		
Arginine....g	0.433		0	A	1		0.260		
Histidine....g	0.151		0	A	1		0.090		
Alanine....g	0.286		0	A	1		0.172		
Aspartic acid....g	1.864		0	A	1		1.118		
Glutamic acid....g	1.423		0	A	1		0.854		
Glycine....g	0.243		0	A	1		0.146		
Proline....g	0.275		0	A	1		0.165		
Serine....g	0.324		0	A	1		0.194		
Hydroxyproline....g	0.000		1	A	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 60g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11382

Potatoes, mashed, dehydrated, granules with milk, dry form

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.30		0		1		12.60		
Energy kcal	357		0	NC	4		714		
Energy kJ	1494		0	NC	4		2988		
Protein (N x 6.29) g	10.90		0		1		21.80		
Total lipid (fat) g	1.10		0		1		2.20		
Ash g	4.00		0		1		8.00		
Carbohydrate, by difference g	77.70		0	NC	4		155.40		
Fiber, total dietary g	6.6		0	BFSN	4		13.2		
Sugars, total g	3.37		0	BFSN	4		6.74		
Starch g									
Minerals:									
Calcium, Ca mg	142		0		1		284		
Iron, Fe mg	3.50		0		1		7.00		
Magnesium, Mg mg	74		0		4		148		
Phosphorus, P mg	237		0		1		474		
Potassium, K mg	1848		0		1		3696		
Sodium, Na mg	82		0		1		164		
Zinc, Zn mg	1.20		0		4		2.40		
Copper, Cu mg	0.578		0		4		1.156		
Manganese, Mn mg	0.488		0		4		0.976		
Selenium, Se µg	26.3		0	BFSN	4		52.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		0		1		32.0		
Thiamin mg	0.190		0		1		0.380		
Riboflavin mg	0.300		0		1		0.600		
Niacin mg	4.200		0		1		8.400		
Pantothenic acid mg	1.864		0		4		3.728		
Vitamin B-6 mg	0.887		0		4		1.774		
Folate, total µg	30		0		4		60		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	30		0		4		60		
Folate, DFE µg	30		0	NC	4		60		
Choline, total mg	55.0		0	BFSN	4		110.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	18		0	NC	4		37		
Retinol µg	17		0	NR	4		35		
Carotene, beta µg	10		0	NR	4		21		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	75		0	NC	4		151		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	37		0	BFSN	4		74		
Vitamin E (alpha-tocopherol) mg	0.03		0	BFSN	4		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	8.7		0	BFSN	4		17.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11382

Potatoes, mashed, dehydrated, granules with milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.461		0		1		0.922		
4:0....g	0.015		0		1		0.030		
6:0....g	0.009		0		1		0.018		
8:0....g	0.005		0		1		0.010		
10:0....g	0.016		0		1		0.032		
12:0....g	0.035		0		1		0.070		
13:0....g									
14:0....g	0.053		0		1		0.106		
15:0....g									
16:0....g	0.227		0		1		0.454		
17:0....g									
18:0....g	0.080		0		1		0.160		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.152		0		1		0.304		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0		1		0.032		
17:1....g									
18:1 undifferentiated....g	0.127		0		1		0.254		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.285		0		1		0.570		
18:2 undifferentiated....g	0.210		0		1		0.420		
18:3 undifferentiated....g	0.071		0		1		0.142		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0		1		4		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.098		0		1		0.196		
Threonine....g	0.481		0		1		0.962		
Isoleucine....g	0.514		0		1		1.028		
Leucine....g	0.781		0		1		1.562		
Lysine....g	0.720		0		1		1.440		
Methionine....g	0.153		0		1		0.306		
Cystine....g	0.134		0		1		0.268		
Phenylalanine....g	0.508		0		1		1.016		
Tyrosine....g	0.448		0		1		0.896		
Valine....g	0.657		0		1		1.314		
Arginine....g	0.509		0		1		1.018		
Histidine....g	0.253		0		1		0.506		
Alanine....g	0.392		0		1		0.784		
Aspartic acid....g	1.978		0		1		3.956		
Glutamic acid....g	1.913		0		1		3.826		
Glycine....g	0.352		0		1		0.704		
Proline....g	0.511		0		1		1.022		
Serine....g	0.476		0		1		0.952		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11382

Potatoes, mashed, dehydrated, granules with milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.21 **Fat** 8.82 **Carbohydrate** 4.02

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11380
Potatoes, mashed, dehydrated, granules without milk, dry form

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.63	0.796	12		1		7.26		
Energy kcal	372		0	NC	4		744		
Energy kJ	1556		0	NC	4		3113		
Protein (N x 6.25) g	8.22	0.218	14		1		16.44		
Total lipid (fat) g	0.54	0.115	14		1		1.08		
Ash g	2.10	0.467	13		1		4.20		
Carbohydrate, by difference g	85.51		0	NC	4		171.02		
Fiber, total dietary g	7.1		0		4		14.2		
Sugars, total g	3.47		0	BFSN	4		6.93		
Sucrose g	1.02		0	BFSN	4		2.04		
Glucose (dextrose) g	0.92		0	BFSN	4		1.84		
Fructose g	1.01		0	BFSN	4		2.02		
Lactose g	0.00		0	BFSN	4		0.00		
Maltose g	0.52		0	BFSN	4		1.03		
Galactose g	0.00		0	BFSN	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	41	7.777	17		1		82		
Iron, Fe mg	1.09	0.190	15		1		2.18		
Magnesium, Mg mg	98	3.070	4		1		196		
Phosphorus, P mg	245	16.633	5		1		490		
Potassium, K mg	703	152.116	16		1		1406		
Sodium, Na mg	67	11.990	23		1		134		
Zinc, Zn mg	0.91	0.074	5		1		1.82		
Copper, Cu mg	0.102	0.008	5		1		0.204		
Manganese, Mn mg	1.121		0		1		2.242		
Selenium, Se µg	27.1		0	BFSN	4		54.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	37.0	12.244	13		1		74.0		
Thiamin mg	0.453	0.139	6		1		0.906		
Riboflavin mg	0.253	0.079	14		1		0.506		
Niacin mg	4.765	0.912	13		1		9.530		
Pantothenic acid mg	0.345		1		1		0.690		
Vitamin B-6 mg	0.861		0		4		1.722		
Folate, total µg	40	9.291	3		1		80		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	40	9.291	3		1		80		
Folate, DFE µg	40		0	NC	4		80		
Choline, total mg	56.6		0	BFSN	4		113.2		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1		0	NC	4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	7		0	BFSN	4		13		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	11		0	NC	4		22		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	38		0	BFSN	4		77		
Vitamin E (alpha-tocopherol) mg	0.27		0	O	4		0.54		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11380

Potatoes, mashed, dehydrated, granules without milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	9.0		0	BFSN	4		17.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.138		0		1		0.276		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.003		1		1		0.006		
12:0....g	0.019		1		1		0.038		
13:0....g									
14:0....g	0.004		1		1		0.008		
15:0....g									
16:0....g	0.091		1		1		0.182		
17:0....g									
18:0....g	0.020		1		1		0.040		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		1		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.006		1		1		0.012		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.238		0		1		0.476		
18:2 undifferentiated....g	0.180		1		1		0.360		
18:3 undifferentiated....g	0.057		1		1		0.114		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.081		0	BFSN	4		0.163		
Threonine....g	0.279		0	BFSN	4		0.558		
Isoleucine....g	0.281		0	BFSN	4		0.562		
Leucine....g	0.439		0	BFSN	4		0.879		
Lysine....g	0.470		0	BFSN	4		0.940		
Methionine....g	0.131		0	BFSN	4		0.262		
Cystine....g	0.113		0	BFSN	4		0.225		
Phenylalanine....g	0.510		0	BFSN	4		1.019		
Tyrosine....g	0.233		0	BFSN	4		0.466		
Valine....g	0.441		0	BFSN	4		0.881		
Arginine....g	0.446		0	BFSN	4		0.892		
Histidine....g	0.156		0	BFSN	4		0.311		
Alanine....g	0.295		0	BFSN	4		0.590		
Aspartic acid....g	1.923		0	BFSN	4		3.846		
Glutamic acid....g	1.467		0	BFSN	4		2.935		
Glycine....g	0.251		0	BFSN	4		0.502		
Proline....g	0.283		0	BFSN	4		0.567		
Serine....g	0.334		0	BFSN	4		0.668		

NDB No. 11380

Potatoes, mashed, dehydrated, granules without milk, dry form

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.20		0	RPI	6		170.53		
Energy kcal	97		0	NC	4		203		
Energy kJ	405		0	NC	4		851		
Protein g	1.77		0	RPI	6		3.72		
Total lipid (fat) g	5.13		0	RPI	6		10.76		
Ash g	1.03		0	RPI	6		2.16		
Carbohydrate, by difference g	10.87		0	RPI	6		22.83		
Fiber, total dietary g	0.8		0	RPI	6		1.7		
Sugars, total g	1.61		0	RPI	6		3.39		
Sucrose g	0.12		0	RPA	1		0.25		
Glucose (dextrose) g	0.11		0	RPA	1		0.22		
Fructose g	0.12		0	RPA	1		0.25		
Lactose g	1.16		0	RPA	1		2.43		
Maltose g	0.06		0	RPA	1		0.13		
Galactose g	0.00		0	RPA	1		0.00		
Starch g	8.49		0	RPA	1		17.84		
Minerals:									
Calcium, Ca mg	32		0	RPA	1		68		
Iron, Fe mg	0.16		0	RPA	1		0.33		
Magnesium, Mg mg	11		0	RPA	1		23		
Phosphorus, P mg	39		0	RPA	1		83		
Potassium, K mg	164		0	RPA	1		344		
Sodium, Na mg	164		0	RPA	1		345		
Zinc, Zn mg	0.18		0	RPA	1		0.37		
Copper, Cu mg	0.031		0	RPA	1		0.065		
Manganese, Mn mg	0.021		0	RPA	1		0.044		
Selenium, Se µg	2.5		0	RPI	6		5.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.7		0	RPI	6		20.5		
Thiamin mg	0.130		0	RPI	6		0.272		
Riboflavin mg	0.054		0	RPI	6		0.113		
Niacin mg	0.776		0	RPI	6		1.630		
Pantothenic acid mg	0.342		0	RPI	6		0.717		
Vitamin B-6 mg	0.098		0	RPI	6		0.207		
Folate, total µg	7		0	RPI	6		14		
Folic acid µg	0		0	RPI	6		0		
Folate, food µg	7		0	RPI	6		14		
Folate, DFE µg	7		0	NC	4		14		
Choline, total mg	10.9		0	RPI	6		22.9		
Betaine mg	0.2		0	RPI	6		0.3		
Vitamin B-12 µg	0.11		0	RPI	6		0.24		
Vitamin B-12, added µg	0.00		0	RPI	6		0.00		
Vitamin A, RAE µg	47		0	NC	4		99		
Retinol µg	46		0	RPI	6		97		
Carotene, beta µg	11		0	RPI	6		22		
Carotene, alpha µg	0		0	RPI	6		0		
Cryptoxanthin, beta µg	0		0	RPI	6		0		
Vitamin A, IU IU	172		0	NC	4		361		
Lycopene µg	0		0	RPI	6		0		
Lutein + zeaxanthin µg	4		0	RPI	6		9		
Vitamin E (alpha-tocopherol) mg	0.14		0	RPI	6		0.30		
Vitamin E, added mg	0.00		0	RPI	6		0.00		
Tocopherol, beta mg	0.00		0	RPA	1		0.00		
Tocopherol, gamma mg	0.00		0	RPA	1		0.01		
Tocopherol, delta mg	0.00		0	RPA	1		0.00		
Tocotrienol, alpha mg	0.00		0	RPA	1		0.00		
Tocotrienol, beta mg	0.00		0	RPA	1		0.00		

NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RPA	1		0.00		
Tocotrienol, delta....mg	0.00		0	RPA	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.6		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	RPA	1		0.6		
Vitamin D....IU	12		0	NR	4		25		
Vitamin K (phylloquinone)....µg	1.5		0	RPI	6		3.1		
Dihydrophylloquinone....µg	0.0		0	RPA	1		0.0		
Menaquinone-4....µg	0.2		0	RPA	1		0.5		
Lipids:									
Fatty acids, total saturated....g	3.191		0	RPI	6		6.701		
4:0....g	0.189		0	RPI	6		0.398		
6:0....g	0.124		0	RPI	6		0.261		
8:0....g	0.081		0	RPI	6		0.169		
10:0....g	0.152		0	RPI	6		0.320		
12:0....g	0.156		0	RPI	6		0.328		
13:0....g	0.000		0	RPA	1		0.000		
14:0....g	0.465		0	RPI	6		0.977		
15:0....g	0.000		0	RPA	1		0.000		
16:0....g	1.358		0	RPI	6		2.851		
17:0....g	0.030		0	RPA	1		0.063		
18:0....g	0.627		0	RPI	6		1.316		
20:0....g	0.008		0	RPA	1		0.017		
22:0....g	0.000		0	RPA	1		0.001		
24:0....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated....g	1.310		0	RPI	6		2.750		
14:1....g	0.000		0	RPA	1		0.000		
15:1....g	0.000		0	RPA	1		0.000		
16:1 undifferentiated....g	0.051		0	RPI	6		0.108		
17:1....g	0.000		0	RPA	1		0.000		
18:1 undifferentiated....g	1.253		0	RPI	6		2.631		
20:1....g	0.005		0	RPI	6		0.011		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.222		0	RPI	6		0.465		
18:2 undifferentiated....g	0.184		0	RPI	6		0.387		
18:3 undifferentiated....g	0.037		0	RPI	6		0.078		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g	0.000		0	RPA	1		0.000		
20:3 undifferentiated....g	0.000		0	RPA	1		0.000		
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.000		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g	0.175		0	RPI	6		0.368		
Fatty acids, total trans-monoenoic....g	0.159		0	RPI	6		0.334		
Fatty acids, total trans-polyenoic....g	0.016		0	RPI	6		0.033		
Cholesterol....mg	14		0	RPI	6		29		
Phytosterols....mg	0		0	RPA	1		0		
Stigmasterol....mg	0		0	RPA	1		0		
Campesterol....mg	0		0	RPA	1		0		
Beta-sitosterol....mg	0		0	RPA	1		0		
Amino Acids:									
Tryptophan....g	0.027		0	RPI	6		0.057		
Threonine....g	0.067		0	RPI	6		0.140		
Isoleucine....g	0.073		0	RPI	6		0.152		
Leucine....g	0.115		0	RPI	6		0.242		
Lysine....g	0.090		0	RPI	6		0.189		
Methionine....g	0.033		0	RPI	6		0.070		
Cystine....g	0.017		0	RPI	6		0.036		

NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	0.095		0	RPI	6		0.199		
Tyrosine....g	0.063		0	RPI	6		0.133		
Valine....g	0.098		0	RPI	6		0.205		
Arginine....g	0.070		0	RPI	6		0.148		
Histidine....g	0.036		0	RPI	6		0.076		
Alanine....g	0.059		0	RPI	6		0.124		
Aspartic acid....g	0.281		0	RPI	6		0.590		
Glutamic acid....g	0.326		0	RPI	6		0.685		
Glycine....g	0.047		0	RPI	6		0.099		
Proline....g	0.114		0	RPI	6		0.240		
Serine....g	0.065		0	RPI	6		0.137		
Hydroxyproline....g	0.000		0	RPA	1		0.000		
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11930

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.30	1.689	5		1		160.23		
Energy kcal	113		0	NC	4		237		
Energy kJ	473		0		4		993		
Protein (N x 6.29) g	1.90	0.050	6		1		3.99		
Total lipid (fat) g	5.60	0.300	6		1		11.76		
Ash g	1.18	0.092	6		1		2.48		
Carbohydrate, by difference g	15.02		0	NC	4		31.54		
Fiber, total dietary g	2.3		0		4		4.8		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	49	2.558	6		1		103		
Iron, Fe mg	0.22		0		1		0.46		
Magnesium, Mg mg	18		0		1		38		
Phosphorus, P mg	56		0		1		118		
Potassium, K mg	233	6.553	12		1		489		
Sodium, Na mg	332	2.870	17		1		697		
Zinc, Zn mg	0.18		0		1		0.38		
Copper, Cu mg	0.016		0		1		0.034		
Manganese, Mn mg	0.114		0		1		0.239		
Selenium, Se µg	0.5		0	RA	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.7	3.810	6		1		20.4		
Thiamin mg	0.111		0		1		0.233		
Riboflavin mg	0.050	0.002	6		1		0.105		
Niacin mg	0.670	0.024	6		1		1.407		
Pantothenic acid mg	0.120		0		1		0.252		
Vitamin B-6 mg	0.009		0		1		0.019		
Folate, total µg	7		0		1		16		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0		1		16		
Folate, DFE µg	7		0	NC	4		16		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	46		0	NC	4		97		
Retinol µg	42		0	NR	4		88		
Carotene, beta µg	48		0	NR	4		101		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	220		0	NC	4		462		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11930

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.460		0		1		3.066		
4:0....g	0.028		0		1		0.059		
6:0....g	0.015		0		1		0.032		
8:0....g	0.010		0		1		0.021		
10:0....g	0.022		0		1		0.046		
12:0....g	0.027		0		1		0.057		
13:0....g									
14:0....g	0.098		0		1		0.206		
15:0....g									
16:0....g	0.799		0		1		1.678		
17:0....g									
18:0....g	0.444		0		1		0.932		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.307		0		1		4.845		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.022		0		1		0.046		
17:1....g									
18:1 undifferentiated....g	2.274		0		1		4.775		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.551		0		1		3.257		
18:2 undifferentiated....g	1.463		0		1		3.072		
18:3 undifferentiated....g	0.088		0		1		0.185		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		8		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		0		1		0.040		
Threonine....g	0.085		0		1		0.179		
Isoleucine....g	0.097		0		1		0.204		
Leucine....g	0.150		0		1		0.315		
Lysine....g	0.133		0		1		0.279		
Methionine....g	0.032		0		1		0.067		
Cystine....g	0.022		0		1		0.046		
Phenylalanine....g	0.090		0		1		0.189		
Tyrosine....g	0.082		0		1		0.172		
Valine....g	0.119		0		1		0.250		
Arginine....g	0.084		0		1		0.176		
Histidine....g	0.046		0		1		0.097		
Alanine....g	0.068		0		1		0.143		
Aspartic acid....g	0.294		0		1		0.617		
Glutamic acid....g	0.352		0		1		0.739		
Glycine....g	0.056		0		1		0.118		
Proline....g	0.114		0		1		0.239		
Serine....g	0.088		0		1		0.185		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11930

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein 3.21 **Fat** 8.82 **Carbohydrate** 4.02

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.01		0	RPI	6		159.61		
Energy kcal	116		0	NC	4		244		
Energy kJ	486		0	NC	4		1022		
Protein g	2.13		0	RPI	6		4.48		
Total lipid (fat) g	4.80		0	RPI	6		10.09		
Ash g	0.93		0	RPI	6		1.95		
Carbohydrate, by difference g	16.13		0	NC	4		33.87		
Fiber, total dietary g	1.3		0	RPI	6		2.6		
Sugars, total g	1.74		0	RPI	6		3.66		
Sucrose g	0.18		0	RPI	6		0.38		
Glucose (dextrose) g	0.16		0	RPI	6		0.34		
Fructose g	0.18		0	RPI	6		0.37		
Lactose g	1.09		0	RPI	6		2.28		
Maltose g	0.09		0	RPI	6		0.19		
Galactose g	0.00		0	RPI	6		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	35		0	RPA	1		73		
Iron, Fe mg	0.20		0	RPA	1		0.43		
Magnesium, Mg mg	20		0	RPA	1		42		
Phosphorus, P mg	62		0	RPA	1		131		
Potassium, K mg	155		0	RPA	1		325		
Sodium, Na mg	172		0	RPA	1		362		
Zinc, Zn mg	0.24		0	RPI	6		0.51		
Copper, Cu mg	0.029		0	RPI	6		0.061		
Manganese, Mn mg	0.199		0	RPA	1		0.417		
Selenium, Se µg	5.6		0	RPI	6		11.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.5		0	RPI	6		13.7		
Thiamin mg	0.090		0	RPI	6		0.189		
Riboflavin mg	0.083		0	RPI	6		0.173		
Niacin mg	0.860		0	RPI	6		1.805		
Pantothenic acid mg	0.145		0	RPI	6		0.305		
Vitamin B-6 mg	0.160		0	RPI	6		0.336		
Folate, total µg	8		0	RPI	6		17		
Folic acid µg	0		0	RPI	6		0		
Folate, food µg	8		0	RPI	6		17		
Folate, DFE µg	8		0	NC	4		17		
Choline, total mg	13.7		0	RPI	6		28.7		
Betaine mg									
Vitamin B-12 µg	0.10		0	RPI	6		0.21		
Vitamin B-12, added µg	0.00		0	RPI	6		0.00		
Vitamin A, RAE µg	51		0	NC	4		106		
Retinol µg	48		0	RPI	6		101		
Carotene, beta µg	33		0	RPI	6		69		
Carotene, alpha µg	0		0	RPI	6		0		
Cryptoxanthin, beta µg	0		0	RPI	6		0		
Vitamin A, IU IU	214		0	NC	4		450		
Lycopene µg	0		0	RPI	6		0		
Lutein + zeaxanthin µg	7		0	RPI	6		14		
Vitamin E (alpha-tocopherol) mg	0.51		0	RPI	6		1.07		
Vitamin E, added mg	0.00		0	RPI	6		0.00		
Tocopherol, beta mg	0.02		0	RPA	1		0.04		
Tocopherol, gamma mg	2.18		0	RPA	1		4.57		
Tocopherol, delta mg	0.76		0	RPA	1		1.59		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.6		
Vitamin D....IU	11		0	RPI	6		23		
Vitamin K (phylloquinone)....µg	6.3		0	RPI	6		13.1		
Dihydrophylloquinone....µg	0.0		0	RPA	1		0.0		
Menaquinone-4....µg	0.2		0	RPA	1		0.4		
Lipids:									
Fatty acids, total saturated....g	0.955		0	RPI	6		2.006		
4:0....g	0.013		0	RPI	6		0.027		
6:0....g	0.013		0	RPI	6		0.027		
8:0....g	0.013		0	RPI	6		0.027		
10:0....g	0.013		0	RPI	6		0.028		
12:0....g	0.016		0	RPI	6		0.034		
13:0....g	0.000		0	RPA	1		0.000		
14:0....g	0.054		0	RPI	6		0.114		
15:0....g	0.001		0	RPA	1		0.001		
16:0....g	0.496		0	RPI	6		1.042		
17:0....g	0.003		0	RPA	1		0.006		
18:0....g	0.315		0	RPI	6		0.661		
20:0....g	0.011		0	RPA	1		0.022		
22:0....g	0.004		0	RPA	1		0.009		
24:0....g	0.003		0	RPA	1		0.007		
Fatty acids, total monounsaturated....g	1.707		0	RPI	6		3.585		
14:1....g	0.000		0	RPA	1		0.000		
15:1....g	0.000		0	RPA	1		0.000		
16:1 undifferentiated....g	0.003		0	RPI	6		0.005		
17:1....g	0.001		0	RPA	1		0.002		
18:1 undifferentiated....g	1.698		0	RPI	6		3.566		
20:1....g	0.005		0	RPI	6		0.011		
22:1 undifferentiated....g	0.000		0	RPI	6		0.000		
24:1 c....g	0.000		0	RPA	1		0.000		
Fatty acids, total polyunsaturated....g	1.045		0	RPI	6		2.195		
18:2 undifferentiated....g	0.942		0	RPI	6		1.978		
18:3 undifferentiated....g	0.103		0	RPI	6		0.217		
18:4....g	0.000		0	RPI	6		0.000		
20:2 n-6 c,c....g	0.000		0	RPA	1		0.000		
20:3 undifferentiated....g	0.000		0	RPA	1		0.000		
20:4 undifferentiated....g	0.000		0	RPI	6		0.000		
20:5 n-3 (EPA)....g	0.000		0	RPI	6		0.000		
21:5....g									
22:4....g	0.000		0	RPA	1		0.000		
22:5 n-3 (DPA)....g	0.000		0	RPI	6		0.001		
22:6 n-3 (DHA)....g	0.000		0	RPI	6		0.000		
Fatty acids, total trans....g	0.599		0	RPI	6		1.258		
Cholesterol....mg	2		0	RPI	6		5		
Phytosterols....mg	20		0	RPA	1		43		
Amino Acids:									
Tryptophan....g	0.031		0	RPI	6		0.064		
Threonine....g	0.081		0	RPI	6		0.170		
Isoleucine....g	0.087		0	RPI	6		0.182		
Leucine....g	0.137		0	RPI	6		0.289		
Lysine....g	0.116		0	RPI	6		0.243		
Methionine....g	0.040		0	RPI	6		0.084		
Cystine....g	0.024		0	RPI	6		0.050		
Phenylalanine....g	0.123		0	RPI	6		0.258		
Tyrosine....g	0.075		0	RPI	6		0.157		
Valine....g	0.121		0	RPI	6		0.254		
Arginine....g	0.096		0	RPI	6		0.201		
Histidine....g	0.044		0	RPI	6		0.093		
Alanine....g	0.075		0	RPI	6		0.158		
Aspartic acid....g	0.392		0	RPI	6		0.823		

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glutamic acid....g	0.404		0	RPI	6		0.848		
Glycine....g	0.061		0	RPI	6		0.128		
Proline....g	0.126		0	RPI	6		0.264		
Serine....g	0.084		0	RPI	6		0.176		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RPI	6		0.0		
Caffeine....mg	0		0	RPI	6		0		
Theobromine....mg	0		0	RPI	6		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11381

Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.49		0		1		162.73		
Energy kcal	108		0	NC	4		227		
Energy kJ	452				4		949		
Protein (N x 6.29) g	2.05		0		1		4.31		
Total lipid (fat) g	4.96		0		1		10.42		
Ash g	1.14		0		1		2.39		
Carbohydrate, by difference g	14.36		0	NC	4		30.16		
Fiber, total dietary g	2.2		0		4		4.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	35		0		1		74		
Iron, Fe mg	0.19		0		1		0.40		
Magnesium, Mg mg	19		0		1		40		
Phosphorus, P mg	60		0		1		126		
Potassium, K mg	144		0		1		302		
Sodium, Na mg	257		0		1		540		
Zinc, Zn mg	0.25		0		1		0.53		
Copper, Cu mg	0.022		0		1		0.046		
Manganese, Mn mg	0.003		0		1		0.006		
Selenium, Se µg	1.3		0	BFSN	4		2.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0		0		1		12.6		
Thiamin mg	0.079		0		1		0.166		
Riboflavin mg	0.077		0		1		0.162		
Niacin mg	0.764		0		1		1.604		
Pantothenic acid mg	0.128		0		1		0.269		
Vitamin B-6 mg	0.009		0		1		0.019		
Folate, total µg	8		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		1		17		
Folate, DFE µg	8		0	NC	4		17		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	43		0	NC	4		89		
Retinol µg	40		0	NR	4		84		
Carotene, beta µg	30		0	NR	4		63		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	183		0	NC	4		385		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11381

Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.056		0		1		6.418		
4:0....g	0.150		0		1		0.315		
6:0....g	0.092		0		1		0.193		
8:0....g	0.055		0		1		0.116		
10:0....g	0.125		0		1		0.263		
12:0....g	0.144		0		1		0.302		
13:0....g									
14:0....g	0.510		0		1		1.071		
15:0....g									
16:0....g	1.355		0		1		2.846		
17:0....g									
18:0....g	0.624		0		1		1.310		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.405		0		1		2.951		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.115		0		1		0.242		
17:1....g									
18:1 undifferentiated....g	1.290		0		1		2.709		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.227		0		1		0.477		
18:2 undifferentiated....g	0.144		0		1		0.302		
18:3 undifferentiated....g	0.083		0		1		0.174		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	14		0		1		29		
Phytosterols....mg	0		0		1		0		
Amino Acids:									
Tryptophan....g	0.023		0		1		0.048		
Threonine....g	0.090		0		1		0.189		
Isoleucine....g	0.110		0		1		0.231		
Leucine....g	0.173		0		1		0.363		
Lysine....g	0.147		0		1		0.309		
Methionine....g	0.040		0		1		0.084		
Cystine....g	0.022		0		1		0.046		
Phenylalanine....g	0.096		0		1		0.202		
Tyrosine....g	0.091		0		1		0.191		
Valine....g	0.129		0		1		0.271		
Arginine....g	0.083		0		1		0.174		
Histidine....g	0.051		0		1		0.107		
Alanine....g	0.071		0		1		0.149		
Aspartic acid....g	0.254		0		1		0.533		
Glutamic acid....g	0.390		0		1		0.819		
Glycine....g	0.053		0		1		0.111		
Proline....g	0.148		0		1		0.311		
Serine....g	0.099		0		1		0.208		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11381

Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein 3.21 **Fat** 8.82 **Carbohydrate** 4.02

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11657
Potatoes, mashed, home-prepared, whole milk added (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.48		0	RA	4		164.81		
Energy kcal	83		0	NC	4		175		
Energy kJ	348		0	NC	4		731		
Protein g	1.91		0	RA	4		4.02		
Total lipid (fat) g	0.57		0	RA	4		1.20		
Ash g	1.46		0	RA	4		3.06		
Carbohydrate, by difference g	17.57		0	NC	4		36.90		
Fiber, total dietary g	1.5		0	RA	4		3.2		
Sugars, total g	1.48		0	RA	4		3.10		
Sucrose g	0.16		0	RA	4		0.33		
Glucose (dextrose) g	0.31		0	RA	4		0.65		
Fructose g	0.25		0	RA	4		0.52		
Lactose g	0.76		0	RA	4		1.60		
Maltose g	0.00		0	RA	4		0.00		
Galactose g	0.00		0	RA	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	24		0	RA	4		50		
Iron, Fe mg	0.27		0	RA	4		0.56		
Magnesium, Mg mg	18		0	RA	4		39		
Phosphorus, P mg	46		0	RA	4		97		
Potassium, K mg	296		0	RA	4		622		
Sodium, Na mg	302		0	RA	4		634		
Zinc, Zn mg	0.28		0	RA	4		0.60		
Copper, Cu mg	0.145		0	RA	4		0.304		
Manganese, Mn mg	0.119		0	RA	4		0.251		
Selenium, Se µg	0.8		0	RA	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.2		0	RA	4		13.1		
Thiamin mg	0.089		0	RA	4		0.188		
Riboflavin mg	0.041		0	RA	4		0.087		
Niacin mg	1.118		0	RA	4		2.348		
Pantothenic acid mg	0.485		0	RA	4		1.018		
Vitamin B-6 mg	0.232		0	RA	4		0.487		
Folate, total µg	8		0	RA	4		17		
Folic acid µg	0		0	RA	4		0		
Folate, food µg	8		0	RA	4		17		
Folate, DFE µg	8		0	NC	4		17		
Choline, total mg	13.3		0	RA	4		27.9		
Betaine mg	0.3		0	RA	4		0.5		
Vitamin B-12 µg	0.07		0	RA	4		0.14		
Vitamin B-12, added µg	0.00		0	RA	4		0.00		
Vitamin A, RAE µg	7		0	NC	4		15		
Retinol µg	7		0	RA	4		14		
Carotene, beta µg	2		0	RA	4		5		
Carotene, alpha µg	0		0	RA	4		0		
Cryptoxanthin, beta µg	0		0	RA	4		0		
Vitamin A, IU IU	27		0	NC	4		56		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	8		0	RA	4		16		
Vitamin E (alpha-tocopherol) mg	0.02		0	RA	4		0.04		
Vitamin E, added mg	0.00		0	RA	4		0.00		
Tocopherol, beta mg	0.00		0	RA	4		0.00		
Tocopherol, gamma mg	0.00		0	RA	4		0.00		
Tocopherol, delta mg	0.00		0	RA	4		0.00		
Tocotrienol, alpha mg	0.00		0	RA	4		0.00		
Tocotrienol, beta mg	0.00		0	RA	4		0.00		

NDB No. 11657

Potatoes, mashed, home-prepared, whole milk added (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RA	4		0.00		
Tocotrienol, delta....mg	0.00		0	RA	4		0.00		
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	RA	4		0.4		
Vitamin D....IU	8		0	RA	4		16		
Vitamin K (phylloquinone)....µg	1.8		0	RA	4		3.8		
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0		
Menaquinone-4....µg	0.1		0	RA	4		0.3		
Lipids:									
Fatty acids, total saturated....g	0.302		0	RA	4		0.633		
4:0....g	0.011		0	RA	4		0.024		
6:0....g	0.011		0	RA	4		0.024		
8:0....g	0.011		0	RA	4		0.024		
10:0....g	0.012		0	RA	4		0.025		
12:0....g	0.014		0	RA	4		0.030		
13:0....g	0.000		0	RA	4		0.000		
14:0....g	0.046		0	RA	4		0.096		
15:0....g	0.000		0	RA	4		0.000		
16:0....g	0.138		0	RA	4		0.290		
17:0....g	0.000		0	RA	4		0.000		
18:0....g	0.058		0	RA	4		0.122		
20:0....g	0.000		0	RA	4		0.000		
22:0....g	0.000		0	RA	4		0.000		
24:0....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated....g	0.124		0	RA	4		0.260		
14:1....g	0.000		0	RA	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.001		0	RA	4		0.002		
17:1....g									
18:1 undifferentiated....g	0.123		0	RA	4		0.258		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.065		0	RA	4		0.136		
18:2 undifferentiated....g	0.045		0	RA	4		0.095		
18:3 undifferentiated....g	0.020		0	RA	4		0.041		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	2		0	RA	4		3		
Phytosterols....mg	0		0	RA	4		0		
Amino Acids:									
Tryptophan....g	0.029		0	RA	4		0.060		
Threonine....g	0.072		0	RA	4		0.152		
Isoleucine....g	0.083		0	RA	4		0.175		
Leucine....g	0.132		0	RA	4		0.276		
Lysine....g	0.127		0	RA	4		0.267		
Methionine....g	0.035		0	RA	4		0.074		
Cystine....g	0.021		0	RA	4		0.045		
Phenylalanine....g	0.089		0	RA	4		0.186		
Tyrosine....g	0.078		0	RA	4		0.163		
Valine....g	0.112		0	RA	4		0.235		
Arginine....g	0.080		0	RA	4		0.168		
Histidine....g	0.046		0	RA	4		0.097		
Alanine....g	0.061		0	RA	4		0.127		

NDB No. 11657

Potatoes, mashed, home-prepared, whole milk added (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.393		0	RA	4		0.826		
Glutamic acid....g	0.348		0	RA	4		0.731		
Glycine....g	0.052		0	RA	4		0.110		
Proline....g	0.099		0	RA	4		0.208		
Serine....g	0.092		0	RA	4		0.193		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		
Theobromine....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Footnotes:

1 Recipe: Potatoes, 84%; whole milk, 15%; and salt, 1%.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter added (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.61		0	RC	4		158.78		
Energy kcal	113		0	NC	4		237		
Energy kJ	471		0	NC	4		990		
Protein g	1.86		0	RC	4		3.91		
Total lipid (fat) g	4.22		0	RC	4		8.86		
Ash g	1.50		0	RC	4		3.14		
Carbohydrate, by difference g	16.81		0	NC	4		35.31		
Fiber, total dietary g	1.5		0	RC	4		3.0		
Sugars, total g	1.43		0	RC	4		3.00		
Sucrose g	0.15		0	RC	4		0.32		
Glucose (dextrose) g	0.29		0	RC	4		0.62		
Fructose g	0.24		0	RC	4		0.50		
Lactose g	0.71		0	RC	4		1.50		
Maltose g	0.00		0	RC	4		0.00		
Galactose g	0.00		0	RC	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	24		0	RC	4		50		
Iron, Fe mg	0.26		0	RC	4		0.54		
Magnesium, Mg mg	18		0	RC	4		37		
Phosphorus, P mg	45		0	RC	4		95		
Potassium, K mg	284		0	RC	4		597		
Sodium, Na mg	317		0	RC	4		667		
Zinc, Zn mg	0.27		0	RC	4		0.58		
Copper, Cu mg	0.138		0	RC	4		0.291		
Manganese, Mn mg	0.114		0	RC	4		0.240		
Selenium, Se µg	0.8		0	RC	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0		0	RC	4		12.5		
Thiamin mg	0.086		0	RC	4		0.180		
Riboflavin mg	0.041		0	RC	4		0.085		
Niacin mg	1.072		0	RC	4		2.252		
Pantothenic acid mg	0.468		0	RC	4		0.983		
Vitamin B-6 mg	0.222		0	RC	4		0.466		
Folate, total µg	8		0	RC	4		17		
Folic acid µg	0		0	RC	4		0		
Folate, food µg	8		0	RC	4		17		
Folate, DFE µg	8		0	NC	4		17		
Choline, total mg	13.5		0	RC	4		28.4		
Betaine mg	0.3		0	RC	4		0.5		
Vitamin B-12 µg	0.07		0	RC	4		0.15		
Vitamin B-12, added µg	0.00		0	RC	4		0.00		
Vitamin A, RAE µg	38		0	NC	4		79		
Retinol µg	37		0	RC	4		77		
Carotene, beta µg	9		0	RC	4		20		
Carotene, alpha µg	0		0	RC	4		0		
Cryptoxanthin, beta µg	0		0	RC	4		0		
Vitamin A, IU IU	138		0	NC	4		290		
Lycopene µg	0		0	RC	4		0		
Lutein + zeaxanthin µg	7		0	RC	4		15		
Vitamin E (alpha-tocopherol) mg	0.12		0	RC	4		0.26		
Vitamin E, added mg	0.00		0	RC	4		0.00		
Tocopherol, beta mg	0.00		0	RC	4		0.00		
Tocopherol, gamma mg	0.00		0	RC	4		0.00		
Tocopherol, delta mg	0.00		0	RC	4		0.00		
Tocotrienol, alpha mg	0.00		0	RC	4		0.00		
Tocotrienol, beta mg	0.00		0	RC	4		0.00		

NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter added (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RC	4		0.00		
Tocotrienol, delta....mg	0.00		0	RC	4		0.00		
Vitamin D (D2 + D3)....µg	0.2		0	RC	4		0.5		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	10		0	RC	4		20		
Vitamin K (phylloquinone)....µg	2.0		0	RC	4		4.3		
Dihydrophylloquinone....µg	0.0		0	RC	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.613		0	RC	4		5.488		
4:0....g	0.157		0	RC	4		0.329		
6:0....g	0.102		0	RC	4		0.213		
8:0....g	0.064		0	RC	4		0.135		
10:0....g	0.126		0	RC	4		0.265		
12:0....g	0.131		0	RC	4		0.274		
13:0....g	0.000		0	RC	4		0.000		
14:0....g	0.380		0	RC	4		0.798		
15:0....g	0.000		0	RC	4		0.000		
16:0....g	1.114		0	RC	4		2.339		
17:0....g	0.025		0	RC	4		0.053		
18:0....g	0.508		0	RC	4		1.067		
20:0....g	0.006		0	RC	4		0.013		
22:0....g	0.000		0	RC	4		0.000		
24:0....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated....g	1.070		0	RC	4		2.246		
14:1....g	0.000		0	RC	4		0.000		
15:1....g									
16:1 undifferentiated....g	0.044		0	RC	4		0.093		
17:1....g									
18:1 undifferentiated....g	1.021		0	RC	4		2.144		
20:1....g	0.005		0	RC	4		0.010		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.199		0	RC	4		0.419		
18:2 undifferentiated....g	0.166		0	RC	4		0.350		
18:3 undifferentiated....g	0.033		0	RC	4		0.069		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.149		0	RC	4		0.312		
Fatty acids, total trans-monoenoic....g	0.135		0	RC	4		0.284		
Fatty acids, total trans-polyenoic....g	0.013		0	RC	4		0.028		
Cholesterol....mg	11		0	RC	4		24		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0	RC	4		0.069		
Threonine....g	0.071		0	RC	4		0.150		
Isoleucine....g	0.082		0	RC	4		0.171		
Leucine....g	0.123		0	RC	4		0.259		
Lysine....g	0.106		0	RC	4		0.223		
Methionine....g	0.033		0	RC	4		0.069		
Cystine....g	0.020		0	RC	4		0.043		
Phenylalanine....g	0.083		0	RC	4		0.175		
Tyrosine....g	0.074		0	RC	4		0.156		
Valine....g	0.107		0	RC	4		0.224		
Arginine....g	0.075		0	RC	4		0.158		

NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter added (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.042		0	RC	4		0.088		
Alanine....g	0.058		0	RC	4		0.122		
Aspartic acid....g	0.374		0	RC	4		0.784		
Glutamic acid....g	0.329		0	RC	4		0.691		
Glycine....g	0.052		0	RC	4		0.110		
Proline....g	0.101		0	RC	4		0.212		
Serine....g	0.077		0	RC	4		0.162		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RC	4		0.0		
Caffeine....mg	0		0	RC	4		0		
Theobromine....mg	0		0	RC	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Footnotes:

1 Recipe: Potatoes, 80%; whole milk, 14%; butter, 5%; and salt, 1%.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11371
Potatoes, mashed, home-prepared, whole milk and margarine added (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.25		0	RA	4		158.03		
Energy kcal	113		0	NC	4		238		
Energy kJ	474		0	NC	4		995		
Protein g	1.96		0	RA	4		4.12		
Total lipid (fat) g	4.20		0	RA	4		8.82		
Ash g	1.65		0	RA	4		3.46		
Carbohydrate, by difference g	16.94		0	NC	4		35.57		
Fiber, total dietary g	1.5		0	RA	4		3.0		
Sugars, total g	1.41		0	RA	4		2.97		
Sucrose g	0.16		0	RA	4		0.33		
Glucose (dextrose) g	0.30		0	RA	4		0.63		
Fructose g	0.24		0	RA	4		0.51		
Lactose g	0.71		0	RA	4		1.50		
Maltose g	0.00		0	RA	4		0.00		
Galactose g	0.00		0	RA	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	21		0	RA	4		45		
Iron, Fe mg	0.26		0	RA	4		0.55		
Magnesium, Mg mg	19		0	RA	4		40		
Phosphorus, P mg	48		0	RA	4		102		
Potassium, K mg	326		0	RA	4		685		
Sodium, Na mg	333		0	RA	4		700		
Zinc, Zn mg	0.30		0	RA	4		0.62		
Copper, Cu mg	0.155		0	RA	4		0.326		
Manganese, Mn mg	0.113		0	RA	4		0.236		
Selenium, Se µg	0.8		0	RA	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.5		0	RA	4		22.0		
Thiamin mg	0.092		0	RA	4		0.194		
Riboflavin mg	0.042		0	RA	4		0.087		
Niacin mg	1.174		0	RA	4		2.465		
Pantothenic acid mg	0.476		0	RA	4		0.999		
Vitamin B-6 mg	0.247		0	RA	4		0.518		
Folate, total µg	9		0	RA	4		19		
Folic acid µg	0		0	RA	4		0		
Folate, food µg	9		0	RA	4		19		
Folate, DFE µg	9		0	NC	4		19		
Choline, total mg	13.5		0	RA	4		28.4		
Betaine mg	0.2		0	RA	4		0.5		
Vitamin B-12 µg	0.07		0	RA	4		0.14		
Vitamin B-12, added µg	0.00		0	RA	4		0.00		
Vitamin A, RAE µg	44		0	NC	4		92		
Retinol µg	41		0	RA	4		87		
Carotene, beta µg	30		0	RA	4		63		
Carotene, alpha µg	0		0	RA	4		0		
Cryptoxanthin, beta µg	0		0	RA	4		0		
Vitamin A, IU IU	187		0	NC	4		393		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	7		0	RA	4		15		
Vitamin E (alpha-tocopherol) mg	0.42		0	RA	4		0.89		
Vitamin E, added mg	0.00		0	RA	4		0.00		
Tocopherol, beta mg	0.02		0	RA	4		0.03		
Tocopherol, gamma mg	1.99		0	RA	4		4.17		
Tocopherol, delta mg	0.69		0	RA	4		1.46		
Tocotrienol, alpha mg	0.00		0	RA	4		0.00		
Tocotrienol, beta mg	0.00		0	RA	4		0.00		

NDB No. 11371

Potatoes, mashed, home-prepared, whole milk and margarine added (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RA	4		0.00		
Tocotrienol, delta....mg	0.00		0	RA	4		0.00		
Vitamin D (D2 + D3)....µg	0.2		0	AS	1		0.4		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	RA	4		0.4		
Vitamin D....IU	7		0	RA	4		15		
Vitamin K (phylloquinone)....µg	6.0		0	RA	4		12.6		
Dihydrophylloquinone....µg	0.0		0	RA	4		0.0		
Menaquinone-4....µg	0.1		0	RA	4		0.3		
Lipids:									
Fatty acids, total saturated....g	0.745		0	RA	4		1.564		
4:0....g	0.008		0	RA	4		0.017		
6:0....g	0.008		0	RA	4		0.017		
8:0....g	0.008		0	RA	4		0.017		
10:0....g	0.009		0	RA	4		0.018		
12:0....g	0.010		0	RA	4		0.021		
13:0....g	0.000		0	RA	4		0.000		
14:0....g	0.034		0	RA	4		0.072		
15:0....g	0.001		0	RA	4		0.001		
16:0....g	0.393		0	RA	4		0.824		
17:0....g	0.002		0	RA	4		0.005		
18:0....g	0.256		0	RA	4		0.539		
20:0....g	0.009		0	RA	4		0.019		
22:0....g	0.004		0	RA	4		0.008		
24:0....g	0.003		0	RA	4		0.006		
Fatty acids, total monounsaturated....g	1.440		0	RA	4		3.024		
14:1....g	0.000		0	RA	4		0.000		
15:1....g	0.000		0	RA	4		0.000		
16:1 undifferentiated....g	0.002		0	RA	4		0.005		
17:1....g	0.001		0	RA	4		0.002		
18:1 undifferentiated....g	1.433		0	RA	4		3.008		
20:1....g	0.005		0	RA	4		0.010		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g	0.000		0	RA	4		0.000		
Fatty acids, total polyunsaturated....g	0.892		0	RA	4		1.872		
18:2 undifferentiated....g	0.806		0	RA	4		1.693		
18:3 undifferentiated....g	0.085		0	RA	4		0.179		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g	0.000		0	RA	4		0.000		
20:3 undifferentiated....g	0.000		0	RA	4		0.000		
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g	0.000		0	RA	4		0.000		
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g	0.517		0	RA	4		1.087		
Cholesterol....mg	1		0	RA	4		3		
Phytosterols....mg	19		0	RA	4		39		
Stigmasterol....mg	2		0	RA	4		3		
Campesterol....mg	3		0	RA	4		7		
Beta-sitosterol....mg	12		0	RA	4		26		
Amino Acids:									
Tryptophan....g	0.030		0	RA	4		0.062		
Threonine....g	0.076		0	RA	4		0.159		
Isoleucine....g	0.087		0	RA	4		0.182		
Leucine....g	0.136		0	RA	4		0.286		
Lysine....g	0.132		0	RA	4		0.278		
Methionine....g	0.037		0	RA	4		0.077		
Cystine....g	0.022		0	RA	4		0.047		
Phenylalanine....g	0.092		0	RA	4		0.193		
Tyrosine....g	0.080		0	RA	4		0.168		

NDB No. 11371

Potatoes, mashed, home-prepared, whole milk and margarine added (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Valine g	0.116		0	RA	4		0.244		
Arginine g	0.083		0	RA	4		0.175		
Histidine g	0.048		0	RA	4		0.100		
Alanine g	0.062		0	RA	4		0.131		
Aspartic acid g	0.409		0	RA	4		0.860		
Glutamic acid g	0.361		0	RA	4		0.759		
Glycine g	0.055		0	RA	4		0.115		
Proline g	0.102		0	RA	4		0.214		
Serine g	0.094		0	RA	4		0.198		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	RA	4		0.0		
Caffeine mg	0		0	RA	4		0		
Theobromine mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup

Footnotes:

1 Recipe: Potatoes, 80%; whole milk, 14%; margarine, 5%; and salt, 1%.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11929

Potatoes, mashed, prepared from granules, without milk, whole milk and margarine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.48		0		1		162.71		
Energy kcal	108		0	NC	4		227		
Energy kJ	452				4		949		
Protein (N x 6.25) g	2.05		0		1		4.31		
Total lipid (fat) g	4.93		0		1		10.35		
Ash g	1.14		0		1		2.39		
Carbohydrate, by difference g	14.40		0	NC	4		30.24		
Fiber, total dietary g	2.2		0		4		4.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	35		0		1		74		
Iron, Fe mg	0.19		0		1		0.40		
Magnesium, Mg mg	19		0		1		40		
Phosphorus, P mg	60		0		1		126		
Potassium, K mg	145		0		1		305		
Sodium, Na mg	263		0		1		552		
Zinc, Zn mg	0.24		0		1		0.50		
Copper, Cu mg	0.022		0		1		0.046		
Manganese, Mn mg	0.003		0		1		0.006		
Selenium, Se µg	0.5		0	RA	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0		0		1		12.6		
Thiamin mg	0.079		0		1		0.166		
Riboflavin mg	0.077		0		1		0.162		
Niacin mg	0.763		0		1		1.602		
Pantothenic acid mg	0.127		0		1		0.267		
Vitamin B-6 mg	0.010		0		1		0.021		
Folate, total µg	7		0		1		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0		1		15		
Folate, DFE µg	7		0	NC	4		15		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	44		0	NC	4		92		
Retinol µg	40		0	NR	4		84		
Carotene, beta µg	48		0	NR	4		101		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	213		0	NC	4		448		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11929

Potatoes, mashed, prepared from granules, without milk, whole milk and margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.284		0		1		2.696		
4:0....g	0.023		0		1		0.048		
6:0....g	0.014		0		1		0.029		
8:0....g	0.008		0		1		0.017		
10:0....g	0.019		0		1		0.040		
12:0....g	0.024		0		1		0.050		
13:0....g									
14:0....g	0.087		0		1		0.183		
15:0....g									
16:0....g	0.711		0		1		1.493		
17:0....g									
18:0....g	0.398		0		1		0.836		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.041		0		1		4.286		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.038		
17:1....g									
18:1 undifferentiated....g	2.023		0		1		4.248		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.363		0		1		2.862		
18:2 undifferentiated....g	1.286		0		1		2.701		
18:3 undifferentiated....g	0.076		0		1		0.160		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	3		0		1		6		
Phytosterols....mg	14		0		1		29		
Amino Acids:									
Tryptophan....g	0.023		0		1		0.048		
Threonine....g	0.090		0		1		0.189		
Isoleucine....g	0.110		0		1		0.231		
Leucine....g	0.173		0		1		0.363		
Lysine....g	0.147		0		1		0.309		
Methionine....g	0.040		0		1		0.084		
Cystine....g	0.022		0		1		0.046		
Phenylalanine....g	0.096		0		1		0.202		
Tyrosine....g	0.091		0		1		0.191		
Valine....g	0.129		0		1		0.271		
Arginine....g	0.083		0		1		0.174		
Histidine....g	0.051		0		1		0.107		
Alanine....g	0.071		0		1		0.149		
Aspartic acid....g	0.254		0		1		0.533		
Glutamic acid....g	0.390		0		1		0.819		
Glycine....g	0.053		0		1		0.111		
Proline....g	0.148		0		1		0.311		
Serine....g	0.099		0		1		0.208		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11929

Potatoes, mashed, prepared from granules, without milk, whole milk and margarine

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31036
Potatoes, mashed, ready-to-eat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.27	0.186	9	A	1		179.24	547.91	
Energy kcal	106		0	NC	4		243	743	
Energy kJ	444		0	NC	4		1017	3108	
Protein g	1.97	0.011	9	A	1		4.51	13.78	
Total lipid (fat) g	5.01	0.215	9	A	1		11.46	35.04	
Ash g	1.46	0.013	9	A	1		3.35	10.24	
Carbohydrate, by difference g	13.29		0	NC	4		30.43	93.03	
Fiber, total dietary g	1.9	0.050	5	A	1		4.4	13.3	
Sugars, total g	1.76	0.057	4	A	1		4.02	12.29	
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) g	0.27	0.024	4	A	1		0.63	1.92	
Fructose g	0.31	0.000	4	A	1		0.71	2.17	
Lactose g	1.17	0.033	4	A	1		2.68	8.20	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00	0.000	4	A	1		0.00	0.00	
Starch g	7.84	0.195	4	A	1		17.96	54.91	
Minerals:									
Calcium, Ca mg	34	0.551	8	A	1		77	236	
Iron, Fe mg	0.27	0.010	8	A	1		0.63	1.92	
Magnesium, Mg mg	14	0.268	8	A	1		33	100	
Phosphorus, P mg	61	1.307	8	A	1		139	426	
Potassium, K mg	274	6.887	8	A	1		628	1919	
Sodium, Na mg	298	4.278	8	A	1		683	2089	
Zinc, Zn mg	0.30	0.014	8	A	1		0.68	2.07	
Copper, Cu mg	0.011	0.001	8	A	1		0.026	0.079	
Manganese, Mn mg	0.091	0.003	8	A	1		0.208	0.635	
Selenium, Se µg	26.9		1	A	1		61.6	188.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.1		2	A	1		0.2	0.5	
Thiamin mg	0.085	0.004	4	A	1		0.195	0.595	
Riboflavin mg	0.088	0.007	6	A	1		0.202	0.619	
Niacin mg	1.020	0.025	6	A	1		2.335	7.138	
Pantothenic acid mg	0.405		2	A	1		0.928	2.836	
Vitamin B-6 mg	0.109	0.006	4	A	1		0.249	0.761	
Folate, total µg	6		1	A	1		14	42	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		1	A	1		14	42	
Folate, DFE µg	6		0	NC	4		14	42	
Choline, total mg	14.3		0	FLC	4		32.8	100.4	
Betaine mg									
Vitamin B-12 µg	0.22		0	FLC	4		0.50	1.53	
Vitamin B-12, added µg	0.00		0	FLC	4		0.00	0.00	
Vitamin A, RAE µg	53		0	NC	4		122	374	
Retinol µg	52		0	FLC	4		119	362	
Carotene, beta µg	19		0	FLC	4		44	135	
Carotene, alpha µg	0		0	FLC	4		0	0	
Cryptoxanthin, beta µg	0		0	FLC	4		0	0	
Vitamin A, IU IU	205		0	NC	4		469	1433	
Lycopene µg	0		0	FLC	4		0	0	
Lutein + zeaxanthin µg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.29		0	FLC	4		0.67	2.04	
Vitamin E, added mg	0.00		0	FLC	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 31036
Potatoes, mashed, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	FLC	4		0.2	0.6	
Vitamin D....IU	2		0	FLC	4		5	15	
Vitamin K (phylloquinone)....µg	2.4		0	FLC	4		5.4	16.6	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.632		0	NC	4		6.027	18.422	
4:0....g	0.087	0.003	8	A	1		0.199	0.610	
6:0....g	0.068	0.003	8	A	1		0.156	0.477	
8:0....g	0.043	0.002	8	A	1		0.098	0.300	
10:0....g	0.109	0.004	8	A	1		0.250	0.764	
12:0....g	0.123	0.005	8	A	1		0.282	0.861	
13:0....g									
14:0....g	0.400	0.016	8	A	1		0.915	2.797	
15:0....g	0.043	0.002	8	A	1		0.099	0.302	
16:0....g	1.255	0.055	8	A	1		2.875	8.788	
17:0....g	0.025	0.001	8	A	1		0.056	0.172	
18:0....g	0.462	0.019	8	A	1		1.058	3.233	
20:0....g	0.009	0.000	8	A	1		0.021	0.063	
22:0....g	0.006	0.000	8	A	1		0.013	0.040	
24:0....g	0.002	0.000	8	A	1		0.005	0.015	
Fatty acids, total monounsaturated....g	1.236		0	NC	4		2.831	8.653	
14:1....g	0.041	0.002	8	A	1		0.094	0.288	
15:1....g	0.000	0.000	8	A	1		0.000	0.000	
16:1 undifferentiated....g	0.079	0.004	8	AS	1		0.180	0.550	
16:1 c....g	0.067	0.003	8	A	1		0.154	0.472	
16:1 t....g	0.011	0.001	8	A	1		0.026	0.078	
17:1....g	0.008	0.000	8	A	1		0.019	0.057	
18:1 undifferentiated....g	1.095	0.045	8	AS	1		2.507	7.665	
18:1 c....g	1.007	0.041	8	A	1		2.305	7.046	
18:1 t....g	0.088	0.004	8	A	1		0.202	0.618	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013	0.001	8	A	1		0.029	0.088	
22:1 undifferentiated....g	0.001	0.001	8	AS	1		0.002	0.005	
22:1 c....g	0.000	0.000	8	A	1		0.001	0.003	
22:1 t....g	0.000	0.000	8	A	1		0.001	0.003	
24:1 c....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.684		0	NC	4		1.566	4.788	
18:2 undifferentiated....g	0.573	0.033	8	AS	1		1.313	4.014	
18:2 n-6 c,c....g	0.527	0.032	8	A	1		1.207	3.691	
18:2 CLAs....g	0.018	0.000	8	A	1		0.042	0.128	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.028	0.001	8	A	1		0.064	0.195	
18:3 undifferentiated....g	0.089	0.006	8	AS	1		0.204	0.623	
18:3 n-3 c,c,c (ALA)....g	0.085	0.006	8	A	1		0.195	0.597	
18:3 n-6 c,c,c....g	0.003	0.000	8	A	1		0.008	0.024	
18:3i....g	0.000	0.000	8	A	1		0.000	0.001	
18:4....g	0.001	0.000	8	A	1		0.003	0.008	
20:2 n-6 c,c....g	0.002	0.000	8	A	1		0.004	0.011	
20:3 undifferentiated....g	0.005	0.000	8	AS	1		0.012	0.036	
20:3 n-3....g	0.000	0.000	8	A	1		0.000	0.001	
20:3 n-6....g	0.005	0.000	8	A	1		0.012	0.035	
20:4 undifferentiated....g	0.007	0.000	8	A	1		0.017	0.051	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	8	A	1		0.004	0.013	
21:5....g									
22:4....g	0.001	0.000	8	A	1		0.003	0.010	
22:5 n-3 (DPA)....g	0.003	0.000	8	A	1		0.007	0.021	
22:6 n-3 (DHA)....g	0.000	0.000	8	A	1		0.000	0.000	
Fatty acids, total trans....g	0.128		0	NC	4		0.293	0.895	
Fatty acids, total trans-monoenoic....g	0.100		0	NC	4		0.229	0.699	

NDB No. 31036
Potatoes, mashed, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.028		0	NC	4		0.064	0.196	
Cholesterol....mg	13		2	A	1		29	89	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 700g: 1 container

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11675

Potatoes, microwaved, cooked in skin, flesh and skin, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.04	1.061	10		1		145.52		
Energy kcal	105		0	NC	4		213		
Energy kJ	441		0	NC	4		890		
Protein (N x 6.25) g	2.44	0.120	6		1		4.93		
Total lipid (fat) g	0.10		0		1		0.20		
Ash g	1.18	0.077	6		1		2.38		
Carbohydrate, by difference g	24.24		0	NC	4		48.96		
Fiber, total dietary g	2.3		0	BFSN	4		4.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11	3.037	10		1		22		
Iron, Fe mg	1.24	0.089	10		1		2.50		
Magnesium, Mg mg	27	1.825	10		1		55		
Phosphorus, P mg	105	44.634	10		1		212		
Potassium, K mg	447	19.494	10		1		903		
Sodium, Na mg	8	1.513	10		1		16		
Zinc, Zn mg	0.36	0.033	10		1		0.73		
Copper, Cu mg	0.334	0.036	10		1		0.675		
Manganese, Mn mg	0.292	0.029	10		1		0.590		
Selenium, Se µg	0.4		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		3		1		30.5		
Thiamin mg	0.120	0.006	10		1		0.242		
Riboflavin mg	0.032	0.001	10		1		0.065		
Niacin mg	1.714	0.107	10		1		3.462		
Pantothenic acid mg	0.454		0		4		0.917		
Vitamin B-6 mg	0.344	0.022	10		1		0.695		
Folate, total µg	12	0.559	10		1		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12	0.559	10		1		24		
Folate, DFE µg	12		0	NC	4		24		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11675

Potatoes, microwaved, cooked in skin, flesh and skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.053		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.002		
12:0....g	0.003		0		1		0.006		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.016		0		1		0.032		
17:0....g									
18:0....g	0.004		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.002		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.087		
18:2 undifferentiated....g	0.032		0		1		0.065		
18:3 undifferentiated....g	0.010		0		1		0.020		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.077		
Threonine....g	0.089		0		1		0.180		
Isoleucine....g	0.099		0		1		0.200		
Leucine....g	0.147		0		1		0.297		
Lysine....g	0.149		0		1		0.301		
Methionine....g	0.039		0		1		0.079		
Cystine....g	0.031		0		1		0.063		
Phenylalanine....g	0.109		0		1		0.220		
Tyrosine....g	0.091		0		1		0.184		
Valine....g	0.138		0		1		0.279		
Arginine....g	0.113		0		1		0.228		
Histidine....g	0.054		0		1		0.109		
Alanine....g	0.075		0		1		0.152		
Aspartic acid....g	0.598		0		1		1.208		
Glutamic acid....g	0.410		0		1		0.828		
Glycine....g	0.073		0		1		0.147		
Proline....g	0.088		0		1		0.178		
Serine....g	0.106		0		1		0.214		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11675

Potatoes, microwaved, cooked in skin, flesh and skin, without salt

Common Measures:

Measure 1 = 202g: 1 potato (2-3/4" dia by 4-3/4" long)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11835
Potatoes, microwaved, cooked in skin, flesh, with salt

Refuse: 23% Skin and adhering flesh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.55	1.235	5		1		57.37	114.74	
Energy kcal	100		0	NC	4		78	157	
Energy kJ	420		0	NC	4		328	656	
Protein (N x 6.25) g	2.10	0.065	4		1		1.64	3.28	
Total lipid (fat) g	0.10		0		1		0.08	0.16	
Ash g	0.97	0.090	4		1		0.76	1.51	
Carbohydrate, by difference g	23.28		0	NC	4		18.16	36.32	
Fiber, total dietary g	1.6		0	BFSN	4		1.2	2.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5	1.740	5		1		4	8	
Iron, Fe mg	0.41	0.070	5		1		0.32	0.64	
Magnesium, Mg mg	25	2.117	5		1		20	39	
Phosphorus, P mg	109	52.505	5		1		85	170	
Potassium, K mg	411	22.733	5		1		321	641	
Sodium, Na mg	243		0		4		190	379	
Zinc, Zn mg	0.33	0.039	5		1		0.26	0.51	
Copper, Cu mg	0.237	0.042	5		1		0.185	0.370	
Manganese, Mn mg	0.170	0.021	5		1		0.133	0.265	
Selenium, Se µg	0.4		0	BFSN	4		0.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		2		1		11.8	23.6	
Thiamin mg	0.129	0.007	5		1		0.101	0.201	
Riboflavin mg	0.025	0.001	5		1		0.020	0.039	
Niacin mg	1.625	0.111	5		1		1.268	2.535	
Pantothenic acid mg	0.597		0		1		0.466	0.931	
Vitamin B-6 mg	0.319	0.025	5		1		0.249	0.498	
Folate, total µg	12	0.646	5		1		10	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12	0.646	5		1		10	19	
Folate, DFE µg	12		0	NC	4		10	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11835

Potatoes, microwaved, cooked in skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.020	0.041	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.001	0.002	
12:0....g	0.003		0		1		0.002	0.005	
13:0....g									
14:0....g	0.001		0		1		0.001	0.002	
15:0....g									
16:0....g	0.016		0		1		0.012	0.025	
17:0....g									
18:0....g	0.004		0		1		0.003	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.002	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.034	0.067	
18:2 undifferentiated....g	0.032		0		1		0.025	0.050	
18:3 undifferentiated....g	0.010		0		1		0.008	0.016	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0		1		0.026	0.051	
Threonine....g	0.076		0		1		0.059	0.119	
Isoleucine....g	0.085		0		1		0.066	0.133	
Leucine....g	0.126		0		1		0.098	0.197	
Lysine....g	0.128		0		1		0.100	0.200	
Methionine....g	0.033		0		1		0.026	0.051	
Cystine....g	0.027		0		1		0.021	0.042	
Phenylalanine....g	0.093		0		1		0.073	0.145	
Tyrosine....g	0.078		0		1		0.061	0.122	
Valine....g	0.118		0		1		0.092	0.184	
Arginine....g	0.097		0		1		0.076	0.151	
Histidine....g	0.046		0		1		0.036	0.072	
Alanine....g	0.065		0		1		0.051	0.101	
Aspartic acid....g	0.514		0		1		0.401	0.802	
Glutamic acid....g	0.352		0		1		0.275	0.549	
Glycine....g	0.062		0		1		0.048	0.097	
Proline....g	0.076		0		1		0.059	0.119	
Serine....g	0.091		0		1		0.071	0.142	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11835

Potatoes, microwaved, cooked in skin, flesh, with salt

Common Measures:

Measure 1 = 78g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11368
Potatoes, microwaved, cooked in skin, flesh, without salt

Refuse: 23% Skin and adhering flesh

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.55	1.235	5		1		57.37	114.74	
Energy kcal	100		0	NC	4		78	156	
Energy kJ	418				4		326	653	
Protein (N x 6.25) g	2.10	0.065	4		1		1.64	3.28	
Total lipid (fat) g	0.10		0		1		0.08	0.16	
Ash g	0.97	0.090	4		1		0.76	1.51	
Carbohydrate, by difference g	23.28		0	NC	4		18.16	36.32	
Fiber, total dietary g	1.6		0	BFSN	4		1.2	2.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5	1.740	5		1		4	8	
Iron, Fe mg	0.41	0.070	5		1		0.32	0.64	
Magnesium, Mg mg	25	2.117	5		1		20	39	
Phosphorus, P mg	109	52.505	5		1		85	170	
Potassium, K mg	411	22.733	5		1		321	641	
Sodium, Na mg	7	1.576	5		1		5	11	
Zinc, Zn mg	0.33	0.039	5		1		0.26	0.51	
Copper, Cu mg	0.237	0.042	5		1		0.185	0.370	
Manganese, Mn mg	0.170	0.021	5		1		0.133	0.265	
Selenium, Se µg	0.4		0	BFSN	4		0.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		2		1		11.8	23.6	
Thiamin mg	0.129	0.007	5		1		0.101	0.201	
Riboflavin mg	0.025	0.001	5		1		0.020	0.039	
Niacin mg	1.625	0.111	5		1		1.268	2.535	
Pantothenic acid mg	0.597		0		1		0.466	0.931	
Vitamin B-6 mg	0.319	0.025	5		1		0.249	0.498	
Folate, total µg	12	0.646	5		1		10	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12	0.646	5		1		10	19	
Folate, DFE µg	12		0	NC	4		10	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11368

Potatoes, microwaved, cooked in skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.020	0.041	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.001	0.002	
12:0....g	0.003		0		1		0.002	0.005	
13:0....g									
14:0....g	0.001		0		1		0.001	0.002	
15:0....g									
16:0....g	0.016		0		1		0.012	0.025	
17:0....g									
18:0....g	0.004		0		1		0.003	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.002	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.002	
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001	0.002	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.034	0.067	
18:2 undifferentiated....g	0.032		0		1		0.025	0.050	
18:3 undifferentiated....g	0.010		0		1		0.008	0.016	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0		1		0.026	0.051	
Threonine....g	0.076		0		1		0.059	0.119	
Isoleucine....g	0.085		0		1		0.066	0.133	
Leucine....g	0.126		0		1		0.098	0.197	
Lysine....g	0.128		0		1		0.100	0.200	
Methionine....g	0.033		0		1		0.026	0.051	
Cystine....g	0.027		0		1		0.021	0.042	
Phenylalanine....g	0.093		0		1		0.073	0.145	
Tyrosine....g	0.078		0		1		0.061	0.122	
Valine....g	0.118		0		1		0.092	0.184	
Arginine....g	0.097		0		1		0.076	0.151	
Histidine....g	0.046		0		1		0.036	0.072	
Alanine....g	0.065		0		1		0.051	0.101	
Aspartic acid....g	0.514		0		1		0.401	0.802	
Glutamic acid....g	0.352		0		1		0.275	0.549	
Glycine....g	0.062		0		1		0.048	0.097	
Proline....g	0.076		0		1		0.059	0.119	
Serine....g	0.091		0		1		0.071	0.142	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11368

Potatoes, microwaved, cooked in skin, flesh, without salt

Common Measures:

Measure 1 = 78g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11369
Potatoes, microwaved, cooked in skin, skin, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.50	1.035	5		1		36.83		
Energy kcal	132		0	NC	4		77		
Energy kJ	552				4		320		
Protein (N x 6.25) g	4.39		2		1		2.55		
Total lipid (fat) g	0.10		0		1		0.06		
Ash g	2.38		2		1		1.38		
Carbohydrate, by difference g	29.63		0	NC	4		17.19		
Fiber, total dietary g	5.5		0	BFSN	4		3.2		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	46	17.686	5		1		27		
Iron, Fe mg	5.94	0.442	5		1		3.45		
Magnesium, Mg mg	37	2.021	5		1		21		
Phosphorus, P mg	82	4.428	5		1		48		
Potassium, K mg	650	17.190	5		1		377		
Sodium, Na mg	16	4.682	5		1		9		
Zinc, Zn mg	0.51	0.028	5		1		0.30		
Copper, Cu mg	0.882	0.039	5		1		0.512		
Manganese, Mn mg	0.980	0.147	5		1		0.568		
Selenium, Se µg	0.5		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.3		1		1		8.9		
Thiamin mg	0.071	0.008	5		1		0.041		
Riboflavin mg	0.075	0.002	5		1		0.044		
Niacin mg	2.220	0.343	5		1		1.288		
Pantothenic acid mg	0.594		0		4		0.345		
Vitamin B-6 mg	0.492	0.042	5		1		0.285		
Folate, total µg	17	0.708	5		1		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	17	0.708	5		1		10		
Folate, DFE µg	17		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11369

Potatoes, microwaved, cooked in skin, skin, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.015		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.001		
12:0....g	0.003		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.016		0		1		0.009		
17:0....g									
18:0....g	0.004		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.025		
18:2 undifferentiated....g	0.032		0		1		0.019		
18:3 undifferentiated....g	0.010		0		1		0.006		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 skin

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11834

Potatoes, microwaved, cooked, in skin, flesh and skin, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.04	1.061	10		1		145.52		
Energy kcal	105		0	NC	4		213		
Energy kJ	441		0	NC	4		890		
Protein (N x 6.25) g	2.44	0.120	6		1		4.93		
Total lipid (fat) g	0.10		0		1		0.20		
Ash g	1.18	0.077	6		1		2.38		
Carbohydrate, by difference g	24.24		0	NC	4		48.96		
Fiber, total dietary g	2.3		0	BFSN	4		4.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11	3.037	10		1		22		
Iron, Fe mg	1.24	0.089	10		1		2.50		
Magnesium, Mg mg	27	1.825	10		1		55		
Phosphorus, P mg	105	44.634	10		1		212		
Potassium, K mg	447	19.494	10		1		903		
Sodium, Na mg	244		0		4		493		
Zinc, Zn mg	0.36	0.033	10		1		0.73		
Copper, Cu mg	0.334	0.036	10		1		0.675		
Manganese, Mn mg	0.292	0.029	10		1		0.590		
Selenium, Se µg	0.4		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		3		1		30.5		
Thiamin mg	0.120	0.006	10		1		0.242		
Riboflavin mg	0.032	0.001	10		1		0.065		
Niacin mg	1.714	0.107	10		1		3.462		
Pantothenic acid mg	0.454		0		4		0.917		
Vitamin B-6 mg	0.344	0.022	10		1		0.695		
Folate, total µg	12	0.559	10		1		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12	0.559	10		1		24		
Folate, DFE µg	12		0	NC	4		24		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11834

Potatoes, microwaved, cooked, in skin, flesh and skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.053		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.002		
12:0....g	0.003		0		1		0.006		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.016		0		1		0.032		
17:0....g									
18:0....g	0.004		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.002		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.087		
18:2 undifferentiated....g	0.032		0		1		0.065		
18:3 undifferentiated....g	0.010		0		1		0.020		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.077		
Threonine....g	0.089		0		1		0.180		
Isoleucine....g	0.099		0		1		0.200		
Leucine....g	0.147		0		1		0.297		
Lysine....g	0.149		0		1		0.301		
Methionine....g	0.039		0		1		0.079		
Cystine....g	0.031		0		1		0.063		
Phenylalanine....g	0.109		0		1		0.220		
Tyrosine....g	0.091		0		1		0.184		
Valine....g	0.138		0		1		0.279		
Arginine....g	0.113		0		1		0.228		
Histidine....g	0.054		0		1		0.109		
Alanine....g	0.075		0		1		0.152		
Aspartic acid....g	0.598		0		1		1.208		
Glutamic acid....g	0.410		0		1		0.828		
Glycine....g	0.073		0		1		0.147		
Proline....g	0.088		0		1		0.178		
Serine....g	0.106		0		1		0.214		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11834

Potatoes, microwaved, cooked, in skin, flesh and skin, with salt

Common Measures:

Measure 1 = 202g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11836
Potatoes, microwaved, cooked, in skin, skin with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.50	1.035	5		1		36.83		
Energy kcal	132		0	NC	4		77		
Energy kJ	554		0	NC	4		321		
Protein (N x 6.25) g	4.39		2		1		2.55		
Total lipid (fat) g	0.10		0		1		0.06		
Ash g	2.38		2		1		1.38		
Carbohydrate, by difference g	29.63		0	NC	4		17.19		
Fiber, total dietary g	5.5		0	BFSN	4		3.2		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	46	17.686	5		1		27		
Iron, Fe mg	5.94	0.442	5		1		3.45		
Magnesium, Mg mg	37	2.021	5		1		21		
Phosphorus, P mg	82	4.428	5		1		48		
Potassium, K mg	650	17.190	5		1		377		
Sodium, Na mg	252		0		4		146		
Zinc, Zn mg	0.51	0.028	5		1		0.30		
Copper, Cu mg	0.882	0.039	5		1		0.512		
Manganese, Mn mg	0.980	0.147	5		1		0.568		
Selenium, Se µg	0.5		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.3		1		1		8.9		
Thiamin mg	0.071	0.008	5		1		0.041		
Riboflavin mg	0.075	0.002	5		1		0.044		
Niacin mg	2.220	0.343	5		1		1.288		
Pantothenic acid mg	0.594		0		4		0.345		
Vitamin B-6 mg	0.492	0.042	5		1		0.285		
Folate, total µg	17	0.708	5		1		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	17	0.708	5		1		10		
Folate, DFE µg	17		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11836

Potatoes, microwaved, cooked, in skin, skin with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.015		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.001		
12:0....g	0.003		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.016		0		1		0.009		
17:0....g									
18:0....g	0.004		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.001		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.025		
18:2 undifferentiated....g	0.032		0		1		0.019		
18:3 undifferentiated....g	0.010		0		1		0.006		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 58g: 1 skin

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11397
Potatoes, o'brien, frozen, prepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.96	0.480	9		1				
Energy kcal	204		0	NC	4				
Energy kJ	854				4				
Protein (N x 6.25) g	2.22	0.069	9		1				
Total lipid (fat) g	13.21	0.487	9		1				
Ash g	0.75	0.021	9		1				
Carbohydrate, by difference g	21.86		0	NC	4				
Fiber, total dietary g	1.7		0		4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	20	5.204	4		1				
Iron, Fe mg	0.96	0.230	9		1				
Magnesium, Mg mg	34		0		4				
Phosphorus, P mg	93		0		4				
Potassium, K mg	473		0		4				
Sodium, Na mg	43	3.770	9		1				
Zinc, Zn mg	0.55		0		4				
Copper, Cu mg	0.241		0		4				
Manganese, Mn mg	0.226		0		4				
Selenium, Se µg	1.2		0	RA	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	10.4	0.632	9		1				
Thiamin mg	0.052	0.006	9		1				
Riboflavin mg	0.135	0.017	4		1				
Niacin mg	1.448	0.066	9		1				
Pantothenic acid mg	0.732		0		4				
Vitamin B-6 mg	0.377		0		4				
Folate, total µg	12		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	12		0		4				
Folate, DFE µg	12		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	9	1.465	9		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	188	29.308	9		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11397
Potatoes, o'brien, frozen, prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	3.313		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1				
12:0....g	0.003		0		1				
13:0....g									
14:0....g	0.053		0		1				
15:0....g									
16:0....g	1.864		0		1				
17:0....g									
18:0....g	1.390		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.824		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1				
17:1....g									
18:1 undifferentiated....g	5.822		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.474		0		1				
18:2 undifferentiated....g	3.252		0		1				
18:3 undifferentiated....g	0.221		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1				
Threonine....g	0.080		0		1				
Isoleucine....g	0.089		0		1				
Leucine....g	0.131		0		1				
Lysine....g	0.132		0		1				
Methionine....g	0.034		0		1				
Cystine....g	0.030		0		1				
Phenylalanine....g	0.095		0		1				
Tyrosine....g	0.079		0		1				
Valine....g	0.120		0		1				
Arginine....g	0.111		0		1				
Histidine....g	0.048		0		1				
Alanine....g	0.069		0		1				
Aspartic acid....g	0.513		0		1				
Glutamic acid....g	0.368		0		1				
Glycine....g	0.068		0		1				
Proline....g	0.080		0		1				
Serine....g	0.095		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11397
Potatoes, o'brien, frozen, prepared
Common Measures:

Calories Factors: Protein 2.7 **Fat** 8.4 **Carbohydrate**4

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11396
Potatoes, o'brien, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.97	0.586	15		1				
Energy kcal	76		0	NC	4				
Energy kJ	318				4				
Protein (N x 6.25) g	1.83	0.042	16		1				
Total lipid (fat) g	0.14	0.018	16		1				
Ash g	0.60	0.016	16		1				
Carbohydrate, by difference g	17.47		0	NC	4				
Fiber, total dietary g	1.9		0		4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13	0.749	6		1				
Iron, Fe mg	1.03	0.143	16		1				
Magnesium, Mg mg	18		0		4				
Phosphorus, P mg	49		0		4				
Potassium, K mg	249		2		1				
Sodium, Na mg	33	1.548	15		1				
Zinc, Zn mg	0.29		0		4				
Copper, Cu mg	0.127		0		4				
Manganese, Mn mg	0.119		0		4				
Selenium, Se µg	1.2		0	RA	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	11.3	0.843	16		1				
Thiamin mg	0.054	0.004	16		1				
Riboflavin mg	0.045	0.006	6		1				
Niacin mg	1.129	0.072	15		1				
Pantothenic acid mg	0.428		0		4				
Vitamin B-6 mg	0.209		0		4				
Folate, total µg	8		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	8		0		4				
Folate, DFE µg	8		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	7	1.776	12		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	148	35.515	12		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11396
Potatoes, o'brien, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.032		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1				
12:0....g	0.003		0		1				
13:0....g									
14:0....g	0.001		0		1				
15:0....g									
16:0....g	0.021		0		1				
17:0....g									
18:0....g	0.005		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1				
17:1....g									
18:1 undifferentiated....g	0.004		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.061		0		1				
18:2 undifferentiated....g	0.049		0		1				
18:3 undifferentiated....g	0.012		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1				
Threonine....g	0.065		0		1				
Isoleucine....g	0.073		0		1				
Leucine....g	0.107		0		1				
Lysine....g	0.108		0		1				
Methionine....g	0.028		0		1				
Cystine....g	0.025		0		1				
Phenylalanine....g	0.078		0		1				
Tyrosine....g	0.065		0		1				
Valine....g	0.098		0		1				
Arginine....g	0.091		0		1				
Histidine....g	0.039		0		1				
Alanine....g	0.057		0		1				
Aspartic acid....g	0.421		0		1				
Glutamic acid....g	0.302		0		1				
Glycine....g	0.056		0		1				
Proline....g	0.066		0		1				
Serine....g	0.078		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11396
Potatoes, o'brien, frozen, unprepared

Common Measures:

Calories Factors: Protein 2.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11671
Potatoes, o'brien, home-prepared (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.60		0		1		154.42	924.95	
Energy kcal	81		0	NC	4		157	941	
Energy kJ	339				4		657	3938	
Protein (N x 6.25) g	2.35		0		1		4.56	27.31	
Total lipid (fat) g	1.28		0		1		2.48	14.87	
Ash g	1.29		0		1		2.50	14.99	
Carbohydrate, by difference g	15.47		0	NC	4		30.01	179.76	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36		0		1		70	418	
Iron, Fe mg	0.47		0		1		0.91	5.46	
Magnesium, Mg mg	18		0		1		35	209	
Phosphorus, P mg	50		0		1		97	581	
Potassium, K mg	266		0		1		516	3091	
Sodium, Na mg	217		0		1		421	2522	
Zinc, Zn mg	0.30		0		1		0.58	3.49	
Copper, Cu mg	0.129		0		1		0.250	1.499	
Manganese, Mn mg	0.121		0		1		0.235	1.406	
Selenium, Se µg	1.2		0	RA	4		2.3	13.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.7		0		1		32.4	194.1	
Thiamin mg	0.075		0		1		0.146	0.872	
Riboflavin mg	0.056		0		1		0.109	0.651	
Niacin mg	1.008		0		1		1.956	11.713	
Pantothenic acid mg	0.436		0		1		0.846	5.066	
Vitamin B-6 mg	0.213		0		1		0.413	2.475	
Folate, total µg	8		0		1		16	96	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		16	96	
Folate, DFE µg	8		0	NC	4		16	96	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	481		0		1		933	5589	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11671
Potatoes, o'brien, home-prepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.797		0		1		1.546	9.261	
4:0....g	0.040		0		1		0.078	0.465	
6:0....g	0.021		0		1		0.041	0.244	
8:0....g	0.011		0		1		0.021	0.128	
10:0....g	0.025		0		1		0.049	0.291	
12:0....g	0.025		0		1		0.049	0.291	
13:0....g									
14:0....g	0.125		0		1		0.243	1.453	
15:0....g									
16:0....g	0.365		0		1		0.708	4.241	
17:0....g									
18:0....g	0.152		0		1		0.295	1.766	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.347		0		1		0.673	4.032	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.036		0		1		0.070	0.418	
17:1....g									
18:1 undifferentiated....g	0.302		0		1		0.586	3.509	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.107	0.639	
18:2 undifferentiated....g	0.037		0		1		0.072	0.430	
18:3 undifferentiated....g	0.018		0		1		0.035	0.209	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	4		0		1		8	46	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.068	0.407	
Threonine....g	0.089		0		1		0.173	1.034	
Isoleucine....g	0.110		0		1		0.213	1.278	
Leucine....g	0.169		0		1		0.328	1.964	
Lysine....g	0.144		0		1		0.279	1.673	
Methionine....g	0.043		0		1		0.083	0.500	
Cystine....g	0.030		0		1		0.058	0.349	
Phenylalanine....g	0.106		0		1		0.206	1.232	
Tyrosine....g	0.092		0		1		0.178	1.069	
Valine....g	0.133		0		1		0.258	1.545	
Arginine....g	0.109		0		1		0.211	1.267	
Histidine....g	0.054		0		1		0.105	0.627	
Alanine....g	0.076		0		1		0.147	0.883	
Aspartic acid....g	0.376		0		1		0.729	4.369	
Glutamic acid....g	0.470		0		1		0.912	5.461	
Glycine....g	0.067		0		1		0.130	0.779	
Proline....g	0.150		0		1		0.291	1.743	
Serine....g	0.112		0		1		0.217	1.301	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11671
Potatoes, o'brien, home-prepared (1)

Common Measures:

Measure 1 = 194g: 1 cup

Measure 2 = 1162g: 1 recipe yield

Footnotes:

1 Recipe: Potatoes, 63%; whole milk, 19%; onions, 8%; green pepper, 7%; bread crumbs, 2%; salt, butter, and black pepper, 1%.

Calories Factors: Protein 2.7 **Fat** 8.4 **Carbohydrate** 4

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11362
Potatoes, raw, skin
Solanum tuberosum

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.29	0.366	6		1		31.65		
Energy kcal	58		0	NC	4		22		
Energy kJ	243				4		92		
Protein (N x 6.25) g	2.57	0.223	4		1		0.98		
Total lipid (fat) g	0.10		0		1		0.04		
Ash g	1.61	0.072	4		1		0.61		
Carbohydrate, by difference g	12.44		0	NC	4		4.73		
Fiber, total dietary g	2.5		0		4		1.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	30	8.986	6		1		11		
Iron, Fe mg	3.24	0.106	6		1		1.23		
Magnesium, Mg mg	23	0.814	6		1		9		
Phosphorus, P mg	38	2.541	6		1		14		
Potassium, K mg	413	23.147	6		1		157		
Sodium, Na mg	10	1.529	6		1		4		
Zinc, Zn mg	0.35	0.028	6		1		0.13		
Copper, Cu mg	0.423	0.021	6		1		0.161		
Manganese, Mn mg	0.602	0.056	6		1		0.229		
Selenium, Se µg	0.3		0	BFZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.4	0.339	3		1		4.3		
Thiamin mg	0.021	0.000	3		1		0.008		
Riboflavin mg	0.038	0.003	3		1		0.014		
Niacin mg	1.033		2		1		0.393		
Pantothenic acid mg	0.302		0		4		0.115		
Vitamin B-6 mg	0.239	0.024	3		1		0.091		
Folate, total µg	17	0.354	3		1		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	17	0.354	3		1		7		
Folate, DFE µg	17		0	NC	4		7		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11362
Potatoes, raw, skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.010		
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.001		0		1		0.000		
12:0....g	0.003		0		1		0.001		
13:0....g									
14:0....g	0.001		0		1		0.000		
15:0....g									
16:0....g	0.016		0		1		0.006		
17:0....g									
18:0....g	0.004		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.000		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.016		
18:2 undifferentiated....g	0.032		0		1		0.012		
18:3 undifferentiated....g	0.010		0		1		0.004		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 skin

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11358
Potatoes, red, flesh and skin, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.67	0.269	8	A	1		229.24	132.64	105.81
Energy kcal	89		0	NC	4		266	154	123
Energy kJ	372		0	NC	4		1112	643	513
Protein g	2.30	0.052	8	A	1		6.87	3.98	3.17
Total lipid (fat) g	0.15	0.011	8	A	1		0.44	0.25	0.20
Ash g	1.29	0.050	8	A	1		3.86	2.23	1.78
Carbohydrate, by difference g	19.59		0	NC	4		58.58	33.90	27.04
Fiber, total dietary g	1.8	0.098	5	A	1		5.4	3.1	2.5
Sugars, total g	1.43		0	AS	1		4.28	2.48	1.98
Sucrose g	0.45	0.049	8	A	1		1.34	0.78	0.62
Glucose (dextrose) g	0.55	0.051	8	A	1		1.63	0.95	0.75
Fructose g	0.44	0.054	8	A	1		1.30	0.75	0.60
Lactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	15.15	0.327	8	A	1		45.31	26.22	20.91
Minerals:									
Calcium, Ca mg	9	0.370	8	A	1		28	16	13
Iron, Fe mg	0.70	0.040	8	A	1		2.11	1.22	0.97
Magnesium, Mg mg	28	0.657	8	A	1		83	48	38
Phosphorus, P mg	72	4.432	8	A	1		214	124	99
Potassium, K mg	545	12.798	8	A	1		1630	943	752
Sodium, Na mg	12	4.091	8	A	1		35	20	16
Zinc, Zn mg	0.40	0.019	8	A	1		1.20	0.70	0.56
Copper, Cu mg	0.174	0.010	8	A	1		0.520	0.301	0.240
Manganese, Mn mg	0.173	0.009	8	A	1		0.516	0.299	0.238
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	12.6	0.941	8	A	1		37.6	21.8	17.4
Thiamin mg	0.072	0.003	8	A	1		0.215	0.124	0.099
Riboflavin mg	0.050	0.006	8	A	1		0.150	0.087	0.069
Niacin mg	1.595	0.110	8	A	1		4.769	2.759	2.201
Pantothenic acid mg	0.341	0.014	8	A	1		1.020	0.590	0.471
Vitamin B-6 mg	0.212	0.009	8	A	1		0.633	0.366	0.292
Folate, total µg	27	3.684	8	A	1		81	47	38
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	27	3.684	8	A	1		81	47	38
Folate, DFE µg	27		0	NC	4		81	47	38
Choline, total mg	18.9		0	AS	1		56.4	32.6	26.0
Betaine mg	0.2		2	A	1		0.6	0.3	0.3
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		2	1	1
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	6	0.001	7	JO	11		18	11	8
Carotene, alpha µg	0	0.000	7	JO	11		0	0	0
Cryptoxanthin, beta µg	0	0.000	7	JO	11		0	0	0
Vitamin A, IU IU	10		0	NC	4		31	18	14
Lycopene µg	0	0.000	7	JO	11		0	0	0
Lutein + zeaxanthin µg	27	4.000	5	JO	11		81	47	38
Vitamin E (alpha-tocopherol) mg	0.08	0.010	4	A	1		0.24	0.14	0.11
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01	0.000	4	A	1		0.02	0.01	0.01
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 11358
Potatoes, red, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	2.8	0.421	8	A	1		8.5	4.9	3.9
Dihydrophylloquinone µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.026		0		1		0.078	0.045	0.036
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.001		0		1		0.003	0.002	0.001
12:0 g	0.003		0		1		0.009	0.005	0.004
13:0 g									
14:0 g	0.001		0		1		0.003	0.002	0.001
15:0 g									
16:0 g	0.016		0		1		0.048	0.028	0.022
17:0 g									
18:0 g	0.004		0		1		0.012	0.007	0.006
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.002		0		1		0.006	0.003	0.003
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0		1		0.003	0.002	0.001
17:1 g									
18:1 undifferentiated g	0.001		0		1		0.003	0.002	0.001
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.043		0		1		0.129	0.074	0.059
18:2 undifferentiated g	0.032		0		1		0.096	0.055	0.044
18:3 undifferentiated g	0.010		0		1		0.030	0.017	0.014
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.023		0	A	1		0.070	0.041	0.032
Threonine g	0.075		0	A	1		0.224	0.129	0.103
Isoleucine g	0.074		0	A	1		0.221	0.128	0.102
Leucine g	0.109		0	A	1		0.327	0.189	0.151
Lysine g	0.120		0	A	1		0.357	0.207	0.165
Methionine g	0.035		0	A	1		0.106	0.061	0.049
Cystine g	0.027		0	A	1		0.080	0.047	0.037
Phenylalanine g	0.091		0	A	1		0.272	0.158	0.126
Tyrosine g	0.054		0	A	1		0.161	0.093	0.074
Valine g	0.115		0	A	1		0.343	0.199	0.158
Arginine g	0.113		0	A	1		0.338	0.196	0.156
Histidine g	0.039		0	A	1		0.116	0.067	0.053
Alanine g	0.070		0	A	1		0.210	0.121	0.097
Aspartic acid g	0.537		0	A	1		1.606	0.929	0.741
Glutamic acid g	0.393		0	A	1		1.175	0.680	0.542

NDB No. 11358
Potatoes, red, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.064		0	A	1		0.190	0.110	0.088
Proline....g	0.070		0	A	1		0.210	0.122	0.097
Serine....g	0.083		0	A	1		0.249	0.144	0.115
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia.

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia.)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia.)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11355

Potatoes, red, flesh and skin, raw

Solanum tuberosum

Refuse: 25% Parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.96	0.633	4	A	1		60.72	298.75	172.45
Energy kcal	70		0	NC	4		53	260	150
Energy kJ	295		0	NC	4		221	1088	628
Protein (N x 6.25) g	1.89	0.118	4	A	1		1.42	6.99	4.03
Total lipid (fat) g	0.14	0.004	4	A	1		0.10	0.50	0.29
Ash g	1.10	0.081	4	A	1		0.83	4.07	2.35
Carbohydrate, by difference g	15.90		0	NC	4		11.93	58.69	33.88
Fiber, total dietary g	1.7		2	A	1		1.3	6.4	3.7
Sugars, total g	1.29		2	A	1		0.97	4.77	2.76
Sucrose g	0.29	0.015	4	A	1		0.21	1.05	0.61
Glucose (dextrose) g	0.40	0.057	4	A	1		0.30	1.47	0.85
Fructose g	0.31	0.049	4	A	1		0.24	1.16	0.67
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	13.35	0.092	4	A	1		10.01	49.25	28.43
Minerals:									
Calcium, Ca mg	10	1.100	4	A	1		7	36	21
Iron, Fe mg	0.73	0.092	4	A	1		0.55	2.70	1.56
Magnesium, Mg mg	22	0.799	4	A	1		17	82	47
Phosphorus, P mg	61	4.008	4	A	1		46	226	130
Potassium, K mg	455	18.173	4	A	1		341	1679	969
Sodium, Na mg	18	6.200	4	A	1		14	68	39
Zinc, Zn mg	0.33	0.009	4	A	1		0.25	1.23	0.71
Copper, Cu mg	0.134	0.027	4	A	1		0.101	0.495	0.286
Manganese, Mn mg	0.141	0.015	4	A	1		0.106	0.519	0.300
Selenium, Se µg	0.5		0	BFSN	4		0.4	2.0	1.1
Vitamins:									
Vitamin C, total ascorbic acid mg	8.6	0.585	4	A	1		6.4	31.6	18.3
Thiamin mg	0.081	0.005	4	A	1		0.061	0.299	0.173
Riboflavin mg	0.031	0.002	4	A	1		0.023	0.114	0.066
Niacin mg	1.149	0.086	4	A	1		0.862	4.241	2.448
Pantothenic acid mg	0.279	0.013	4	A	1		0.209	1.028	0.594
Vitamin B-6 mg	0.170	0.015	4	A	1		0.127	0.627	0.362
Folate, total µg	18	1.532	4	A	1		14	68	39
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	18	1.532	4	A	1		14	68	39
Folate, DFE µg	18		0	NC	4		14	68	39
Choline, total mg	16.4	0.937	3	AS	1		12.3	60.4	34.9
Betaine mg	0.2	0.009	3	A	1		0.1	0.7	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	1	1
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	4	0.131	4	JO	11		3	15	9
Carotene, alpha µg	0	0.000	4	JO	11		0	0	0
Cryptoxanthin, beta µg	0	0.000	4	JO	11		0	0	0
Vitamin A, IU IU	7		0	NC	4		5	25	14
Lycopene µg	0	0.000	4	JO	11		0	0	0
Lutein + zeaxanthin µg	21	1.061	4	A	1		15	76	44
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.00	0.02	0.01
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									

NDB No. 11355
Potatoes, red, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	2.9	0.538	4	A	1		2.2	10.7	6.2
Dihydrophylloquinone µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.035		0	BFFN	4		0.027	0.131	0.075
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.001		0	BFFN	4		0.001	0.005	0.003
12:0 g	0.004		0	BFFN	4		0.003	0.015	0.009
13:0 g									
14:0 g	0.001		0	BFFN	4		0.001	0.005	0.003
15:0 g									
16:0 g	0.022		0	BFFN	4		0.016	0.080	0.046
17:0 g									
18:0 g	0.005		0	BFFN	4		0.004	0.020	0.012
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.003		0	BFFN	4		0.002	0.010	0.006
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	BFFN	4		0.001	0.005	0.003
17:1 g									
18:1 undifferentiated g	0.001		0	BFFN	4		0.001	0.005	0.003
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.059		0	BFFN	4		0.044	0.216	0.125
18:2 undifferentiated g	0.044		0	BFFN	4		0.033	0.161	0.093
18:3 undifferentiated g	0.014		0	BFFN	4		0.010	0.050	0.029
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	5		0		1		4	18	11
Amino Acids:									
Tryptophan g	0.019		0	A	1		0.014	0.071	0.041
Threonine g	0.062		0	A	1		0.046	0.227	0.131
Isoleucine g	0.061		0	A	1		0.046	0.225	0.130
Leucine g	0.090		0	A	1		0.067	0.332	0.192
Lysine g	0.098		0	A	1		0.074	0.363	0.210
Methionine g	0.029		0	A	1		0.022	0.108	0.062
Cystine g	0.022		0	A	1		0.017	0.082	0.047
Phenylalanine g	0.075		0	A	1		0.056	0.277	0.160
Tyrosine g	0.044		0	A	1		0.033	0.163	0.094
Valine g	0.095		0	A	1		0.071	0.349	0.201
Arginine g	0.093		0	A	1		0.070	0.344	0.198
Histidine g	0.032		0	A	1		0.024	0.118	0.068
Alanine g	0.058		0	A	1		0.043	0.213	0.123
Aspartic acid g	0.442		0	A	1		0.332	1.632	0.942
Glutamic acid g	0.323		0	A	1		0.243	1.194	0.689
Glycine g	0.052		0	A	1		0.039	0.194	0.112
Proline g	0.058		0	A	1		0.043	0.214	0.123

NDB No. 11355
Potatoes, red, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.069		0	A	1		0.051	0.253	0.146
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: .5 cup, diced

Measure 2 = 369g: 1 potato large (3" to 4-1/4" dia)

Measure 3 = 213g: 1 potato medium (2-1/4" to 3-1/4" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11361

Potatoes, roasted, salt added in processing, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.08	0.431	3	A	1		57.87		
Energy kcal	130		0	NC	4		110		
Energy kJ	543		0	NC	4		462		
Protein g	2.22	0.035	3	A	1		1.89		
Total lipid (fat) g	1.81	0.650	3	A	1		1.54		
Ash g	1.73	0.250	3	A	1		1.47		
Carbohydrate, by difference g	26.15		0	NC	4		22.23		
Fiber, total dietary g	2.6	0.184	3	A	1		2.2		
Sugars, total g	0.69	0.144	3	A	1		0.59		
Starch g									
Minerals:									
Calcium, Ca mg	15	2.001	3	A	1		13		
Iron, Fe mg	0.50	0.084	3	A	1		0.43		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	450	43.283	3	A	1		382		
Sodium, Na mg	298	12.680	3	A	1		254		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7	0.849	3	A	1		1.4		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	0	0.000	3	MA	12		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.167	0.052	3	A	1		0.142		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.030	0.010	3	A	1		0.026		
Cholesterol mg	0	0.000	3	A	1		0		
Phytosterols mg									

NDB No. 11361

Potatoes, roasted, salt added in processing, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11353

Potatoes, russet, flesh and skin, raw

Solanum tuberosum

Includes USDA commodity food A214

Refuse: 25% Parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.58	0.438	4	A	1		58.93	289.96	167.37
Energy kcal	79		0	NC	4		60	293	169
Energy kJ	332		0	NC	4		249	1225	707
Protein (N x 6.25) g	2.14	0.034	4	A	1		1.60	7.89	4.55
Total lipid (fat) g	0.08	0.000	4	A	1		0.06	0.29	0.17
Ash g	1.13	0.034	4	A	1		0.85	4.18	2.41
Carbohydrate, by difference g	18.07		0	NC	4		13.56	66.69	38.50
Fiber, total dietary g	1.3		2	A	1		1.0	4.9	2.8
Sugars, total g	0.62		2	A	1		0.46	2.28	1.31
Sucrose g	0.13	0.009	4	A	1		0.09	0.47	0.27
Glucose (dextrose) g	0.25	0.032	4	A	1		0.19	0.94	0.54
Fructose g	0.23	0.037	4	A	1		0.18	0.87	0.50
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	15.86	0.318	4	A	1		11.89	58.50	33.77
Minerals:									
Calcium, Ca mg	13	0.503	4	A	1		10	48	28
Iron, Fe mg	0.86	0.173	4	A	1		0.65	3.18	1.83
Magnesium, Mg mg	23	1.080	4	A	1		18	86	50
Phosphorus, P mg	55	3.466	4	A	1		41	202	116
Potassium, K mg	417	21.950	4	A	1		313	1540	889
Sodium, Na mg	5		2	A	1		4	17	10
Zinc, Zn mg	0.29	0.006	4	A	1		0.22	1.07	0.62
Copper, Cu mg	0.103	0.003	4	A	1		0.077	0.381	0.220
Manganese, Mn mg	0.157	0.023	4	A	1		0.118	0.580	0.335
Selenium, Se µg	0.4		2	A	1		0.3	1.4	0.8
Vitamins:									
Vitamin C, total ascorbic acid mg	5.7	0.931	4	A	1		4.3	21.1	12.2
Thiamin mg	0.082	0.008	4	A	1		0.062	0.304	0.176
Riboflavin mg	0.033	0.001	4	A	1		0.025	0.122	0.070
Niacin mg	1.035	0.051	4	A	1		0.776	3.818	2.204
Pantothenic acid mg	0.301	0.008	4	A	1		0.226	1.110	0.641
Vitamin B-6 mg	0.345	0.024	4	A	1		0.259	1.274	0.735
Folate, total µg	14	0.799	4	A	1		10	50	29
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	14	0.799	4	A	1		10	50	29
Folate, DFE µg	14		0	NC	4		10	50	29
Choline, total mg	12.6		0	AS	1		9.4	46.5	26.8
Betaine mg	0.2		1	A	1		0.1	0.7	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0	0.369	4	JO	11		0	1	1
Carotene, alpha µg	0	0.000	4	JO	11		0	0	0
Cryptoxanthin, beta µg	0	0.000	4	JO	11		0	0	0
Vitamin A, IU IU	1		0	NC	4		0	2	1
Lycopene µg	0	0.000	4	JO	11		0	0	0
Lutein + zeaxanthin µg	5	2.578	4	JO	11		4	18	10
Vitamin E (alpha-tocopherol) mg	0.01		2	A	1		0.01	0.03	0.02
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									

NDB No. 11353
Potatoes, russet, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	1.8	0.025	4	A	1		1.3	6.5	3.8
Dihydrophylloquinone µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.026		0		1		0.020	0.096	0.055
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		0		1		0.000	0.000	0.000
8:0 g	0.000		0		1		0.000	0.000	0.000
10:0 g	0.001		6		1		0.001	0.004	0.002
12:0 g	0.003		6		1		0.002	0.011	0.006
13:0 g									
14:0 g	0.001		18		1		0.001	0.004	0.002
15:0 g									
16:0 g	0.016		59		1		0.012	0.059	0.034
17:0 g									
18:0 g	0.004		59		1		0.003	0.015	0.009
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.002		0		1		0.002	0.007	0.004
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		37		1		0.001	0.004	0.002
17:1 g									
18:1 undifferentiated g	0.001		59		1		0.001	0.004	0.002
20:1 g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.043		0		1		0.032	0.159	0.092
18:2 undifferentiated g	0.032		59		1		0.024	0.118	0.068
18:3 undifferentiated g	0.010		59		1		0.008	0.037	0.021
18:4 g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg	5		0		1		4	18	11
Others:									
Alcohol, ethyl g									
Caffeine mg	0		0	Z	7		0	0	0
Theobromine mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: .5 cup, diced

Measure 2 = 369g: 1 potato large (3" to 4-1/4" dia)

Measure 3 = 213g: 1 Potato medium (2-1/4" to 3-1/4" dia)

NDB No. 11353
Potatoes, russet, flesh and skin, raw

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11387

Potatoes, scalloped, dry mix, prepared with water, whole milk and butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.17		0		1		193.97	108.46	650.78
Energy kcal	93		0	NC	4		228	127	764
Energy kJ	389				4		953	533	3199
Protein (N x 6.25) g	2.12		0		1		5.19	2.90	17.43
Total lipid (fat) g	4.30		0		1		10.54	5.89	35.35
Ash g	1.64		0		1		4.02	2.25	13.48
Carbohydrate, by difference g	12.77		0	NC	4		31.29	17.49	104.97
Fiber, total dietary g	1.1		0		4		2.7	1.5	9.0
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36		0		1		88	49	296
Iron, Fe mg	0.38		0		1		0.93	0.52	3.12
Magnesium, Mg mg	14		0		1		34	19	115
Phosphorus, P mg	56		0		1		137	77	460
Potassium, K mg	203		0		1		497	278	1669
Sodium, Na mg	341		0		1		835	467	2803
Zinc, Zn mg	0.25		0		1		0.61	0.34	2.06
Copper, Cu mg	0.049		0		1		0.120	0.067	0.403
Manganese, Mn mg	0.181		0		4		0.443	0.248	1.488
Selenium, Se µg	1.6		0	RA	4		3.9	2.2	13.2
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3		0		1		8.1	4.5	27.1
Thiamin mg	0.019		0		1		0.047	0.026	0.156
Riboflavin mg	0.056		0		1		0.137	0.077	0.460
Niacin mg	1.029		0		1		2.521	1.410	8.458
Pantothenic acid mg	0.327		0		1		0.801	0.448	2.688
Vitamin B-6 mg	0.042		0		1		0.103	0.058	0.345
Folate, total µg	10		0		4		23	13	78
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		0		4		23	13	78
Folate, DFE µg	10		0	NC	4		23	13	78
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	35		0	NC	4		86	48	288
Retinol µg	33		0	NC	4		81	45	271
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	148		0		4		363	203	1217
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11387

Potatoes, scalloped, dry mix, prepared with water, whole milk and butter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.633		0		1		6.451	3.607	21.643
4:0....g	0.135		0		1		0.331	0.185	1.110
6:0....g	0.080		0		1		0.196	0.110	0.658
8:0....g	0.046		0		1		0.113	0.063	0.378
10:0....g	0.106		0		1		0.260	0.145	0.871
12:0....g	0.121		0		1		0.296	0.166	0.995
13:0....g									
14:0....g	0.423		0		1		1.036	0.580	3.477
15:0....g									
16:0....g	1.119		0		1		2.742	1.533	9.198
17:0....g									
18:0....g	0.514		0		1		1.259	0.704	4.225
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.213		0		1		2.972	1.662	9.971
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.094		0		1		0.230	0.129	0.773
17:1....g									
18:1 undifferentiated....g	1.056		0		1		2.587	1.447	8.680
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.194		0		1		0.475	0.266	1.595
18:2 undifferentiated....g	0.122		0		1		0.299	0.167	1.003
18:3 undifferentiated....g	0.071		0		1		0.174	0.097	0.584
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	11		0		4		27	15	90
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup (unprepared)

Measure 2 = 137g: .167 package (5.5 oz) yields

Measure 3 = 822g: 1 package yield, 5.5 oz

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11386
Potatoes, scalloped, dry mix, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	6.22	0.311	3		1		1.62	9.70	
Energy kcal	358		0	NC	4		93	558	
Energy kJ	1498				4		389	2337	
Protein (N x 6.25) g	7.77	0.126	3		1		2.02	12.12	
Total lipid (fat) g	4.59	0.303	3		1		1.19	7.16	
Ash g	7.49	0.087	3		1		1.95	11.68	
Carbohydrate, by difference g	73.93		0	NC	4		19.22	115.33	
Fiber, total dietary g	8.6		0		4		2.2	13.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	62	6.344	3		1		16	97	
Iron, Fe mg	2.01	0.206	3		1		0.52	3.14	
Magnesium, Mg mg	59		1		1		15	92	
Phosphorus, P mg	197	5.088	3		1		51	307	
Potassium, K mg	905	45.849	3		1		235	1412	
Sodium, Na mg	1578	303.678	3		1		410	2462	
Zinc, Zn mg	0.92		1		1		0.24	1.44	
Copper, Cu mg	0.260		1		1		0.068	0.406	
Manganese, Mn mg	0.622		0		4		0.162	0.970	
Selenium, Se µg	7.9		0	BFSN	4		2.1	12.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.5	1.298	3		1		4.3	25.7	
Thiamin mg	0.060		1		1		0.016	0.094	
Riboflavin mg	0.123	0.003	3		1		0.032	0.192	
Niacin mg	4.533	0.144	3		1		1.179	7.071	
Pantothenic acid mg	1.400		1		1		0.364	2.184	
Vitamin B-6 mg	0.180		0		1		0.047	0.281	
Folate, total µg	32		0		4		8	49	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	32		0		4		8	49	
Folate, DFE µg	32		0	NC	4		8	49	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11386

Potatoes, scalloped, dry mix, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.200		0		1		0.312	1.872	
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.033		0		1		0.009	0.051	
12:0....g	0.155		0		1		0.040	0.242	
13:0....g									
14:0....g	0.033		0		1		0.009	0.051	
15:0....g									
16:0....g	0.745		0		1		0.194	1.162	
17:0....g									
18:0....g	0.160		0		1		0.042	0.250	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.100		0		1		0.026	0.156	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.039		0		1		0.010	0.061	
17:1....g									
18:1 undifferentiated....g	0.050		0		1		0.013	0.078	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.985		0		1		0.516	3.097	
18:2 undifferentiated....g	1.482		0		1		0.385	2.312	
18:3 undifferentiated....g	0.470		0		1		0.122	0.733	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	5		0	RC	4		1	8	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: .167 package (5.5 oz)

Measure 2 = 156g: 1 package (5.5 oz)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11372
Potatoes, scalloped, home-prepared with butter (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.94		0		1		198.30		
Energy kcal	88		0	NC	4		215		
Energy kJ	367		0	NC	4		899		
Protein (N x 0) g	2.87		0		1		7.03		
Total lipid (fat) g	3.68		0		1		9.02		
Ash g	1.73		0		1		4.24		
Carbohydrate, by difference g	10.78		0	NC	4		26.41		
Fiber, total dietary g	1.9		0		4		4.7		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	57		0		1		140		
Iron, Fe mg	0.57		0		1		1.40		
Magnesium, Mg mg	19		0		1		47		
Phosphorus, P mg	63		0		1		154		
Potassium, K mg	378		0		1		926		
Sodium, Na mg	335		0		1		821		
Zinc, Zn mg	0.40		0		1		0.98		
Copper, Cu mg	0.163		0		1		0.399		
Manganese, Mn mg	0.166		0		1		0.407		
Selenium, Se µg	1.6		0	RA	4		3.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.6		0		1		26.0		
Thiamin mg	0.069		0		1		0.169		
Riboflavin mg	0.092		0		1		0.225		
Niacin mg	1.053		0		1		2.580		
Pantothenic acid mg	0.514		0		1		1.259		
Vitamin B-6 mg	0.178		0		1		0.436		
Folate, total µg	11		0	RA	4		27		
Folic acid µg	2		0	NC	4		6		
Folate, food µg	9		0		1		21		
Folate, DFE µg	13		0	NC	4		31		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	135		0		1		331		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11372
Potatoes, scalloped, home-prepared with butter (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	2.255		0		1		5.525		
4:0....g	0.116		0		1		0.284		
6:0....g	0.069		0		1		0.169		
8:0....g	0.040		0		1		0.098		
10:0....g	0.091		0		1		0.223		
12:0....g	0.103		0		1		0.252		
13:0....g									
14:0....g	0.362		0		1		0.887		
15:0....g									
16:0....g	0.958		0		1		2.347		
17:0....g									
18:0....g	0.440		0		1		1.078		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.039		0		1		2.546		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.080		0		1		0.196		
17:1....g									
18:1 undifferentiated....g	0.904		0		1		2.215		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.166		0		1		0.407		
18:2 undifferentiated....g	0.105		0		1		0.257		
18:3 undifferentiated....g	0.061		0		1		0.149		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	12		0		1		29		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.103		
Threonine....g	0.115		0		1		0.282		
Isoleucine....g	0.144		0		1		0.353		
Leucine....g	0.225		0		1		0.551		
Lysine....g	0.192		0		1		0.470		
Methionine....g	0.058		0		1		0.142		
Cystine....g	0.034		0		1		0.083		
Phenylalanine....g	0.135		0		1		0.331		
Tyrosine....g	0.121		0		1		0.296		
Valine....g	0.174		0		1		0.426		
Arginine....g	0.118		0		1		0.289		
Histidine....g	0.070		0		1		0.172		
Alanine....g	0.094		0		1		0.230		
Aspartic acid....g	0.442		0		1		1.083		
Glutamic acid....g	0.579		0		1		1.419		
Glycine....g	0.076		0		1		0.186		
Proline....g	0.202		0		1		0.495		
Serine....g	0.142		0		1		0.348		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11372

Potatoes, scalloped, home-prepared with butter (1)

Common Measures:

Measure 1 = 245g: 1 cup

Footnotes:

1 Recipe: Potatoes, 59%; whole milk, 36%; butter, 2%; flour, 2%; and salt, 1%.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11844
Potatoes, scalloped, home-prepared with margarine

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.94		0		1		198.30		
Energy kcal	88		0	NC	4		215		
Energy kJ	367		0	NC	4		899		
Protein (N x 0) g	2.87		0		1		7.03		
Total lipid (fat) g	3.68		0		1		9.02		
Ash g	1.73		0		1		4.24		
Carbohydrate, by difference g	10.78		0	NC	4		26.41		
Fiber, total dietary g	1.9		0	BFZN	4		4.7		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	57		0		1		140		
Iron, Fe mg	0.57		0		1		1.40		
Magnesium, Mg mg	19		0		1		47		
Phosphorus, P mg	63		0		1		154		
Potassium, K mg	378		0		1		926		
Sodium, Na mg	335		0		1		821		
Zinc, Zn mg	0.40		0		1		0.98		
Copper, Cu mg	0.163		0		1		0.399		
Manganese, Mn mg	0.166		0		1		0.407		
Selenium, Se µg	1.6		0	RA	4		3.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.6		0		1		26.0		
Thiamin mg	0.069		0		1		0.169		
Riboflavin mg	0.092		0		1		0.225		
Niacin mg	1.053		0		1		2.580		
Pantothenic acid mg	0.514		0		1		1.259		
Vitamin B-6 mg	0.178		0		1		0.436		
Folate, total µg	11		0	RA	4		27		
Folic acid µg	2		0	NC	4		6		
Folate, food µg	9		0		1		21		
Folate, DFE µg	13		0	NC	4		31		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	33		0	NC	4		80		
Retinol µg	30		0	NR	4		74		
Carotene, beta µg	30		0	NR	4		74		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	150		0	NC	4		368		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11844

Potatoes, scalloped, home-prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.377		0		1		3.374		
4:0....g	0.051		0		1		0.125		
6:0....g	0.028		0		1		0.069		
8:0....g	0.018		0		1		0.044		
10:0....g	0.038		0		1		0.093		
12:0....g	0.043		0		1		0.105		
13:0....g									
14:0....g	0.161		0		1		0.394		
15:0....g									
16:0....g	0.665		0		1		1.629		
17:0....g									
18:0....g	0.335		0		1		0.821		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.352		0		1		3.312		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.038		0		1		0.093		
17:1....g									
18:1 undifferentiated....g	1.296		0		1		3.175		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.746		0		1		1.828		
18:2 undifferentiated....g	0.693		0		1		1.698		
18:3 undifferentiated....g	0.060		0		1		0.147		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	6		0		1		15		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.042		0		1		0.103		
Threonine....g	0.115		0		1		0.282		
Isoleucine....g	0.144		0		1		0.353		
Leucine....g	0.225		0		1		0.551		
Lysine....g	0.192		0		1		0.470		
Methionine....g	0.058		0		1		0.142		
Cystine....g	0.034		0		1		0.083		
Phenylalanine....g	0.135		0		1		0.331		
Tyrosine....g	0.121		0		1		0.296		
Valine....g	0.174		0		1		0.426		
Arginine....g	0.118		0		1		0.289		
Histidine....g	0.070		0		1		0.172		
Alanine....g	0.094		0		1		0.230		
Aspartic acid....g	0.442		0		1		1.083		
Glutamic acid....g	0.579		0		1		1.419		
Glycine....g	0.076		0		1		0.186		
Proline....g	0.202		0		1		0.495		
Serine....g	0.142		0		1		0.348		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11844

Potatoes, scalloped, home-prepared with margarine

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11357
Potatoes, white, flesh and skin, baked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.43	0.633	5	A	1		225.54	130.50	104.10
Energy kcal	94		0	NC	4		281	163	130
Energy kJ	393		0	NC	4		1176	681	543
Protein g	2.10	0.125	5	A	1		6.27	3.63	2.89
Total lipid (fat) g	0.15	0.007	5	A	1		0.44	0.25	0.20
Ash g	1.24	0.065	5	A	1		3.72	2.15	1.72
Carbohydrate, by difference g	21.08		0	NC	4		63.02	36.47	29.09
Fiber, total dietary g	2.1	0.043	4	A	1		6.2	3.6	2.9
Sugars, total g	1.53	0.110	3	A	1		4.56	2.64	2.11
Sucrose g	0.40	0.023	5	A	1		1.19	0.69	0.55
Glucose (dextrose) g	0.63	0.079	5	A	1		1.90	1.10	0.87
Fructose g	0.36	0.011	5	A	1		1.08	0.63	0.50
Lactose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	5	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g	17.99	0.645	5	A	1		53.78	31.12	24.82
Minerals:									
Calcium, Ca mg	10	1.389	5	A	1		29	17	14
Iron, Fe mg	0.64	0.056	5	A	1		1.90	1.10	0.88
Magnesium, Mg mg	27	1.113	5	A	1		81	47	37
Phosphorus, P mg	75	4.167	5	A	1		223	129	103
Potassium, K mg	544	34.257	5	A	1		1626	941	750
Sodium, Na mg	7	0.532	5	A	1		22	13	10
Zinc, Zn mg	0.35	0.034	5	A	1		1.05	0.61	0.48
Copper, Cu mg	0.127	0.015	5	A	1		0.378	0.219	0.175
Manganese, Mn mg	0.189	0.010	5	A	1		0.564	0.326	0.260
Selenium, Se µg	0.5		0	BFSN	4		1.4	0.8	0.7
Vitamins:									
Vitamin C, total ascorbic acid mg	12.6	0.518	5	A	1		37.8	21.9	17.5
Thiamin mg	0.048	0.003	5	A	1		0.143	0.083	0.066
Riboflavin mg	0.043	0.006	5	A	1		0.128	0.074	0.059
Niacin mg	1.528	0.168	5	A	1		4.569	2.643	2.109
Pantothenic acid mg	0.383	0.022	5	A	1		1.145	0.662	0.528
Vitamin B-6 mg	0.211	0.017	5	A	1		0.631	0.365	0.291
Folate, total µg	38	4.809	5	A	1		113	65	52
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	38	4.809	5	A	1		113	65	52
Folate, DFE µg	38		0	NC	4		113	65	52
Choline, total mg	14.4		0	AS	1		43.2	25.0	19.9
Betaine mg	0.2		2	A	1		0.6	0.4	0.3
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		2	1	1
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	6	0.000	5	JO	11		18	11	8
Carotene, alpha µg	0	0.000	5	JO	11		0	0	0
Cryptoxanthin, beta µg	0	0.000	5	JO	11		0	0	0
Vitamin A, IU IU	10		0	NC	4		30	18	14
Lycopene µg	0	0.000	5	JO	11		0	0	0
Lutein + zeaxanthin µg	30	5.099	5	JO	11		90	52	41
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.13	0.07	0.06
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11357
Potatoes, white, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	2.7	0.141	6	A	1		8.0	4.6	3.7
Dihydrophylloquinone µg	0.0	0.000	6	A	1		0.0	0.0	0.0
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.022		0	BFSN	4		0.066	0.038	0.031
4:0 g	0.000		0	BFSN	4		0.000	0.000	0.000
6:0 g	0.000		0	BFSN	4		0.000	0.000	0.000
8:0 g	0.000		0	BFSN	4		0.000	0.000	0.000
10:0 g	0.001		0	BFSN	4		0.003	0.001	0.001
12:0 g	0.003		0	BFSN	4		0.008	0.004	0.004
13:0 g									
14:0 g	0.001		0	BFSN	4		0.003	0.001	0.001
15:0 g									
16:0 g	0.014		0	BFSN	4		0.041	0.024	0.019
17:0 g									
18:0 g	0.003		0	BFSN	4		0.010	0.006	0.005
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.002		0	BFSN	4		0.005	0.003	0.002
14:1 g									
15:1 g									
16:1 undifferentiated g	0.001		0	BFSN	4		0.003	0.001	0.001
17:1 g									
18:1 undifferentiated g	0.001		0	BFSN	4		0.003	0.001	0.001
20:1 g	0.000		0	BFSN	4		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	BFSN	4		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	0.037		0	BFSN	4		0.110	0.063	0.051
18:2 undifferentiated g	0.027		0	BFSN	4		0.082	0.047	0.038
18:3 undifferentiated g	0.009		0	BFSN	4		0.026	0.015	0.012
18:4 g	0.000		0	BFSN	4		0.000	0.000	0.000
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0	BFSN	4		0.000	0.000	0.000
20:5 n-3 (EPA) g	0.000		0	BFSN	4		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFSN	4		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	BFSN	4		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol mg	0		0	Z	7		0	0	0
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.021		0	A	1		0.064	0.037	0.029
Threonine g	0.068		0	A	1		0.204	0.118	0.094
Isoleucine g	0.068		0	A	1		0.202	0.117	0.093
Leucine g	0.100		0	A	1		0.298	0.172	0.138
Lysine g	0.109		0	A	1		0.326	0.189	0.150
Methionine g	0.032		0	A	1		0.097	0.056	0.045
Cystine g	0.025		0	A	1		0.073	0.042	0.034
Phenylalanine g	0.083		0	A	1		0.248	0.144	0.115
Tyrosine g	0.049		0	A	1		0.147	0.085	0.068
Valine g	0.105		0	A	1		0.313	0.181	0.144
Arginine g	0.103		0	A	1		0.309	0.179	0.142
Histidine g	0.035		0	A	1		0.106	0.061	0.049
Alanine g	0.064		0	A	1		0.191	0.111	0.088
Aspartic acid g	0.490		0	A	1		1.465	0.847	0.676
Glutamic acid g	0.358		0	A	1		1.071	0.620	0.494

NDB No. 11357
Potatoes, white, flesh and skin, baked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.058		0	A	1		0.174	0.101	0.080
Proline....g	0.064		0	A	1		0.192	0.111	0.089
Serine....g	0.076		0	A	1		0.227	0.132	0.105
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11354

Potatoes, white, flesh and skin, raw

Solanum tuberosum

Includes USDA commodity food A215

Refuse: 25% Parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.58	1.097	3	A	1		61.18	301.02	173.76
Energy kcal	69		0	NC	4		52	254	146
Energy kJ	288		0	NC	4		216	1063	613
Protein (N x 6.25) g	1.68	0.077	3	A	1		1.26	6.18	3.57
Total lipid (fat) g	0.10	0.000	3	A	1		0.07	0.36	0.21
Ash g	0.94	0.010	3	A	1		0.71	3.48	2.01
Carbohydrate, by difference g	15.71		0	NC	4		11.78	57.95	33.45
Fiber, total dietary g	2.4		1	A	1		1.8	8.7	5.0
Sugars, total g	1.15		0	AS	1		0.87	4.26	2.46
Sucrose g	0.28	0.023	3	A	1		0.21	1.04	0.60
Glucose (dextrose) g	0.53	0.017	3	A	1		0.40	1.95	1.13
Fructose g	0.34	0.013	3	A	1		0.26	1.27	0.73
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	13.49		0	BFSN	4		10.12	49.77	28.73
Minerals:									
Calcium, Ca mg	9	0.100	3	A	1		7	34	20
Iron, Fe mg	0.52	0.039	3	A	1		0.39	1.93	1.11
Magnesium, Mg mg	21	0.667	3	A	1		16	78	45
Phosphorus, P mg	62	0.500	3	A	1		47	229	132
Potassium, K mg	407	9.667	3	A	1		305	1501	866
Sodium, Na mg	16	1.100	3	A	1		12	60	35
Zinc, Zn mg	0.29	0.009	3	A	1		0.22	1.07	0.62
Copper, Cu mg	0.116	0.003	3	A	1		0.087	0.429	0.248
Manganese, Mn mg	0.145	0.016	3	A	1		0.108	0.534	0.308
Selenium, Se µg	0.3	0.031	299	A	1		0.2	1.1	0.6
Vitamins:									
Vitamin C, total ascorbic acid mg	9.1	0.083	3	A	1		6.8	33.5	19.3
Thiamin mg	0.071	0.002	3	A	1		0.053	0.261	0.151
Riboflavin mg	0.034	0.002	3	A	1		0.025	0.124	0.072
Niacin mg	1.066		2	A	1		0.799	3.933	2.270
Pantothenic acid mg	0.281	0.007	3	A	1		0.211	1.038	0.599
Vitamin B-6 mg	0.203	0.021	3	A	1		0.152	0.748	0.432
Folate, total µg	18	1.300	3	A	1		14	67	39
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	18	1.300	3	A	1		14	67	39
Folate, DFE µg	18		0	NC	4		14	67	39
Choline, total mg	11.0		0	AS	1		8.2	40.5	23.4
Betaine mg	0.2		2	A	1		0.1	0.7	0.4
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	1	1
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5	0.000	3	JO	11		3	17	10
Carotene, alpha µg	0	0.000	3	JO	11		0	0	0
Cryptoxanthin, beta µg	0	0.000	3	JO	11		0	0	0
Vitamin A, IU IU	8		0	NC	4		6	29	17
Lycopene µg	0	0.000	3	JO	11		0	0	0
Lutein + zeaxanthin µg	13		2	JO	11		10	48	28
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.00	0.02	0.01
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									

NDB No. 11354
Potatoes, white, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.6	0.100	3	A	1		1.2	5.9	3.4
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.026		0		1		0.020	0.096	0.055
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.001		6		1		0.001	0.004	0.002
12:0....g	0.003		6		1		0.002	0.011	0.006
13:0....g									
14:0....g	0.001		18		1		0.001	0.004	0.002
15:0....g									
16:0....g	0.016		59		1		0.012	0.059	0.034
17:0....g									
18:0....g	0.004		59		1		0.003	0.015	0.009
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		1		0.002	0.007	0.004
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		37		1		0.001	0.004	0.002
17:1....g									
18:1 undifferentiated....g	0.001		59		1		0.001	0.004	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		1		0.032	0.159	0.092
18:2 undifferentiated....g	0.032		59		1		0.024	0.118	0.068
18:3 undifferentiated....g	0.010		59		1		0.008	0.037	0.021
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0	A	1		0.013	0.063	0.036
Threonine....g	0.055		0	A	1		0.041	0.201	0.116
Isoleucine....g	0.054		0	A	1		0.040	0.199	0.115
Leucine....g	0.080		0	A	1		0.060	0.294	0.170
Lysine....g	0.087		0	A	1		0.065	0.322	0.186
Methionine....g	0.026		0	A	1		0.019	0.095	0.055
Cystine....g	0.020		0	A	1		0.015	0.072	0.042
Phenylalanine....g	0.066		0	A	1		0.050	0.245	0.141
Tyrosine....g	0.039		0	A	1		0.029	0.145	0.084
Valine....g	0.084		0	A	1		0.063	0.309	0.178
Arginine....g	0.082		0	A	1		0.062	0.304	0.176
Histidine....g	0.028		0	A	1		0.021	0.104	0.060
Alanine....g	0.051		0	A	1		0.038	0.188	0.109
Aspartic acid....g	0.391		0	A	1		0.294	1.445	0.834
Glutamic acid....g	0.286		0	A	1		0.215	1.057	0.610
Glycine....g	0.046		0	A	1		0.035	0.171	0.099
Proline....g	0.051		0	A	1		0.038	0.189	0.109

NDB No. 11354
Potatoes, white, flesh and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.061		0	A	1		0.046	0.224	0.129
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 75g: .5 cup, diced

Measure 2 = 369g: 1 large (3" to 4-1/4" dia.)

Measure 3 = 213g: 1 medium (2+-1/4" to 3-1/4" dia.)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31027
Potatoes, yellow fleshed, french fried, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.04	2.869	3	A	1		55.29		
Energy kcal	162		0	NC	4		138		
Energy kJ	680		0	NC	4		578		
Protein g	2.47	0.264	3	A	1		2.10		
Total lipid (fat) g	5.84	1.405	3	A	1		4.96		
Ash g	1.64	0.029	3	A	1		1.40		
Carbohydrate, by difference g	25.01		0	NC	4		21.26		
Fiber, total dietary g	2.2	0.019	3	A	1		1.9		
Sugars, total g	0.37	0.076	3	A	1		0.32		
Starch g									
Minerals:									
Calcium, Ca mg	9	0.353	3	A	1		8		
Iron, Fe mg	0.48	0.054	3	A	1		0.41		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	447	76.788	3	A	1		380		
Sodium, Na mg	300	31.179	3	A	1		255		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	10.9	0.940	3	A	1		9.2		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	0	0.000	3	MA	12		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.427	0.432	3	A	1		1.213		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.107	0.035	3	A	1		0.091		
Cholesterol mg	0	0.000	3	A	1		0		
Phytosterols mg									

NDB No. 31027

Potatoes, yellow fleshed, french fried, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31028

Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.34		1	A	1		66.59		
Energy kcal	81		0	NC	4		69		
Energy kJ	338		0	NC	4		287		
Protein (N x 6.25) g	2.04		1	A	1		1.73		
Total lipid (fat) g	0.07		1	A	1		0.06		
Ash g	1.57		1	A	1		1.33		
Carbohydrate, by difference g	17.98		0	NC	4		15.28		
Fiber, total dietary g	2.0		1	A	1		1.7		
Sugars, total g	0.23		1	A	1		0.20		
Starch g									
Minerals:									
Calcium, Ca mg	9		1	A	1		8		
Iron, Fe mg	0.31		1	A	1		0.26		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	398		1	A	1		338		
Sodium, Na mg	330		1	A	1		281		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	7.8		1	A	1		6.6		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	0		1	MA	12		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.010		1	A	1		0.009		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.000		1	A	1		0.000		
Cholesterol mg	0		1	A	1		0		
Phytosterols mg									

NDB No. 31028

Potatoes, yellow fleshed, hash brown, shredded, salt added in processing, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31026

Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.96	0.310	3	A	1		60.31		
Energy kcal	119	0.882	3	MC	9		101		
Energy kJ	497		0	MC	9		422		
Protein g	1.99	0.291	3	A	1		1.69		
Total lipid (fat) g	1.85	0.059	3	A	1		1.57		
Ash g	1.76	0.319	3	A	1		1.50		
Carbohydrate, by difference g	23.44		0	NC	4		19.93		
Fiber, total dietary g	2.6	0.217	3	A	1		2.2		
Sugars, total g	0.31	0.083	3	A	1		0.26		
Starch g									
Minerals:									
Calcium, Ca mg	11	1.927	3	A	1		10		
Iron, Fe mg	0.45	0.042	3	A	1		0.39		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	444	3.283	3	A	1		377		
Sodium, Na mg	338	26.181	3	A	1		287		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0	4.314	3	A	1		5.1		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	0	0.000	3	MA	12		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.153	0.003	3	A	1		0.130		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.023	0.009	3	A	1		0.020		
Cholesterol mg	0	0.000	3	A	1		0		
Phytosterols mg									

NDB No. 31026

Potatoes, yellow fleshed, roasted, salt added in processing, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11417
Pumpkin flowers, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.20		1		1		127.57		
Energy kcal	15		0	NC	4		20		
Energy kJ	63		0		4		84		
Protein (N x 6.25) g	1.09		1		1		1.46		
Total lipid (fat) g	0.08		1		1		0.11		
Ash g	0.33		1		1		0.44		
Carbohydrate, by difference g	3.30		0	NC	4		4.42		
Fiber, total dietary g	0.9		0		4		1.2		
Sugars, total g	2.40		0	O	4		3.22		
Starch g									
Minerals:									
Calcium, Ca mg	37		0		1		50		
Iron, Fe mg	0.88		1		1		1.18		
Magnesium, Mg mg	25		1		1		34		
Phosphorus, P mg	34		1		1		46		
Potassium, K mg	106		1		1		142		
Sodium, Na mg	6		1		1		8		
Zinc, Zn mg	0.10		0		4		0.13		
Copper, Cu mg	0.100		0		4		0.134		
Manganese, Mn mg									
Selenium, Se µg	0.7		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		1		6.7		
Thiamin mg	0.018		0		1		0.024		
Riboflavin mg	0.032		0		1		0.043		
Niacin mg	0.310		0		1		0.415		
Pantothenic acid mg									
Vitamin B-6 mg	0.050		0		4		0.067		
Folate, total µg	41		0		4		55		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		4		55		
Folate, DFE µg	41		0	NC	4		55		
Choline, total mg	13.4		0	BFSN	4		18.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	87		0	NC	4		116		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	1040		0	BNA	4		1394		
Carotene, alpha µg	0		0	BNA	4		0		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	1734		0	NC	4		2324		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.04		0	O	4		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0		0	Z	7		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11417

Pumpkin flowers, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0		1		0.055		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.005		0		1		0.007		
15:0....g									
16:0....g	0.029		0		1		0.039		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.007		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.007		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.005		
18:2 undifferentiated....g	0.002		0		1		0.003		
18:3 undifferentiated....g	0.002		0		1		0.003		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11416
Pumpkin flowers, raw
Cucurbita spp.

Refuse: 65% Pistil and calyx

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.15		1		1		31.40	1.90	
Energy kcal	15		0	NC	4		5	0	
Energy kJ	63				4		21	1	
Protein (N x 6.25) g	1.03		1		1		0.34	0.02	
Total lipid (fat) g	0.07		1		1		0.02	0.00	
Ash g	0.48		1		1		0.16	0.01	
Carbohydrate, by difference g	3.28		0	NC	4		1.08	0.07	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		0		1		13	1	
Iron, Fe mg	0.70		0		1		0.23	0.01	
Magnesium, Mg mg	24		1		1		8	0	
Phosphorus, P mg	49		0		1		16	1	
Potassium, K mg	173		1		1		57	3	
Sodium, Na mg	5		1		1		2	0	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	0.7		0	CAZN	4		0.2	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	28.0		0		1		9.2	0.6	
Thiamin mg	0.042		0		1		0.014	0.001	
Riboflavin mg	0.075		0		1		0.025	0.002	
Niacin mg	0.690		0		1		0.228	0.014	
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg	59		0		4		19	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	59		0		4		19	1	
Folate, DFE µg	59		0	NC	4		19	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	97		0		1		32	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1947		0		1		643	39	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11416
Pumpkin flowers, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.036		0		1		0.012	0.001	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.000	0.000	
13:0....g									
14:0....g	0.005		0		1		0.002	0.000	
15:0....g									
16:0....g	0.026		0		1		0.009	0.001	
17:0....g									
18:0....g	0.002		0		1		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.003	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.002	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.001	0.000	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.001	0.000	
18:2 undifferentiated....g	0.002		0		1		0.001	0.000	
18:3 undifferentiated....g	0.002		0		1		0.001	0.000	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 cup

Measure 2 = 2.0g: 1 flower

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11848
Pumpkin leaves, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.51		1		1		65.68		
Energy kcal	21		0	NC	4		15		
Energy kJ	88		0		4		62		
Protein (N x 6.25) g	2.72		1		1		1.93		
Total lipid (fat) g	0.22		1		1		0.16		
Ash g	1.16		1		1		0.82		
Carbohydrate, by difference g	3.39		0	NC	4		2.41		
Fiber, total dietary g	2.7		1	A	1		1.9		
Sugars, total g	0.69		0	O	4		0.49		
Starch g									
Minerals:									
Calcium, Ca mg	43		1		1		31		
Iron, Fe mg	3.20		1		1		2.27		
Magnesium, Mg mg	38		1		1		27		
Phosphorus, P mg	79		1		1		56		
Potassium, K mg	438		1		1		311		
Sodium, Na mg	244		0		4		173		
Zinc, Zn mg	0.20		0		4		0.14		
Copper, Cu mg	0.133		0		4		0.094		
Manganese, Mn mg	0.355		0		4		0.252		
Selenium, Se µg	0.9		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0		1		0.7		
Thiamin mg	0.068		0		1		0.048		
Riboflavin mg	0.136		0		1		0.097		
Niacin mg	0.850		0		1		0.604		
Pantothenic acid mg	0.042		0		4		0.030		
Vitamin B-6 mg	0.196		0		4		0.139		
Folate, total µg	25		0		4		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	25		0		4		18		
Folate, DFE µg	25		0	NC	4		18		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	80		0	NC	4		57		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	960		0	T	4		682		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	1600		0	NC	4		1136		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1747		0	O	4		1240		
Vitamin E (alpha-tocopherol) mg	0.96		0	O	4		0.68		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	O	4		76.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11848

Pumpkin leaves, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.114		0		1		0.081		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.001		
13:0....g									
14:0....g	0.014		0		1		0.010		
15:0....g									
16:0....g	0.080		0		1		0.057		
17:0....g									
18:0....g	0.006		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0		1		0.021		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.010		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.012		0		1		0.009		
18:2 undifferentiated....g	0.005		0		1		0.004		
18:3 undifferentiated....g	0.006		0		1		0.004		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.025		
Threonine....g	0.135		0		1		0.096		
Isoleucine....g	0.135		0		1		0.096		
Leucine....g	0.274		0		1		0.195		
Lysine....g	0.173		0		1		0.123		
Methionine....g	0.047		0		1		0.033		
Cystine....g	0.027		0		1		0.019		
Phenylalanine....g	0.148		0		1		0.105		
Tyrosine....g	0.135		0		1		0.096		
Valine....g	0.157		0		1		0.111		
Arginine....g	0.187		0		1		0.133		
Histidine....g	0.044		0		1		0.031		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11848
Pumpkin leaves, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11419
Pumpkin leaves, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.51		1		1		65.68		
Energy kcal	21		0	NC	4		15		
Energy kJ	88		0		4		62		
Protein (N x 6.25) g	2.72		1		1		1.93		
Total lipid (fat) g	0.22		1		1		0.16		
Ash g	1.16		1		1		0.82		
Carbohydrate, by difference g	3.39		0	NC	4		2.41		
Fiber, total dietary g	2.7		0		4		1.9		
Sugars, total g	0.69		0	O	4		0.49		
Starch g									
Minerals:									
Calcium, Ca mg	43		1		1		31		
Iron, Fe mg	3.20		1		1		2.27		
Magnesium, Mg mg	38		1		1		27		
Phosphorus, P mg	79		1		1		56		
Potassium, K mg	438		1		1		311		
Sodium, Na mg	8		1		1		6		
Zinc, Zn mg	0.20		0		4		0.14		
Copper, Cu mg	0.133		0		4		0.094		
Manganese, Mn mg	0.355		0		4		0.252		
Selenium, Se µg	0.9		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0		1		0.7		
Thiamin mg	0.068		0		1		0.048		
Riboflavin mg	0.136		0		1		0.097		
Niacin mg	0.850		0		1		0.604		
Pantothenic acid mg	0.042		0		4		0.030		
Vitamin B-6 mg	0.196		0		4		0.139		
Folate, total µg	25		0		4		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	25		0		4		18		
Folate, DFE µg	25		0	NC	4		18		
Choline, total mg	21.0		0	CAZN	4		14.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	80		0	NC	4		57		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	960		0	T	4		682		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	1600		0	NC	4		1136		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1747		0	O	4		1240		
Vitamin E (alpha-tocopherol) mg	0.96		0	O	4		0.68		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.0		0	O	4		76.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11419

Pumpkin leaves, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.114		0		1		0.081		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		0		1		0.001		
13:0....g									
14:0....g	0.014		0		1		0.010		
15:0....g									
16:0....g	0.080		0		1		0.057		
17:0....g									
18:0....g	0.006		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0		1		0.021		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.010		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.012		0		1		0.009		
18:2 undifferentiated....g	0.005		0		1		0.004		
18:3 undifferentiated....g	0.006		0		1		0.004		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		0		1		0.025		
Threonine....g	0.135		0		1		0.096		
Isoleucine....g	0.135		0		1		0.096		
Leucine....g	0.274		0		1		0.195		
Lysine....g	0.173		0		1		0.123		
Methionine....g	0.047		0		1		0.033		
Cystine....g	0.027		0		1		0.019		
Phenylalanine....g	0.148		0		1		0.105		
Tyrosine....g	0.135		0		1		0.096		
Valine....g	0.157		0		1		0.111		
Arginine....g	0.187		0		1		0.133		
Histidine....g	0.044		0		1		0.031		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11419
Pumpkin leaves, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11418
Pumpkin leaves, raw
Cucurbita spp.

Refuse: 59% Stem and tough leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.88		1		1		36.22		
Energy kcal	19		0	NC	4		7		
Energy kJ	79				4		31		
Protein (N x 6.25) g	3.15		0		1		1.23		
Total lipid (fat) g	0.40		0		1		0.16		
Ash g	1.24		0		1		0.48		
Carbohydrate, by difference g	2.33		0	NC	4		0.91		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	39		0		1		15		
Iron, Fe mg	2.22		0		1		0.87		
Magnesium, Mg mg	38		1		1		15		
Phosphorus, P mg	104		0		1		41		
Potassium, K mg	436		1		1		170		
Sodium, Na mg	11		1		1		4		
Zinc, Zn mg	0.20		0		4		0.08		
Copper, Cu mg	0.133		0		4		0.052		
Manganese, Mn mg	0.355		0		4		0.138		
Selenium, Se µg	0.9		0	CAZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.0		0		1		4.3		
Thiamin mg	0.094		0		1		0.037		
Riboflavin mg	0.128		0		1		0.050		
Niacin mg	0.920		0		1		0.359		
Pantothenic acid mg	0.042		0		4		0.016		
Vitamin B-6 mg	0.207		0		4		0.081		
Folate, total µg	36		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	36		0		4		14		
Folate, DFE µg	36		0	NC	4		14		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	97		0		1		38		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1942		0		1		757		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11418
Pumpkin leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.207		0		1		0.081		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.004		0		1		0.002		
13:0....g									
14:0....g	0.026		0		1		0.010		
15:0....g									
16:0....g	0.146		0		1		0.057		
17:0....g									
18:0....g	0.011		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.052		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.026		0		1		0.010		
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.010		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.022		0		1		0.009		
18:2 undifferentiated....g	0.010		0		1		0.004		
18:3 undifferentiated....g	0.012		0		1		0.005		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.041		2		1		0.016		
Threonine....g	0.156		1		1		0.061		
Isoleucine....g	0.156		1		1		0.061		
Leucine....g	0.318		1		1		0.124		
Lysine....g	0.200		2		1		0.078		
Methionine....g	0.054		2		1		0.021		
Cystine....g	0.032		2		1		0.012		
Phenylalanine....g	0.171		1		1		0.067		
Tyrosine....g	0.156		1		1		0.061		
Valine....g	0.181		1		1		0.071		
Arginine....g	0.217		1		1		0.085		
Histidine....g	0.050		1		1		0.020		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11418
Pumpkin leaves, raw

Common Measures:
Measure 1 = 39g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11426
Pumpkin pie mix, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.49	0.531	16		1		193.02		
Energy kcal	104		0	NC	4		281		
Energy kJ	435				4		1175		
Protein (N x 6.25) g	1.09	0.079	16		1		2.94		
Total lipid (fat) g	0.13	0.000	16		1		0.35		
Ash g	0.91	0.048	16		1		2.46		
Carbohydrate, by difference g	26.39		0	NC	4		71.25		
Fiber, total dietary g	8.3		0		4		22.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	37	1.776	15		1		100		
Iron, Fe mg	1.06	0.237	15		1		2.86		
Magnesium, Mg mg	16	0.123	12		1		43		
Phosphorus, P mg	45	1.048	12		1		122		
Potassium, K mg	138	9.445	15		1		373		
Sodium, Na mg	208	22.586	15		1		562		
Zinc, Zn mg	0.27	0.008	12		1		0.73		
Copper, Cu mg	0.068	0.003	12		1		0.184		
Manganese, Mn mg	0.401		0		4		1.083		
Selenium, Se µg	1.1		0	BFSN	4		3.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5	0.413	15		1		9.5		
Thiamin mg	0.016	0.005	16		1		0.043		
Riboflavin mg	0.118	0.008	16		1		0.319		
Niacin mg	0.374	0.022	16		1		1.010		
Pantothenic acid mg	1.137		0		4		3.070		
Vitamin B-6 mg	0.159		0		4		0.429		
Folate, total µg	35		0		4		95		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	35		0		4		95		
Folate, DFE µg	35		0	NC	4		95		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	415	15.468	16		1		1120		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8298	309.365	16		1		22405		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11426
Pumpkin pie mix, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.065		0		1		0.176		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.003		
13:0....g									
14:0....g	0.008		0		1		0.022		
15:0....g									
16:0....g	0.046		0		1		0.124		
17:0....g									
18:0....g	0.003		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.043		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.022		
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.022		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.007		0		1		0.019		
18:2 undifferentiated....g	0.003		0		1		0.008		
18:3 undifferentiated....g	0.004		0		1		0.011		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.035		
Threonine....g	0.031		0		1		0.084		
Isoleucine....g	0.034		0		1		0.092		
Leucine....g	0.050		0		1		0.135		
Lysine....g	0.059		0		1		0.159		
Methionine....g	0.012		0		1		0.032		
Cystine....g	0.003		0		1		0.008		
Phenylalanine....g	0.035		0		1		0.095		
Tyrosine....g	0.045		0		1		0.122		
Valine....g	0.038		0		1		0.103		
Arginine....g	0.058		0		1		0.157		
Histidine....g	0.017		0		1		0.046		
Alanine....g	0.031		0		1		0.084		
Aspartic acid....g	0.111		0		1		0.300		
Glutamic acid....g	0.200		0		1		0.540		
Glycine....g	0.029		0		1		0.078		
Proline....g	0.028		0		1		0.076		
Serine....g	0.048		0		1		0.130		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11426
Pumpkin pie mix, canned

Common Measures:
Measure 1 = 270g: 1 cup

Calories Factors: Protein 2.9 **Fat** 8.4 **Carbohydrate**3.8

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11846
Pumpkin, canned, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.97	0.142	94		1		220.43		
Energy kcal	34		0	NC	4		83		
Energy kJ	142		0	NC	4		348		
Protein (N x 6.25) g	1.10	0.048	89		1		2.70		
Total lipid (fat) g	0.28	0.008	82		1		0.69		
Ash g	0.56	0.014	111		1		1.37		
Carbohydrate, by difference g	8.09		0	NC	4		19.82		
Fiber, total dietary g	2.9		0		4		7.1		
Sugars, total g	3.30		0	BFZN	4		8.09		
Starch g									
Minerals:									
Calcium, Ca mg	26	2.173	111		1		64		
Iron, Fe mg	1.39	0.097	106		1		3.41		
Magnesium, Mg mg	23	0.483	62		1		56		
Phosphorus, P mg	35	0.685	82		1		86		
Potassium, K mg	206	7.495	67		1		505		
Sodium, Na mg	241		0		4		590		
Zinc, Zn mg	0.17	0.013	15		1		0.42		
Copper, Cu mg	0.107	0.006	15		1		0.262		
Manganese, Mn mg	0.149		0		4		0.365		
Selenium, Se µg	0.4		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2	0.148	105		1		10.3		
Thiamin mg	0.024		1	A	1		0.059		
Riboflavin mg	0.054		1	A	1		0.132		
Niacin mg	0.367		1	A	1		0.899		
Pantothenic acid mg	0.400		1	A	1		0.980		
Vitamin B-6 mg	0.056		1	A	1		0.137		
Folate, total µg	12		1	A	1		30		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12		1	A	1		30		
Folate, DFE µg	12		0	NC	4		30		
Choline, total mg	9.8		0	BFZN	4		24.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	778		0	NC	4		1906		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6940		0	BFZN	4		17003		
Carotene, alpha µg	4795		0	BFZN	4		11748		
Cryptoxanthin, beta µg	0		0	BFZN	4		0		
Vitamin A, IU IU	15563		0	NC	4		38128		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) mg	1.06		0	BFZN	4		2.60		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	16.0		0	BFZN	4		39.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11846
Pumpkin, canned, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.146		0		1		0.358		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.003		0		1		0.007		
13:0....g									
14:0....g	0.018		0		1		0.044		
15:0....g									
16:0....g	0.103		0		1		0.252		
17:0....g									
18:0....g	0.008		0		1		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.091		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.044		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.044		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.015		0		1		0.037		
18:2 undifferentiated....g	0.007		0		1		0.017		
18:3 undifferentiated....g	0.008		0		1		0.020		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.032		
Threonine....g	0.032		0		1		0.078		
Isoleucine....g	0.034		0		1		0.083		
Leucine....g	0.051		0		1		0.125		
Lysine....g	0.060		0		1		0.147		
Methionine....g	0.012		0		1		0.029		
Cystine....g	0.003		0		1		0.007		
Phenylalanine....g	0.035		0		1		0.086		
Tyrosine....g	0.046		0		1		0.113		
Valine....g	0.038		0		1		0.093		
Arginine....g	0.059		0		1		0.145		
Histidine....g	0.017		0		1		0.042		
Alanine....g	0.031		0		1		0.076		
Aspartic acid....g	0.112		0		1		0.274		
Glutamic acid....g	0.202		0		1		0.495		
Glycine....g	0.029		0		1		0.071		
Proline....g	0.029		0		1		0.071		
Serine....g	0.048		0		1		0.118		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11846
Pumpkin, canned, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11424
Pumpkin, canned, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.97	0.142	94		1		220.43		
Energy kcal	34		0	NC	4		83		
Energy kJ	142		0	NC	4		348		
Protein (N x 6.25) g	1.10	0.048	89		1		2.70		
Total lipid (fat) g	0.28	0.008	82		1		0.69		
Ash g	0.56	0.014	111		1		1.37		
Carbohydrate, by difference g	8.09		0	NC	4		19.82		
Fiber, total dietary g	2.9		0		4		7.1		
Sugars, total g	3.30		0	O	4		8.09		
Starch g									
Minerals:									
Calcium, Ca mg	26	2.173	111		1		64		
Iron, Fe mg	1.39	0.097	106		1		3.41		
Magnesium, Mg mg	23	0.483	62		1		56		
Phosphorus, P mg	35	0.685	82		1		86		
Potassium, K mg	206	7.495	67		1		505		
Sodium, Na mg	5	0.204	88		1		12		
Zinc, Zn mg	0.17	0.013	15		1		0.42		
Copper, Cu mg	0.107	0.006	15		1		0.262		
Manganese, Mn mg	0.149		0		4		0.365		
Selenium, Se µg	0.4		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2	0.148	105		1		10.3		
Thiamin mg	0.024	0.001	89		1		0.059		
Riboflavin mg	0.054	0.003	89		1		0.132		
Niacin mg	0.367	0.016	95		1		0.899		
Pantothenic acid mg	0.400		0		1		0.980		
Vitamin B-6 mg	0.056		0		1		0.137		
Folate, total µg	12	3.034	5		1		30		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12	3.034	5		1		30		
Folate, DFE µg	12		0	NC	4		30		
Choline, total mg	9.8		0	BFSN	4		24.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	778		0	AS	1		1906		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6940	3880.000	5	A	1		17003		
Carotene, alpha µg	4795	2625.000	5	A	1		11748		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	15563		0	AS	1		38128		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	0		1	A	1		0		
Vitamin E (alpha-tocopherol) mg	1.06		0	NR	4		2.60		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	16.0		0	T	4		39.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11424
Pumpkin, canned, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.146		0		1		0.358		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.003		0		1		0.007		
13:0....g									
14:0....g	0.018		0		1		0.044		
15:0....g									
16:0....g	0.103		0		1		0.252		
17:0....g									
18:0....g	0.008		0		1		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.091		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.018		0		1		0.044		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.044		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.015		0		1		0.037		
18:2 undifferentiated....g	0.007		0		1		0.017		
18:3 undifferentiated....g	0.008		0		1		0.020		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.032		
Threonine....g	0.032		0		1		0.078		
Isoleucine....g	0.034		0		1		0.083		
Leucine....g	0.051		0		1		0.125		
Lysine....g	0.060		0		1		0.147		
Methionine....g	0.012		0		1		0.029		
Cystine....g	0.003		0		1		0.007		
Phenylalanine....g	0.035		0		1		0.086		
Tyrosine....g	0.046		0		1		0.113		
Valine....g	0.038		0		1		0.093		
Arginine....g	0.059		0		1		0.145		
Histidine....g	0.017		0		1		0.042		
Alanine....g	0.031		0		1		0.076		
Aspartic acid....g	0.112		0		1		0.274		
Glutamic acid....g	0.202		0		1		0.495		
Glycine....g	0.029		0		1		0.071		
Proline....g	0.029		0		1		0.071		
Serine....g	0.048		0		1		0.118		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11424
Pumpkin, canned, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11845
Pumpkin, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.69		0		1		229.54		
Energy kcal	18		0	NC	4		43		
Energy kJ	74		0	NC	4		181		
Protein (N x 6.25) g	0.72		0		1		1.76		
Total lipid (fat) g	0.07		0		1		0.17		
Ash g	1.21		0	O	4		2.96		
Carbohydrate, by difference g	4.31		0	NC	4		10.56		
Fiber, total dietary g	1.1		0	BFZN	4		2.7		
Sugars, total g	2.08		0	BFSN	4		5.09		
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		37		
Iron, Fe mg	0.57		0		1		1.40		
Magnesium, Mg mg	9		0		1		22		
Phosphorus, P mg	30		0		1		74		
Potassium, K mg	230		0		1		564		
Sodium, Na mg	237		0		4		581		
Zinc, Zn mg	0.23		0		4		0.56		
Copper, Cu mg	0.091		0		4		0.223		
Manganese, Mn mg	0.089		0		4		0.218		
Selenium, Se µg	0.2		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.7		0		1		11.5		
Thiamin mg	0.031		0		1		0.076		
Riboflavin mg	0.078		0		1		0.191		
Niacin mg	0.413		0		1		1.012		
Pantothenic acid mg	0.201		0		4		0.492		
Vitamin B-6 mg	0.044		0		4		0.108		
Folate, total µg	9		0		4		21		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		21		
Folate, DFE µg	9		0	NC	4		21		
Choline, total mg	6.2		0	BFSY	4		15.2		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	288		0	NC	4		705		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2096		0	BFSY	4		5135		
Carotene, alpha µg	2715		0	BFSY	4		6652		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	5755		0	NC	4		14101		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1014		0	BFSY	4		2485		
Vitamin E (alpha-tocopherol) mg	0.80		0	BFSN	4		1.95		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.8		0	BFSN	4		2.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11845
Pumpkin, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.037		0		1		0.091		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.005		0		1		0.012		
15:0....g									
16:0....g	0.026		0		1		0.064		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.012		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.010		
18:2 undifferentiated....g	0.002		0		1		0.005		
18:3 undifferentiated....g	0.002		0		1		0.005		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.022		
Threonine....g	0.021		0		1		0.051		
Isoleucine....g	0.023		0		1		0.056		
Leucine....g	0.034		0		1		0.083		
Lysine....g	0.039		0		1		0.096		
Methionine....g	0.008		0		1		0.020		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.023		0		1		0.056		
Tyrosine....g	0.030		0		1		0.074		
Valine....g	0.025		0		1		0.061		
Arginine....g	0.039		0		1		0.096		
Histidine....g	0.011		0		1		0.027		
Alanine....g	0.020		0		1		0.049		
Aspartic acid....g	0.074		0		1		0.181		
Glutamic acid....g	0.133		0		1		0.326		
Glycine....g	0.019		0		1		0.047		
Proline....g	0.019		0		1		0.047		
Serine....g	0.032		0		1		0.078		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11845
Pumpkin, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11423
Pumpkin, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.69		0		1		229.54		
Energy kcal	20		0	NC	4		49		
Energy kJ	83		0	NC	4		203		
Protein (N x 6.25) g	0.72		0		1		1.76		
Total lipid (fat) g	0.07		0		1		0.17		
Ash g	0.62		0		1		1.52		
Carbohydrate, by difference g	4.90		0	NC	4		12.01		
Fiber, total dietary g	1.1		0		4		2.7		
Sugars, total g	2.08		0	BFSN	4		5.09		
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		37		
Iron, Fe mg	0.57		0		1		1.40		
Magnesium, Mg mg	9		0		1		22		
Phosphorus, P mg	30		0		1		74		
Potassium, K mg	230		0		1		564		
Sodium, Na mg	1		0		1		2		
Zinc, Zn mg	0.23		0		4		0.56		
Copper, Cu mg	0.091		0		4		0.223		
Manganese, Mn mg	0.089		0		4		0.218		
Selenium, Se µg	0.2		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.7		0		1		11.5		
Thiamin mg	0.031		0		1		0.076		
Riboflavin mg	0.078		0		1		0.191		
Niacin mg	0.413		0		1		1.012		
Pantothenic acid mg	0.201		0		4		0.492		
Vitamin B-6 mg	0.044		0		4		0.108		
Folate, total µg	9		0		4		21		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		21		
Folate, DFE µg	9		0	NC	4		21		
Choline, total mg	6.2		0	BFSY	4		15.2		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	288		0	NC	4		705		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2096		0	BFSY	4		5135		
Carotene, alpha µg	2715		0	BFSY	4		6652		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	5755		0	NC	4		14101		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1014		0	BFSY	4		2485		
Vitamin E (alpha-tocopherol) mg	0.80		0	BFSN	4		1.95		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.8		0	BFSN	4		2.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11423

Pumpkin, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.037		0		1		0.091		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.005		0		1		0.012		
15:0....g									
16:0....g	0.026		0		1		0.064		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.012		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.010		
18:2 undifferentiated....g	0.002		0		1		0.005		
18:3 undifferentiated....g	0.002		0		1		0.005		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.022		
Threonine....g	0.021		0		1		0.051		
Isoleucine....g	0.023		0		1		0.056		
Leucine....g	0.034		0		1		0.083		
Lysine....g	0.039		0		1		0.096		
Methionine....g	0.008		0		1		0.020		
Cystine....g	0.002		0		1		0.005		
Phenylalanine....g	0.023		0		1		0.056		
Tyrosine....g	0.030		0		1		0.074		
Valine....g	0.025		0		1		0.061		
Arginine....g	0.039		0		1		0.096		
Histidine....g	0.011		0		1		0.027		
Alanine....g	0.020		0		1		0.049		
Aspartic acid....g	0.074		0		1		0.181		
Glutamic acid....g	0.133		0		1		0.326		
Glycine....g	0.019		0		1		0.047		
Proline....g	0.019		0		1		0.047		
Serine....g	0.032		0		1		0.078		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11423
Pumpkin, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11847
Pumpkin, flowers, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.20		1		1		127.57		
Energy kcal	15		0	NC	4		20		
Energy kJ	61		0	NC	4		82		
Protein (N x 6.25) g	1.09		1		1		1.46		
Total lipid (fat) g	0.08		1		1		0.11		
Ash g	0.45		0	O	4		0.60		
Carbohydrate, by difference g	3.18		0	NC	4		4.26		
Fiber, total dietary g	0.9		1	A	1		1.2		
Sugars, total g	2.40		0	BFZN	4		3.22		
Starch g									
Minerals:									
Calcium, Ca mg	37		0		1		50		
Iron, Fe mg	0.88		1		1		1.18		
Magnesium, Mg mg	25		1		1		34		
Phosphorus, P mg	34		1		1		46		
Potassium, K mg	106		1		1		142		
Sodium, Na mg	242		0		4		324		
Zinc, Zn mg	0.10		0	BFZN	4		0.13		
Copper, Cu mg	0.100		0	BFZN	4		0.134		
Manganese, Mn mg									
Selenium, Se µg	0.9		0	CAZN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		1		6.7		
Thiamin mg	0.018		0		1		0.024		
Riboflavin mg	0.032		0		1		0.043		
Niacin mg	0.310		0		1		0.415		
Pantothenic acid mg									
Vitamin B-6 mg	0.050		0	BFZN	4		0.067		
Folate, total µg	41		0		4		55		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	41		0		4		55		
Folate, DFE µg	41		0	NC	4		55		
Choline, total mg	13.4		0	BFZN	4		18.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	87		0	NC	4		116		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1040		0	BFZN	4		1394		
Carotene, alpha µg	0		0	BFZN	4		0		
Cryptoxanthin, beta µg	0		0	BFZN	4		0		
Vitamin A, IU IU	1734		0	NC	4		2324		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) mg	0.04		0	BFZN	4		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0		0	BFZN	4		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11847

Pumpkin, flowers, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0		1		0.055		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.005		0		1		0.007		
15:0....g									
16:0....g	0.029		0		1		0.039		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.013		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.007		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.007		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.004		0		1		0.005		
18:2 undifferentiated....g	0.002		0		1		0.003		
18:3 undifferentiated....g	0.002		0		1		0.003		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	NR	4		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 134g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11422
Pumpkin, raw
Cucurbita spp.

Refuse: 30% Seeds, rind and stem

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.60		0		1		106.26		
Energy kcal	26		0	NC	4		30		
Energy kJ	109		0		4		126		
Protein (N x 6.25) g	1.00		0		1		1.16		
Total lipid (fat) g	0.10		0		1		0.12		
Ash g	0.80		0		1		0.93		
Carbohydrate, by difference g	6.50		0	NC	4		7.54		
Fiber, total dietary g	0.5		0		4		0.6		
Sugars, total g	2.76		0	BFSN	4		3.21		
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		24		
Iron, Fe mg	0.80		0		1		0.93		
Magnesium, Mg mg	12		0		1		14		
Phosphorus, P mg	44		0		1		51		
Potassium, K mg	340		0		1		394		
Sodium, Na mg	1		0		1		1		
Zinc, Zn mg	0.32		0		4		0.37		
Copper, Cu mg	0.127		0		4		0.147		
Manganese, Mn mg	0.125		0		4		0.145		
Selenium, Se µg	0.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.0		0		1		10.4		
Thiamin mg	0.050		0		1		0.058		
Riboflavin mg	0.110		0		1		0.128		
Niacin mg	0.600		0		1		0.696		
Pantothenic acid mg	0.298		0		4		0.346		
Vitamin B-6 mg	0.061		0		4		0.071		
Folate, total µg	16		0		4		19		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		19		
Folate, DFE µg	16		0	NC	4		19		
Choline, total mg	8.2		0	BFSN	4		9.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	426		0	NC	4		494		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3100		0	T	4		3596		
Carotene, alpha µg	4016		0	BFSN	4		4658		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	8513		0	NC	4		9875		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1500		0	T	4		1740		
Vitamin E (alpha-tocopherol) mg	1.06		0	O	4		1.23		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.1		0	T	4		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11422
Pumpkin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.052		0		1		0.060		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.006		0		1		0.007		
15:0....g									
16:0....g	0.037		0		1		0.043		
17:0....g									
18:0....g	0.003		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0		1		0.007		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.007		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.005		0		1		0.006		
18:2 undifferentiated....g	0.002		0		1		0.002		
18:3 undifferentiated....g	0.003		0		1		0.003		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	12		0		1		14		
Amino Acids:									
Tryptophan....g	0.012		4		1		0.014		
Threonine....g	0.029		3		1		0.034		
Isoleucine....g	0.031		3		1		0.036		
Leucine....g	0.046		3		1		0.053		
Lysine....g	0.054		4		1		0.063		
Methionine....g	0.011		10		1		0.013		
Cystine....g	0.003		8		1		0.003		
Phenylalanine....g	0.032		3		1		0.037		
Tyrosine....g	0.042		1		1		0.049		
Valine....g	0.035		3		1		0.041		
Arginine....g	0.054		2		1		0.063		
Histidine....g	0.016		2		1		0.019		
Alanine....g	0.028		1		1		0.032		
Aspartic acid....g	0.102		1		1		0.118		
Glutamic acid....g	0.184		1		1		0.213		
Glycine....g	0.027		1		1		0.031		
Proline....g	0.026		1		1		0.030		
Serine....g	0.044		1		1		0.051		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11422
Pumpkin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup (1" cubes)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11849
Purslane, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.52		1		1		107.55		
Energy kcal	18		0	NC	4		21		
Energy kJ	75		0	NC	4		86		
Protein (N x 6.25) g	1.49		1		1		1.71		
Total lipid (fat) g	0.19		1		1		0.22		
Ash g	1.25		1		1		1.44		
Carbohydrate, by difference g	3.55		0	NC	4		4.08		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	78		1		1		90		
Iron, Fe mg	0.77		1		1		0.89		
Magnesium, Mg mg	67		1		1		77		
Phosphorus, P mg	37		1		1		43		
Potassium, K mg	488		1		1		561		
Sodium, Na mg	280		0		4		322		
Zinc, Zn mg	0.17		0		4		0.20		
Copper, Cu mg	0.114		0		4		0.131		
Manganese, Mn mg	0.307		0		4		0.353		
Selenium, Se µg	0.9		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.5		0		1		12.1		
Thiamin mg	0.031		0		1		0.036		
Riboflavin mg	0.090		0		1		0.104		
Niacin mg	0.460		0		1		0.529		
Pantothenic acid mg	0.036		0		4		0.041		
Vitamin B-6 mg	0.070		0		4		0.081		
Folate, total µg	9		0		4		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		10		
Folate, DFE µg	9		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	93		0		1		107		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1852		0		1		2130		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11849
Purslane, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.018		
Threonine....g	0.050		0		1		0.058		
Isoleucine....g	0.053		0		1		0.061		
Leucine....g	0.091		0		1		0.105		
Lysine....g	0.065		0		1		0.075		
Methionine....g	0.014		0		1		0.016		
Cystine....g	0.010		0		1		0.012		
Phenylalanine....g	0.058		0		1		0.067		
Tyrosine....g	0.024		0		1		0.028		
Valine....g	0.072		0		1		0.083		
Arginine....g	0.057		0		1		0.066		
Histidine....g	0.023		0		1		0.026		
Alanine....g	0.057		0		1		0.066		
Aspartic acid....g	0.077		0		1		0.089		
Glutamic acid....g	0.219		0		1		0.252		
Glycine....g	0.046		0		1		0.053		
Proline....g	0.070		0		1		0.081		
Serine....g	0.045		0		1		0.052		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11428
Purslane, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.52		1		1		107.55	403.07	
Energy kcal	18		0	NC	4		21	78	
Energy kJ	75				4		87	325	
Protein (N x 6.25) g	1.49		1		1		1.71	6.42	
Total lipid (fat) g	0.19		1		1		0.22	0.82	
Ash g	1.25		1		1		1.44	5.39	
Carbohydrate, by difference g	3.55		0	NC	4		4.08	15.30	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	78		1		1		90	336	
Iron, Fe mg	0.77		1		1		0.89	3.32	
Magnesium, Mg mg	67		1		1		77	289	
Phosphorus, P mg	37		1		1		43	159	
Potassium, K mg	488		1		1		561	2103	
Sodium, Na mg	44		1		1		51	190	
Zinc, Zn mg	0.17		0		4		0.20	0.73	
Copper, Cu mg	0.114		0		4		0.131	0.491	
Manganese, Mn mg	0.307		0		4		0.353	1.323	
Selenium, Se µg	0.9		0	CAZN	4		1.0	3.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.5		0		1		12.1	45.3	
Thiamin mg	0.031		0		1		0.036	0.134	
Riboflavin mg	0.090		0		1		0.104	0.388	
Niacin mg	0.460		0		1		0.529	1.983	
Pantothenic acid mg	0.036		0		4		0.041	0.155	
Vitamin B-6 mg	0.070		0		4		0.081	0.302	
Folate, total µg	9		0		4		10	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		4		10	37	
Folate, DFE µg	9		0	NC	4		10	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	93		0		1		106	399	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1852		0		1		2130	7982	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11428

Purslane, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.018	0.069	
Threonine....g	0.050		0		1		0.058	0.216	
Isoleucine....g	0.053		0		1		0.061	0.228	
Leucine....g	0.091		0		1		0.105	0.392	
Lysine....g	0.065		0		1		0.075	0.280	
Methionine....g	0.014		0		1		0.016	0.060	
Cystine....g	0.010		0		1		0.012	0.043	
Phenylalanine....g	0.058		0		1		0.067	0.250	
Tyrosine....g	0.024		0		1		0.028	0.103	
Valine....g	0.072		0		1		0.083	0.310	
Arginine....g	0.057		0		1		0.066	0.246	
Histidine....g	0.023		0		1		0.026	0.099	
Alanine....g	0.057		0		1		0.066	0.246	
Aspartic acid....g	0.077		0		1		0.089	0.332	
Glutamic acid....g	0.219		0		1		0.252	0.944	
Glycine....g	0.046		0		1		0.053	0.198	
Proline....g	0.070		0		1		0.081	0.302	
Serine....g	0.045		0		1		0.052	0.194	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 cup

Measure 2 = 431g: 1 squash

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11427
Purslane, raw
Portulaca oleracea

Refuse: 24% Tough stems and leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.86	0.127	3	JA	6		39.93	2.79	
Energy kcal	20		0	NC	4		9	1	
Energy kJ	84		0	NC	4		36	3	
Protein (N x 6.25) g	2.03		2	JA	6		0.87	0.06	
Total lipid (fat) g	0.36		2	JA	6		0.16	0.01	
Ash g	1.36		2	JA	6		0.59	0.04	
Carbohydrate, by difference g	3.39		0	NC	4		1.46	0.10	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	65		0		1		28	2	
Iron, Fe mg	1.99		0		1		0.86	0.06	
Magnesium, Mg mg	68		1		1		29	2	
Phosphorus, P mg	44		0		1		19	1	
Potassium, K mg	494		1		1		212	15	
Sodium, Na mg	45		1		1		19	1	
Zinc, Zn mg	0.17		0		4		0.07	0.01	
Copper, Cu mg	0.113		0		4		0.049	0.003	
Manganese, Mn mg	0.303		0		4		0.130	0.009	
Selenium, Se µg	0.9		0	CAZN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	21.0		0		1		9.0	0.6	
Thiamin mg	0.047		0		1		0.020	0.001	
Riboflavin mg	0.112		0		1		0.048	0.003	
Niacin mg	0.480		0		1		0.206	0.014	
Pantothenic acid mg	0.036		0		4		0.015	0.001	
Vitamin B-6 mg	0.073		0		4		0.031	0.002	
Folate, total µg	12		0		4		5	0	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0		4		5	0	
Folate, DFE µg	12		0	NC	4		5	0	
Choline, total mg	12.8		0	CAZN	4		5.5	0.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1320		0		1		568	40	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11427
Purslane, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 cup

Measure 2 = 3.0g: 1 plant

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11952
Radicchio, raw
Cichorium intybus

Refuse: 9% Core and leaf ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.14		2		1		37.26	7.45	
Energy kcal	23		0	NC	4		9	2	
Energy kJ	96		0		4		38	8	
Protein (N x 6.25) g	1.43		2		1		0.57	0.11	
Total lipid (fat) g	0.25		2		1		0.10	0.02	
Ash g	0.70		2		1		0.28	0.06	
Carbohydrate, by difference g	4.48		0	NC	4		1.79	0.36	
Fiber, total dietary g	0.9		0		1		0.4	0.1	
Sugars, total g	0.60		0	BFSN	4		0.24	0.05	
Starch g									
Minerals:									
Calcium, Ca mg	19		2		1		8	2	
Iron, Fe mg	0.57		1		1		0.23	0.05	
Magnesium, Mg mg	13		2		1		5	1	
Phosphorus, P mg	40		2		1		16	3	
Potassium, K mg	302		2		1		121	24	
Sodium, Na mg	22		2		1		9	2	
Zinc, Zn mg	0.62		2		1		0.25	0.05	
Copper, Cu mg	0.341		2		1		0.136	0.027	
Manganese, Mn mg	0.138		2		1		0.055	0.011	
Selenium, Se µg	0.9		0	CAZN	4		0.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		2		1		3.2	0.6	
Thiamin mg	0.016		2		1		0.006	0.001	
Riboflavin mg	0.028		2		1		0.011	0.002	
Niacin mg	0.255		2		1		0.102	0.020	
Pantothenic acid mg	0.269		2		1		0.108	0.022	
Vitamin B-6 mg	0.057		2		1		0.023	0.005	
Folate, total µg	60		2		1		24	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	60		2		1		24	5	
Folate, DFE µg	60		0	NC	4		24	5	
Choline, total mg	10.9		0	BFSN	4		4.4	0.9	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	0	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	16		0	BNA	4		6	1	
Carotene, alpha µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	27		0	NC	4		11	2	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	8832		0	BFSN	4		3533	707	
Vitamin E (alpha-tocopherol) mg	2.26		0	O	4		0.90	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	255.2		0	BFSN	4		102.1	20.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11952
Radicchio, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.060		0		4		0.024	0.005	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.003		0		4		0.001	0.000	
15:0....g									
16:0....g	0.052		0		4		0.021	0.004	
17:0....g									
18:0....g	0.003		0		4		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		4		0.004	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		4		0.002	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0		4		0.044	0.009	
18:2 undifferentiated....g	0.093		0		4		0.037	0.007	
18:3 undifferentiated....g	0.016		0		4		0.006	0.001	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		0		1		0.010	0.002	
Threonine....g	0.040		0		1		0.016	0.003	
Isoleucine....g	0.085		0		1		0.034	0.007	
Leucine....g	0.062		0		1		0.025	0.005	
Lysine....g	0.056		0		1		0.022	0.004	
Methionine....g	0.008		0		1		0.003	0.001	
Cystine....g									
Phenylalanine....g	0.034		0		1		0.014	0.003	
Tyrosine....g									
Valine....g	0.065		0		1		0.026	0.005	
Arginine....g	0.105		0		1		0.042	0.008	
Histidine....g	0.024		0		1		0.010	0.002	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11952
Radicchio, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 40g: 1 cup, shredded

Measure 2 = 8.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11676
Radish seeds, sprouted, raw
Raphanus sativus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.07	2.968	3		1		34.23		
Energy kcal	43		0	NC	4		16		
Energy kJ	180				4		68		
Protein (N x 6.25) g	3.81	0.920	3		1		1.45		
Total lipid (fat) g	2.53	1.566	3		1		0.96		
Ash g	0.53	0.127	3		1		0.20		
Carbohydrate, by difference g	3.60		0	NC	4		1.37		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	51	9.435	3		1		19		
Iron, Fe mg	0.86	0.211	3		1		0.33		
Magnesium, Mg mg	44	6.778	3		1		17		
Phosphorus, P mg	113	10.808	3		1		43		
Potassium, K mg	86	16.619	3		1		33		
Sodium, Na mg	6	1.426	3		1		2		
Zinc, Zn mg	0.56	0.159	3		1		0.21		
Copper, Cu mg	0.120	0.035	3		1		0.046		
Manganese, Mn mg	0.260	0.036	3		1		0.099		
Selenium, Se µg	0.6		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	28.9	3.205	3		1		11.0		
Thiamin mg	0.102	0.005	3		1		0.039		
Riboflavin mg	0.103	0.009	3		1		0.039		
Niacin mg	2.853	0.390	3		1		1.084		
Pantothenic acid mg	0.733	0.088	3		1		0.279		
Vitamin B-6 mg	0.285	0.057	3		1		0.108		
Folate, total µg	95	11.465	3		1		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	95	11.465	3		1		36		
Folate, DFE µg	95		0	NC	4		36		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	20	3.694	3		1		7		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	391	73.877	3		1		149		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11676
Radish seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.767		0		1		0.291		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.003		0		1		0.001		
15:0....g									
16:0....g	0.663		0		1		0.252		
17:0....g									
18:0....g	0.095		0		1		0.036		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.419		0		1		0.159		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.007		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.409		0		1		0.155		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.141		0		1		0.434		
18:2 undifferentiated....g	0.410		0		1		0.156		
18:3 undifferentiated....g	0.722		0		1		0.274		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43142
Radishes, hawaiian style, pickled

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.50		1		1		137.25		
Energy kcal	28		0	NC	4		42		
Energy kJ	117		0	NC	4		175		
Protein g	1.10		1		1		1.65		
Total lipid (fat) g	0.30		1		1		0.45		
Ash g	1.90		0	O	4		2.85		
Carbohydrate, by difference g	5.20		0	NC	4		7.80		
Fiber, total dietary g	2.2		0		4		3.3		
Sugars, total g	2.00		0	O	4		3.00		
Starch g									
Minerals:									
Calcium, Ca mg	28		1		1		42		
Iron, Fe mg	0.23		1		1		0.35		
Magnesium, Mg mg	8		1		1		12		
Phosphorus, P mg	31		1		1		47		
Potassium, K mg	333		1		1		500		
Sodium, Na mg	789		1		1		1184		
Zinc, Zn mg	0.22		0		4		0.33		
Copper, Cu mg	0.171		0		4		0.257		
Manganese, Mn mg	0.057		0	BFSN	4		0.085		
Selenium, Se µg	0.7		0	CAZN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1		1		0.0		
Thiamin mg	0.020		1		1		0.030		
Riboflavin mg	0.030		1		1		0.045		
Niacin mg	0.310		1		1		0.465		
Pantothenic acid mg	0.195		0	BFSN	4		0.293		
Vitamin B-6 mg	0.100		0		4		0.150		
Folate, total µg	9		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		14		
Folate, DFE µg	9		0	NC	4		14		
Choline, total mg	11.6		0	BFSN	4		17.4		
Betaine mg									
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSN	4		0		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.00		0	Z	7		0.00		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.5		0	BFSN	4		0.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43142
Radishes, hawaiian style, pickled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.092		0		4		0.138		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.079		0		4		0.119		
17:0....g									
18:0....g	0.011		0		4		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.050		0		4		0.075		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002		
17:1....g									
18:1 undifferentiated....g	0.049		0		4		0.074		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.135		0		4		0.203		
18:2 undifferentiated....g	0.049		0		4		0.074		
18:3 undifferentiated....g	0.086		0		4		0.129		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11850
Radishes, oriental, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.04		2		1		139.71		
Energy kcal	17		0	NC	4		25		
Energy kJ	71		0		4		105		
Protein (N x 6.25) g	0.67		1		1		0.98		
Total lipid (fat) g	0.24		2		1		0.35		
Ash g	0.62		1		1		0.91		
Carbohydrate, by difference g	3.43		0	NC	4		5.04		
Fiber, total dietary g	1.6		1	A	1		2.4		
Sugars, total g	1.83		0	O	4		2.69		
Starch g									
Minerals:									
Calcium, Ca mg	17		1		1		25		
Iron, Fe mg	0.15		1		1		0.22		
Magnesium, Mg mg	9		1		1		13		
Phosphorus, P mg	24		1		1		35		
Potassium, K mg	285		1		1		419		
Sodium, Na mg	249		0		4		366		
Zinc, Zn mg	0.13		0		4		0.19		
Copper, Cu mg	0.101		0		4		0.148		
Manganese, Mn mg	0.033		0		4		0.049		
Selenium, Se µg	0.7		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		1		1		22.2		
Thiamin mg	0.000		0		1		0.000		
Riboflavin mg	0.023		1		1		0.034		
Niacin mg	0.150		1		1		0.221		
Pantothenic acid mg	0.114		0		4		0.168		
Vitamin B-6 mg	0.038		0		4		0.056		
Folate, total µg	17		0		4		26		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	17		0		4		26		
Folate, DFE µg	17		0	NC	4		26		
Choline, total mg	6.8		0	BFSN	4		10.0		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSY	4		0		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.00		0	BFSN	4		0.00		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11850

Radishes, oriental, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		1		0.107		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.063		0		1		0.093		
17:0....g									
18:0....g	0.009		0		1		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0		1		0.059		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.039		0		1		0.057		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.159		
18:2 undifferentiated....g	0.039		0		1		0.057		
18:3 undifferentiated....g	0.069		0		1		0.101		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		1		0.006		
Threonine....g	0.028		0		1		0.041		
Isoleucine....g	0.029		0		1		0.043		
Leucine....g	0.035		0		1		0.051		
Lysine....g	0.033		0		1		0.049		
Methionine....g	0.006		0		1		0.009		
Cystine....g	0.005		0		1		0.007		
Phenylalanine....g	0.022		0		1		0.032		
Tyrosine....g	0.013		0		1		0.019		
Valine....g	0.031		0		1		0.046		
Arginine....g	0.039		0		1		0.057		
Histidine....g	0.013		0		1		0.019		
Alanine....g	0.021		0		1		0.031		
Aspartic acid....g	0.046		0		1		0.068		
Glutamic acid....g	0.126		0		1		0.185		
Glycine....g	0.021		0		1		0.031		
Proline....g	0.017		0		1		0.025		
Serine....g	0.020		0		1		0.029		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11850
Radishes, oriental, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 147g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11431
Radishes, oriental, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.04		2		1		139.71		
Energy kcal	17		0	NC	4		25		
Energy kJ	71		0	NC	4		105		
Protein (N x 6.25) g	0.67		1		1		0.98		
Total lipid (fat) g	0.24		2		1		0.35		
Ash g	0.62		1		1		0.91		
Carbohydrate, by difference g	3.43		0	NC	4		5.04		
Fiber, total dietary g	1.6		0		4		2.4		
Sugars, total g	1.83		0	O	4		2.69		
Starch g									
Minerals:									
Calcium, Ca mg	17		1		1		25		
Iron, Fe mg	0.15		1		1		0.22		
Magnesium, Mg mg	9		1		1		13		
Phosphorus, P mg	24		1		1		35		
Potassium, K mg	285		1		1		419		
Sodium, Na mg	13		1		1		19		
Zinc, Zn mg	0.13		0		4		0.19		
Copper, Cu mg	0.101		0		4		0.148		
Manganese, Mn mg	0.033		0		4		0.049		
Selenium, Se µg	0.7		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		1		1		22.2		
Thiamin mg	0.000		0		1		0.000		
Riboflavin mg	0.023		1		1		0.034		
Niacin mg	0.150		1		1		0.221		
Pantothenic acid mg	0.114		0		4		0.168		
Vitamin B-6 mg	0.038		0		4		0.056		
Folate, total µg	17		0		4		26		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	17		0		4		26		
Folate, DFE µg	17		0	NC	4		26		
Choline, total mg	6.8		0	BFSN	4		10.0		
Betaine mg	0.1		0	BFSN	4		0.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSY	4		0		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	0.00		0	BFSN	4		0.00		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11431

Radishes, oriental, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.073		0		1		0.107		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.063		0		1		0.093		
17:0....g									
18:0....g	0.009		0		1		0.013		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0		1		0.059		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.039		0		1		0.057		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.159		
18:2 undifferentiated....g	0.039		0		1		0.057		
18:3 undifferentiated....g	0.069		0		1		0.101		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.004		0		1		0.006		
Threonine....g	0.028		0		1		0.041		
Isoleucine....g	0.029		0		1		0.043		
Leucine....g	0.035		0		1		0.051		
Lysine....g	0.033		0		1		0.049		
Methionine....g	0.006		0		1		0.009		
Cystine....g	0.005		0		1		0.007		
Phenylalanine....g	0.022		0		1		0.032		
Tyrosine....g	0.013		0		1		0.019		
Valine....g	0.031		0		1		0.046		
Arginine....g	0.039		0		1		0.057		
Histidine....g	0.013		0		1		0.019		
Alanine....g	0.021		0		1		0.031		
Aspartic acid....g	0.046		0		1		0.068		
Glutamic acid....g	0.126		0		1		0.185		
Glycine....g	0.021		0		1		0.031		
Proline....g	0.017		0		1		0.025		
Serine....g	0.020		0		1		0.029		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11431
Radishes, oriental, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 147g: 1 cup, sliced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11432
Radishes, oriental, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	19.68		2		1		22.83		
Energy kcal	271		0	NC	4		314		
Energy kJ	1134		0		4		1315		
Protein (N x 6.25) g	7.90		1		1		9.16		
Total lipid (fat) g	0.72		1		1		0.84		
Ash g	8.33		1		1		9.66		
Carbohydrate, by difference g	63.37		0	NC	4		73.51		
Fiber, total dietary g	23.9		0	BFSN	4		27.7		
Sugars, total g	37.32		0	BFSN	4		43.30		
Starch g									
Minerals:									
Calcium, Ca mg	629		1		1		730		
Iron, Fe mg	6.73		1		1		7.81		
Magnesium, Mg mg	170		1		1		197		
Phosphorus, P mg	204		1		1		237		
Potassium, K mg	3494		1		1		4053		
Sodium, Na mg	278		1		1		322		
Zinc, Zn mg	2.13		0		4		2.47		
Copper, Cu mg	1.631		0		4		1.892		
Manganese, Mn mg	0.539		0		4		0.625		
Selenium, Se µg	0.7		0	CAZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0		
Thiamin mg	0.270		1		1		0.313		
Riboflavin mg	0.680		1		1		0.789		
Niacin mg	3.400		1		1		3.944		
Pantothenic acid mg	1.854		0		4		2.151		
Vitamin B-6 mg	0.618		0		4		0.717		
Folate, total µg	295		0		4		342		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	295		0		4		342		
Folate, DFE µg	295		0	NC	4		342		
Choline, total mg	109.7		0	BFSN	4		127.2		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSN	4		0		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	0		1		1		0		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.01		0	BFSN	4		0.02		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.5		0	BFSN	4		5.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11432
Radishes, oriental, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.218		0		1		0.253		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.189		0		1		0.219		
17:0....g									
18:0....g	0.027		0		1		0.031		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.119		0		1		0.138		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.117		0		1		0.136		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.325		0		1		0.377		
18:2 undifferentiated....g	0.117		0		1		0.136		
18:3 undifferentiated....g	0.206		0		1		0.239		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0		1		0.050		
Threonine....g	0.326		0		1		0.378		
Isoleucine....g	0.344		0		1		0.399		
Leucine....g	0.413		0		1		0.479		
Lysine....g	0.393		0		1		0.456		
Methionine....g	0.075		0		1		0.087		
Cystine....g	0.062		0		1		0.072		
Phenylalanine....g	0.262		0		1		0.304		
Tyrosine....g	0.150		0		1		0.174		
Valine....g	0.365		0		1		0.423		
Arginine....g	0.456		0		1		0.529		
Histidine....g	0.149		0		1		0.173		
Alanine....g	0.248		0		1		0.288		
Aspartic acid....g	0.538		0		1		0.624		
Glutamic acid....g	1.492		0		1		1.731		
Glycine....g	0.248		0		1		0.288		
Proline....g	0.202		0		1		0.234		
Serine....g	0.240		0		1		0.278		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11432
Radishes, oriental, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11430

Radishes, oriental, raw

Raphanus sativus (Longipinratus Group)

Refuse: 21% Tops and parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.62		2		1		109.76	319.82	
Energy kcal	18		0	NC	4		21	62	
Energy kJ	76		0	NC	4		89	258	
Protein (N x 6.25) g	0.60		1		1		0.70	2.03	
Total lipid (fat) g	0.10		1		1		0.12	0.34	
Ash g	0.58		0		1		0.67	1.96	
Carbohydrate, by difference g	4.10		0	NC	4		4.76	13.86	
Fiber, total dietary g	1.6		0		4		1.9	5.4	
Sugars, total g	2.50		0	T	4		2.90	8.45	
Starch g									
Minerals:									
Calcium, Ca mg	27		1		1		31	91	
Iron, Fe mg	0.40		1		1		0.46	1.35	
Magnesium, Mg mg	16		2		1		19	54	
Phosphorus, P mg	23		2		1		27	78	
Potassium, K mg	227		2		1		263	767	
Sodium, Na mg	21		2		1		24	71	
Zinc, Zn mg	0.15		0		4		0.17	0.51	
Copper, Cu mg	0.115		0		4		0.133	0.389	
Manganese, Mn mg	0.038		0		4		0.044	0.128	
Selenium, Se µg	0.7		0	CAZN	4		0.8	2.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	22.0		1		1		25.5	74.4	
Thiamin mg	0.020		1		1		0.023	0.068	
Riboflavin mg	0.020		1		1		0.023	0.068	
Niacin mg	0.200		1		1		0.232	0.676	
Pantothenic acid mg	0.138		0		4		0.160	0.466	
Vitamin B-6 mg	0.046		0		4		0.053	0.155	
Folate, total µg	28		0		4		33	95	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	28		0		4		33	95	
Folate, DFE µg	28		0	NC	4		33	95	
Choline, total mg	7.3		0	BFSN	4		8.5	24.8	
Betaine mg	0.1		0	BFSN	4		0.1	0.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	O	4		0.00	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	O	4		0.3	1.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11430
Radishes, oriental, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.030		0		1		0.035	0.101	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.026		0		1		0.030	0.088	
17:0....g									
18:0....g	0.004		0		1		0.005	0.014	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0		1		0.020	0.057	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.019	0.054	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.045		0		1		0.052	0.152	
18:2 undifferentiated....g	0.016		0		1		0.019	0.054	
18:3 undifferentiated....g	0.029		0		1		0.034	0.098	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.003		0		1		0.003	0.010	
Threonine....g	0.025		0		1		0.029	0.085	
Isoleucine....g	0.026		0		1		0.030	0.088	
Leucine....g	0.031		0		1		0.036	0.105	
Lysine....g	0.030		0		1		0.035	0.101	
Methionine....g	0.006		0		1		0.007	0.020	
Cystine....g	0.005		0		1		0.006	0.017	
Phenylalanine....g	0.020		0		1		0.023	0.068	
Tyrosine....g	0.011		0		1		0.013	0.037	
Valine....g	0.028		0		1		0.032	0.095	
Arginine....g	0.035		0		1		0.041	0.118	
Histidine....g	0.011		0		1		0.013	0.037	
Alanine....g	0.019		0		1		0.022	0.064	
Aspartic acid....g	0.041		0		1		0.048	0.139	
Glutamic acid....g	0.113		0		1		0.131	0.382	
Glycine....g	0.019		0		1		0.022	0.064	
Proline....g	0.015		0		1		0.017	0.051	
Serine....g	0.018		0		1		0.021	0.061	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11430
Radishes, oriental, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup slices

Measure 2 = 338g: 1 radish (7" long)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11429
Radishes, raw
Raphanus sativus

Refuse: 10% Stem ends, rootlets and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.27	0.227	21	JA	6		110.51	8.57	4.29
Energy kcal	16		0	NC	4		18	1	1
Energy kJ	66		0	NC	4		77	6	3
Protein (N x 6.25) g	0.68	0.067	19	JO	11		0.78	0.06	0.03
Total lipid (fat) g	0.10	0.011	14	JA	6		0.12	0.01	0.00
Ash g	0.55	0.016	19	JA	6		0.64	0.05	0.02
Carbohydrate, by difference g	3.40		0	NC	4		3.95	0.31	0.15
Fiber, total dietary g	1.6	0.058	8	A	1		1.9	0.1	0.1
Sugars, total g	1.86		0	NC	4		2.16	0.17	0.08
Sucrose g	0.10	0.082	10	JA	6		0.12	0.01	0.00
Glucose (dextrose) g	1.05	0.091	13	JA	6		1.22	0.09	0.05
Fructose g	0.71	0.043	13	JA	6		0.82	0.06	0.03
Lactose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	25	1.676	26	JA	6		29	2	1
Iron, Fe mg	0.34	0.036	24	JA	6		0.39	0.03	0.02
Magnesium, Mg mg	10	0.544	25	JA	6		12	1	0
Phosphorus, P mg	20	1.629	25	JA	6		24	2	1
Potassium, K mg	233	10.944	25	JA	6		271	21	10
Sodium, Na mg	39	3.334	30	JA	6		46	4	2
Zinc, Zn mg	0.28	0.086	25	JA	6		0.33	0.03	0.01
Copper, Cu mg	0.050	0.013	17	JA	6		0.058	0.004	0.002
Manganese, Mn mg	0.069	0.015	19	JA	6		0.080	0.006	0.003
Selenium, Se µg	0.6	0.096	4	A	1		0.7	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	14.8	1.922	16	JA	6		17.2	1.3	0.7
Thiamin mg	0.012	0.002	13	JA	6		0.013	0.001	0.001
Riboflavin mg	0.039	0.002	13	JA	6		0.045	0.004	0.002
Niacin mg	0.254	0.014	13	JA	6		0.295	0.023	0.011
Pantothenic acid mg	0.165	0.068	13	JA	6		0.192	0.015	0.007
Vitamin B-6 mg	0.071	0.007	19	JA	6		0.083	0.006	0.003
Folate, total µg	25	3.804	19	JA	6		28	2	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	25	3.804	19	JA	6		28	2	1
Folate, DFE µg	25		0	NC	4		28	2	1
Choline, total mg	6.5		0	AS	1		7.5	0.6	0.3
Betaine mg	0.1		2	A	1		0.1	0.0	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	4	1.250	4	A	1		5	0	0
Carotene, alpha µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU IU	7		0	AS	1		9	1	0
Lycopene µg	0	0.000	4	A	1		0	0	0
Lutein + zeaxanthin µg	10	0.791	4	A	1		11	1	0
Vitamin E (alpha-tocopherol) mg	0.00	0.004	4	A	1		0.00	0.00	0.00
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02	0.006	4	A	1		0.03	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 11429
Radishes, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	1.3	0.174	7	A	1		1.6	0.1	0.1
Dihydrophylloquinone....µg	0.0	0.000	7	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.032		0	NC	4		0.037	0.003	0.001
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.027		1		1		0.032	0.002	0.001
17:0....g									
18:0....g	0.004		1		1		0.005	0.000	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.017		0	NC	4		0.020	0.002	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.017		1		1		0.020	0.002	0.001
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.048		0	NC	4		0.055	0.004	0.002
18:2 undifferentiated....g	0.017		1		1		0.020	0.002	0.001
18:3 undifferentiated....g	0.031		1		1		0.036	0.003	0.001
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	7		0		1		8	1	0
Amino Acids:									
Tryptophan....g	0.009		0	JA	6		0.010	0.001	0.000
Threonine....g	0.023		0	JA	6		0.027	0.002	0.001
Isoleucine....g	0.020		0	JA	6		0.023	0.002	0.001
Leucine....g	0.031		0	JA	6		0.036	0.003	0.001
Lysine....g	0.033		0	JA	6		0.039	0.003	0.001
Methionine....g	0.010		0	JA	6		0.011	0.001	0.000
Cystine....g	0.010		0	JA	6		0.012	0.001	0.000
Phenylalanine....g	0.036		0	JA	6		0.042	0.003	0.002
Tyrosine....g	0.009		0	JA	6		0.010	0.001	0.000
Valine....g	0.035		0	JA	6		0.040	0.003	0.002
Arginine....g	0.038		0	JA	6		0.044	0.003	0.002
Histidine....g	0.013		0	JA	6		0.015	0.001	0.001
Alanine....g	0.026		0	JA	6		0.031	0.002	0.001

NDB No. 11429
Radishes, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.064		0	JA	6		0.075	0.006	0.003
Glutamic acid....g	0.157		0	JA	6		0.182	0.014	0.007
Glycine....g	0.026		0	JA	6		0.030	0.002	0.001
Proline....g	0.022		0	JA	6		0.026	0.002	0.001
Serine....g	0.027		0	JA	6		0.032	0.002	0.001
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup slices

Measure 2 = 9.0g: 1 large (1" to 1-1/4" dia)

Measure 3 = 4.5g: 1 medium (3/4" to 1" dia)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11637
Radishes, white icicle, raw
Raphanus sativus

Refuse: 35% Parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.37	0.478	4		1		47.69	16.21	
Energy kcal	14		0	NC	4		7	2	
Energy kJ	59				4		29	10	
Protein (N x 6.25) g	1.10		1		1		0.55	0.19	
Total lipid (fat) g	0.10		1		1		0.05	0.02	
Ash g	0.80		1		1		0.40	0.14	
Carbohydrate, by difference g	2.63		0	NC	4		1.32	0.45	
Fiber, total dietary g	1.4		0	BFSN	4		0.7	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	27		1		1		14	5	
Iron, Fe mg	0.80		1		1		0.40	0.14	
Magnesium, Mg mg	9		1		1		5	2	
Phosphorus, P mg	28		1		1		14	5	
Potassium, K mg	280		1		1		140	48	
Sodium, Na mg	16		1		1		8	3	
Zinc, Zn mg	0.13		0		4		0.07	0.02	
Copper, Cu mg	0.099		0		4		0.050	0.017	
Manganese, Mn mg	0.033		0		4		0.017	0.006	
Selenium, Se µg	0.7		0	CAZN	4		0.4	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	29.0		1		1		14.5	4.9	
Thiamin mg	0.030		1		1		0.015	0.005	
Riboflavin mg	0.020		1		1		0.010	0.003	
Niacin mg	0.300		1		1		0.150	0.051	
Pantothenic acid mg	0.184		1		1		0.092	0.031	
Vitamin B-6 mg	0.075		1		1		0.038	0.013	
Folate, total µg	14	2.818	3		1		7	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14	2.818	3		1		7	2	
Folate, DFE µg	14		0	NC	4		7	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		1		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11637
Radishes, white icicle, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.030		0		1		0.015	0.005	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	
15:0....g									
16:0....g	0.026		1		1		0.013	0.004	
17:0....g									
18:0....g	0.004		1		1		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.008	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		1		1		0.008	0.003	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.045		0		1		0.023	0.008	
18:2 undifferentiated....g	0.016		1		1		0.008	0.003	
18:3 undifferentiated....g	0.029		1		1		0.015	0.005	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.003	0.001	
Threonine....g	0.045		0		1		0.023	0.008	
Isoleucine....g	0.048		0		1		0.024	0.008	
Leucine....g	0.058		0		1		0.029	0.010	
Lysine....g	0.055		0		1		0.028	0.009	
Methionine....g	0.010		0		1		0.005	0.002	
Cystine....g	0.009		0		1		0.005	0.002	
Phenylalanine....g	0.036		0		1		0.018	0.006	
Tyrosine....g	0.021		0		1		0.011	0.004	
Valine....g	0.051		0		1		0.026	0.009	
Arginine....g	0.064		0		1		0.032	0.011	
Histidine....g	0.021		0		1		0.011	0.004	
Alanine....g	0.034		0		1		0.017	0.006	
Aspartic acid....g	0.075		0		1		0.038	0.013	
Glutamic acid....g	0.208		0		1		0.104	0.035	
Glycine....g	0.034		0		1		0.017	0.006	
Proline....g	0.028		0		1		0.014	0.005	
Serine....g	0.033		0		1		0.017	0.006	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11637
Radishes, white icicle, raw

Common Measures:
Measure 1 = 50g: .5 cup slices
Measure 2 = 17g: 1 radish (7" long)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11851
Rutabagas, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.54	0.000	3	JA	6		109.85		
Energy kcal	30		0	NC	4		36		
Energy kJ	127		0	NC	4		152		
Protein (N x 6.25) g	0.93		1	JA	6		1.12		
Total lipid (fat) g	0.18		1	JA	6		0.22		
Ash g	0.51		1	JA	6		0.61		
Carbohydrate, by difference g	6.84		0	NC	4		8.20		
Fiber, total dietary g	1.8		0	BFSN	4		2.2		
Sugars, total g	3.95		0	AS	1		4.74		
Sucrose g	0.35		1	A	1		0.42		
Glucose (dextrose) g	2.06		1	A	1		2.47		
Fructose g	1.54		1	A	1		1.85		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		0	Z	7		0.00		
Starch g	0.31		1	A	1		0.37		
Minerals:									
Calcium, Ca mg	18		1	JA	6		22		
Iron, Fe mg	0.18		1	JA	6		0.22		
Magnesium, Mg mg	10		1	JA	6		12		
Phosphorus, P mg	41		1	JA	6		49		
Potassium, K mg	216		1	JA	6		259		
Sodium, Na mg	254		0	O	4		305		
Zinc, Zn mg	0.12		1	JA	6		0.14		
Copper, Cu mg	0.029		1	JA	6		0.035		
Manganese, Mn mg	0.097		1	JA	6		0.116		
Selenium, Se µg	0.7		0	CAZN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.8		0		1		22.6		
Thiamin mg	0.082		0		1		0.098		
Riboflavin mg	0.041		0		1		0.049		
Niacin mg	0.715		0		1		0.858		
Pantothenic acid mg	0.155		0		1		0.186		
Vitamin B-6 mg	0.102		0		1		0.122		
Folate, total µg	15		0		1		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0		1		18		
Folate, DFE µg	15		0	NC	4		18		
Choline, total mg	15.2		0	BFSN	4		18.2		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1		0	BFSY	4		1		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	2		0	NC	4		2		
Lycopene µg	10		0	BFSY	4		12		
Lutein + zeaxanthin µg	13		0	BFSY	4		16		
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.29		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11851
Rutabagas, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.2		0	BFSN	4		0.3		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.035		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.026		0		1		0.031		
17:0....g									
18:0....g	0.003		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1		0.032		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.027		0		1		0.032		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.095		0		1		0.114		
18:2 undifferentiated....g	0.038		0		1		0.046		
18:3 undifferentiated....g	0.057		0		1		0.068		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: .5 cup, mashed

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

NDB No. 11851
Rutabagas, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11436
Rutabagas, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.54	0.000	3	JA	6		155.62	219.70	
Energy kcal	30		0	NC	4		52	73	
Energy kJ	127		0	NC	4		216	305	
Protein (N x 6.25) g	0.93		1	JA	6		1.58	2.24	
Total lipid (fat) g	0.18		1	JA	6		0.31	0.43	
Ash g	0.51		1	JA	6		0.86	1.22	
Carbohydrate, by difference g	6.84		0	NC	4		11.62	16.41	
Fiber, total dietary g	1.8		0	BFSN	4		3.1	4.3	
Sugars, total g	3.95		0	AS	1		6.71	9.48	
Sucrose g	0.35		1	A	1		0.59	0.84	
Glucose (dextrose) g	2.06		1	A	1		3.50	4.94	
Fructose g	1.54		1	A	1		2.62	3.70	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	0.31		1	A	1		0.52	0.74	
Minerals:									
Calcium, Ca mg	18		1	JA	6		31	44	
Iron, Fe mg	0.18		1	JA	6		0.31	0.43	
Magnesium, Mg mg	10		1	JA	6		18	25	
Phosphorus, P mg	41		1	JA	6		69	98	
Potassium, K mg	216		1	JA	6		367	518	
Sodium, Na mg	5		1	JA	6		8	12	
Zinc, Zn mg	0.12		1	JA	6		0.20	0.29	
Copper, Cu mg	0.029		1	JA	6		0.049	0.069	
Manganese, Mn mg	0.097		1	JA	6		0.165	0.232	
Selenium, Se µg	0.7		0	CAZN	4		1.2	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	18.8		0		1		32.0	45.1	
Thiamin mg	0.082		0		1		0.139	0.197	
Riboflavin mg	0.041		0		1		0.070	0.098	
Niacin mg	0.715		0		1		1.216	1.716	
Pantothenic acid mg	0.155		0		1		0.264	0.372	
Vitamin B-6 mg	0.102		0		1		0.173	0.245	
Folate, total µg	15		0		1		26	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		1		26	36	
Folate, DFE µg	15		0	NC	4		26	36	
Choline, total mg	15.2		0	BFSN	4		25.8	36.4	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	1		0	BFSY	4		1	2	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		1	1	
Vitamin A, IU IU	2		0	NC	4		3	4	
Lycopene µg	10		0	BFSY	4		17	24	
Lutein + zeaxanthin µg	13		0	BFSY	4		23	32	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.41	0.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11436
Rutabagas, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.4	0.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.029		0		1		0.049	0.070	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.000		0		1		0.000	0.000	
10:0 g	0.000		0		1		0.000	0.000	
12:0 g	0.000		0		1		0.000	0.000	
13:0 g									
14:0 g	0.000		0		1		0.000	0.000	
15:0 g									
16:0 g	0.026		0		1		0.044	0.062	
17:0 g									
18:0 g	0.003		0		1		0.005	0.007	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.027		0		1		0.046	0.065	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		0		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.027		0		1		0.046	0.065	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.095		0		1		0.162	0.228	
18:2 undifferentiated g	0.038		0		1		0.065	0.091	
18:3 undifferentiated g	0.057		0		1		0.097	0.137	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0		7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup, cubes

Measure 2 = 240g: 1 cup, mashed

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

NDB No. 11436
Rutabagas, cooked, boiled, drained, without salt

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11435
Rutabagas, raw
Brassica napus var. napobrassica

Refuse: 15% Parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.43	0.334	8	JA	6		125.20	690.40	345.20
Energy kcal	37		0	NC	4		52	289	145
Energy kJ	157		0	NC	4		220	1212	606
Protein (N x 6.25) g	1.08		2	JA	6		1.51	8.31	4.16
Total lipid (fat) g	0.16		2	JA	6		0.23	1.24	0.62
Ash g	0.71		2	JA	6		1.00	5.50	2.75
Carbohydrate, by difference g	8.62		0	NC	4		12.07	66.54	33.27
Fiber, total dietary g	2.3		2		1		3.2	17.4	8.7
Sugars, total g	4.46		0	NC	4		6.25	34.47	17.23
Sucrose g	0.53		2	JA	6		0.75	4.13	2.06
Glucose (dextrose) g	2.30		2	JA	6		3.22	17.76	8.88
Fructose g	1.61		2	JA	6		2.25	12.43	6.21
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.02		2	JA	6		0.03	0.15	0.08
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.40		1	A	1		0.56	3.07	1.53
Minerals:									
Calcium, Ca mg	43		3	JA	6		60	332	166
Iron, Fe mg	0.44		3	JA	6		0.62	3.39	1.70
Magnesium, Mg mg	20		3	JA	6		28	152	76
Phosphorus, P mg	53		3	JA	6		74	406	203
Potassium, K mg	305		3	JA	6		427	2355	1177
Sodium, Na mg	12		2	JA	6		16	91	45
Zinc, Zn mg	0.24		2	JA	6		0.34	1.86	0.93
Copper, Cu mg	0.032		2	JA	6		0.044	0.245	0.122
Manganese, Mn mg	0.131		2	JA	6		0.184	1.014	0.507
Selenium, Se µg	0.7		0	CAZN	4		1.0	5.4	2.7
Vitamins:									
Vitamin C, total ascorbic acid mg	25.0		1		1		35.0	193.0	96.5
Thiamin mg	0.090		1		1		0.126	0.695	0.347
Riboflavin mg	0.040		1		1		0.056	0.309	0.154
Niacin mg	0.700		1		1		0.980	5.404	2.702
Pantothenic acid mg	0.160		0		1		0.224	1.235	0.618
Vitamin B-6 mg	0.100		1		1		0.140	0.772	0.386
Folate, total µg	21	2.595	4		1		29	162	81
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	21	2.595	4		1		29	162	81
Folate, DFE µg	21		0	NC	4		29	162	81
Choline, total mg	14.1		0	BFSN	4		19.8	109.0	54.5
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	1	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1		1	A	1		2	9	5
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	1		1	A	1		1	4	2
Vitamin A, IU IU	2		0	AS	1		3	18	9
Lycopene µg	14		1	A	1		20	108	54
Lutein + zeaxanthin µg	19		1	A	1		26	143	72
Vitamin E (alpha-tocopherol) mg	0.30		0	O	4		0.42	2.32	1.16
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11435
Rutabagas, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	0.3		0	O	4		0.4	2.3	1.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.027		0		1		0.038	0.208	0.104
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.024		0		1		0.034	0.185	0.093
17:0....g									
18:0....g	0.003		0		1		0.004	0.023	0.012
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0		1		0.035	0.193	0.097
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.035	0.193	0.097
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0		1		0.123	0.679	0.340
18:2 undifferentiated....g	0.035		0		1		0.049	0.270	0.135
18:3 undifferentiated....g	0.053		0		1		0.074	0.409	0.205
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, cubes

Measure 2 = 772g: 1 large

Measure 3 = 386g: 1 medium

NDB No. 11435
Rutabagas, raw

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11437
Salsify, (vegetable oyster), raw
Tragopogon porrifolius

Refuse: 13% Scrapings and rootlets

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.00		1		1		102.41		
Energy kcal	82		0	NC	4		109		
Energy kJ	343				4		456		
Protein (N x 6.25) g	3.30		1		1		4.39		
Total lipid (fat) g	0.20		1		1		0.27		
Ash g	0.90		0		1		1.20		
Carbohydrate, by difference g	18.60		0	NC	4		24.74		
Fiber, total dietary g	3.3		0		4		4.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	60		1		1		80		
Iron, Fe mg	0.70		1		1		0.93		
Magnesium, Mg mg	23		1		1		31		
Phosphorus, P mg	75		1		1		100		
Potassium, K mg	380		1		1		505		
Sodium, Na mg	20		1		1		27		
Zinc, Zn mg	0.38		0		4		0.51		
Copper, Cu mg	0.089		0		4		0.118		
Manganese, Mn mg	0.268		0		4		0.356		
Selenium, Se µg	0.8		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		1		1		10.6		
Thiamin mg	0.080		1		1		0.106		
Riboflavin mg	0.220		1		1		0.293		
Niacin mg	0.500		1		1		0.665		
Pantothenic acid mg	0.371		0		4		0.493		
Vitamin B-6 mg	0.277		0		4		0.368		
Folate, total µg	26		0		4		35		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	26		0		4		35		
Folate, DFE µg	26		0	NC	4		35		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		1		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		1		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11437
Salsify, (vegetable oyster), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11852
Salsify, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.00		0		1		109.35		
Energy kcal	68		0	NC	4		92		
Energy kJ	284		0	NC	4		384		
Protein (N x 6.25) g	2.73		0		1		3.69		
Total lipid (fat) g	0.17		0		1		0.23		
Ash g	0.74		0		1		1.00		
Carbohydrate, by difference g	15.36		0	NC	4		20.74		
Fiber, total dietary g	3.1		1	A	1		4.2		
Sugars, total g	2.90		0	T	4		3.92		
Starch g									
Minerals:									
Calcium, Ca mg	47		0		1		63		
Iron, Fe mg	0.55		0		1		0.74		
Magnesium, Mg mg	18		0		1		24		
Phosphorus, P mg	56		0		1		76		
Potassium, K mg	283		0		1		382		
Sodium, Na mg	252		0		4		340		
Zinc, Zn mg	0.30		0		4		0.41		
Copper, Cu mg	0.070		0		4		0.095		
Manganese, Mn mg	0.210		0		4		0.284		
Selenium, Se µg	0.6		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6		0		1		6.2		
Thiamin mg	0.056		0		1		0.076		
Riboflavin mg	0.173		0		1		0.234		
Niacin mg	0.392		0		1		0.529		
Pantothenic acid mg	0.276		0		4		0.373		
Vitamin B-6 mg	0.218		0		4		0.294		
Folate, total µg	15		0		4		21		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0		4		21		
Folate, DFE µg	15		0	NC	4		21		
Choline, total mg	25.9		0	BFSN	4		35.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.19		0	O	4		0.26		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.3		0	O	4		0.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11852
Salsify, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11438
Salsify, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.00		0		1		109.35		
Energy kcal	68		0	NC	4		92		
Energy kJ	284		0	NC	4		384		
Protein (N x 6.25) g	2.73		0		1		3.69		
Total lipid (fat) g	0.17		0		1		0.23		
Ash g	0.74		0		1		1.00		
Carbohydrate, by difference g	15.36		0	NC	4		20.74		
Fiber, total dietary g	3.1		0		4		4.2		
Sugars, total g	2.90		0	T	4		3.92		
Starch g									
Minerals:									
Calcium, Ca mg	47		0		1		63		
Iron, Fe mg	0.55		0		1		0.74		
Magnesium, Mg mg	18		0		1		24		
Phosphorus, P mg	56		0		1		76		
Potassium, K mg	283		0		1		382		
Sodium, Na mg	16		0		1		22		
Zinc, Zn mg	0.30		0		4		0.41		
Copper, Cu mg	0.070		0		4		0.095		
Manganese, Mn mg	0.210		0		4		0.284		
Selenium, Se µg	0.6		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6		0		1		6.2		
Thiamin mg	0.056		0		1		0.076		
Riboflavin mg	0.173		0		1		0.234		
Niacin mg	0.392		0		1		0.529		
Pantothenic acid mg	0.276		0		4		0.373		
Vitamin B-6 mg	0.218		0		4		0.294		
Folate, total µg	15		0		4		21		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0		4		21		
Folate, DFE µg	15		0	NC	4		21		
Choline, total mg	25.9		0	BFSN	4		35.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.19		0	O	4		0.26		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.3		0	O	4		0.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11438

Salsify, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0		4		0.055		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.003		0		4		0.004		
15:0....g									
16:0....g	0.035		0		4		0.047		
17:0....g									
18:0....g	0.002		0		4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		4		0.004		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.003		0		4		0.004		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.074		0		4		0.100		
18:2 undifferentiated....g	0.064		0		4		0.086		
18:3 undifferentiated....g	0.011		0		4		0.015		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, sliced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11439
Sauerkraut, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.52	0.104	144		1		131.38	218.35	
Energy kcal	19		0	NC	4		27	44	
Energy kJ	78		0	NC	4		111	184	
Protein (N x 6.25) g	0.91	0.019	154		1		1.29	2.15	
Total lipid (fat) g	0.14	0.003	146		1		0.20	0.33	
Ash g	2.15	0.025	173		1		3.05	5.07	
Carbohydrate, by difference g	4.28		0	NC	4		6.08	10.10	
Fiber, total dietary g	2.9		2		1		4.0	6.7	
Sugars, total g	1.78		0	O	4		2.53	4.20	
Sucrose g									
Glucose (dextrose) g	0.14		1		1		0.20	0.33	
Fructose g	0.04		1		1		0.06	0.09	
Lactose g									
Maltose g									
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	30	0.547	180		1		43	71	
Iron, Fe mg	1.47	0.093	173		1		2.09	3.47	
Magnesium, Mg mg	13	0.426	138		1		18	31	
Phosphorus, P mg	20	0.545	142		1		28	47	
Potassium, K mg	170	3.913	136		1		241	401	
Sodium, Na mg	661	8.530	167		1		939	1560	
Zinc, Zn mg	0.19	0.010	17		1		0.27	0.45	
Copper, Cu mg	0.096	0.013	17		1		0.136	0.227	
Manganese, Mn mg	0.151		0		4		0.214	0.356	
Selenium, Se µg	0.6		0	CAZN	4		0.9	1.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	14.7	0.883	184		1		20.9	34.7	
Thiamin mg	0.021	0.000	124		1		0.030	0.050	
Riboflavin mg	0.022	0.001	151		1		0.031	0.052	
Niacin mg	0.143	0.006	152		1		0.203	0.337	
Pantothenic acid mg	0.093		0		1		0.132	0.219	
Vitamin B-6 mg	0.130		0		1		0.185	0.307	
Folate, total µg	24		0		4		34	56	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	24		0		4		34	56	
Folate, DFE µg	24		0	NC	4		34	56	
Choline, total mg	10.4		0	AS	1		14.8	24.5	
Betaine mg	0.5		2	A	1		0.7	1.1	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		1	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8		0	O	4		12	20	
Carotene, alpha µg	5		0	O	4		7	11	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	18		0	NC	4		26	42	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	295		0	BFSN	4		419	697	
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.20	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11439
Sauerkraut, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	13.0		1		1		18.5	30.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.034		0	NC	4		0.049	0.081	
4:0 g	0.000		0		1		0.000	0.000	
6:0 g	0.000		0		1		0.000	0.000	
8:0 g	0.001		1		1		0.002	0.003	
10:0 g	0.001		1		1		0.002	0.003	
12:0 g	0.001		1		1		0.002	0.003	
13:0 g									
14:0 g	0.000		1		1		0.000	0.000	
15:0 g									
16:0 g	0.028		1		1		0.039	0.065	
17:0 g									
18:0 g	0.003		1		1		0.004	0.006	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.013		0	NC	4		0.019	0.031	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.000		1		1		0.000	0.000	
17:1 g									
18:1 undifferentiated g	0.013		1		1		0.019	0.031	
20:1 g	0.000		0		1		0.000	0.000	
22:1 undifferentiated g	0.000		0		1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.067		0	NC	4		0.096	0.159	
18:2 undifferentiated g	0.034		1		1		0.049	0.081	
18:3 undifferentiated g	0.033		1		1		0.047	0.078	
18:4 g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.000		1		1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		0		1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0		1		0.000	0.000	
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.008		0	NR	4		0.011	0.018	
Threonine g	0.025		0	NR	4		0.035	0.059	
Isoleucine g	0.021		0	NR	4		0.030	0.051	
Leucine g	0.029		0	NR	4		0.042	0.069	
Lysine g	0.031		0	NR	4		0.044	0.073	
Methionine g	0.009		0	NR	4		0.012	0.020	
Cystine g	0.008		0	NR	4		0.011	0.018	
Phenylalanine g	0.023		0	NR	4		0.032	0.053	
Tyrosine g	0.014		0	NR	4		0.019	0.032	
Valine g	0.030		0	NR	4		0.043	0.071	
Arginine g	0.053		0	NR	4		0.075	0.125	
Histidine g	0.016		0	NR	4		0.022	0.037	
Alanine g	0.030		0	NR	4		0.043	0.071	
Aspartic acid g	0.087		0	NR	4		0.123	0.204	
Glutamic acid g	0.209		0	NR	4		0.296	0.493	

NDB No. 11439
Sauerkraut, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.021		0	NR	4		0.030	0.051	
Proline....g	0.034		0	NR	4		0.048	0.080	
Serine....g	0.037		0	NR	4		0.053	0.088	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 cup

Measure 2 = 236g: 1 cup, undrained

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31019

Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry

Chondrus crispus

Acadian Seaplants Limited

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.00		1	A	1		0.70		
Energy kcal	259		0	NC	4		13		
Energy kJ	1083		0	NC	4		54		
Protein (N x 6.25) g	15.34		1	A	1		0.77		
Total lipid (fat) g	1.39		1	A	1		0.07		
Ash g	23.03		1	A	1		1.15		
Carbohydrate, by difference g	46.24		0	NC	4		2.31		
Fiber, total dietary g	36.7		1	A	1		1.8		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	299		1	A	1		15		
Iron, Fe mg	66.38		1	A	1		3.32		
Magnesium, Mg mg	692		1	A	1		35		
Phosphorus, P mg	260		1	A	1		13		
Potassium, K mg	2944		1	A	1		147		
Sodium, Na mg	4331		1	A	1		217		
Zinc, Zn mg	2.53		1	A	1		0.13		
Copper, Cu mg	0.470		1	A	1		0.024		
Manganese, Mn mg	5.880		1	A	1		0.294		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	29.0		1	A	1		1.4		
Thiamin mg	0.480		1	A	1		0.024		
Riboflavin mg	1.590		1	A	1		0.080		
Niacin mg	3.750		1	A	1		0.188		
Pantothenic acid mg									
Vitamin B-6 mg	0.230		1	A	1		0.012		
Folate, total µg	188		1	A	1		9		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	188		1	A	1		9		
Folate, DFE µg	188		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.25		1	A	1		0.11		
Vitamin A, RAE µg	406		0	AS	1		20		
Retinol µg									
Carotene, beta µg	4872		1	A	1		244		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	8120		0	AS	1		406		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	5.53		1	A	1		0.28		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	3.1		1	A	1		0.2		
Vitamin D IU	126		1	A	1		6		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 31019
Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.450		1	A	1		0.023		
Fatty acids, total monounsaturated....g	0.110		1	A	1		0.006		
Fatty acids, total polyunsaturated....g	0.750		1	A	1		0.038		
Fatty acids, total trans....g	0.000		1	A	1		0.000		
Cholesterol....mg	33		1	A	1		2		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.162		0	A	1		0.008		
Threonine....g	0.583		0	A	1		0.029		
Isoleucine....g	0.563		0	A	1		0.028		
Leucine....g	0.903		0	A	1		0.045		
Lysine....g	0.751		0	A	1		0.038		
Methionine....g	0.254		0	A	1		0.013		
Cystine....g	0.254		0	A	1		0.013		
Phenylalanine....g	0.807		0	A	1		0.040		
Tyrosine....g	0.335		0	A	1		0.017		
Valine....g	0.664		0	A	1		0.033		
Arginine....g	0.769		0	A	1		0.038		
Histidine....g	0.229		0	A	1		0.011		
Alanine....g	0.807		0	A	1		0.040		
Aspartic acid....g	1.334		0	A	1		0.067		
Glutamic acid....g	1.658		0	A	1		0.083		
Glycine....g	0.669		0	A	1		0.033		
Proline....g	0.659		0	A	1		0.033		
Serine....g	0.644		0	A	1		0.032		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31020

Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated

Acadian Seaplants Limited

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.55		1	A	1		22.39		
Energy kcal	31		0	NC	4		8		
Energy kJ	132		0	NC	4		33		
Protein (N x 6.25) g	1.86		1	A	1		0.47		
Total lipid (fat) g	0.17		1	A	1		0.04		
Ash g	2.80		1	A	1		0.70		
Carbohydrate, by difference g	5.62		0	NC	4		1.40		
Fiber, total dietary g	4.5		1	A	1		1.1		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	36		1	A	1		9		
Iron, Fe mg	8.07		1	A	1		2.02		
Magnesium, Mg mg	84		1	A	1		21		
Phosphorus, P mg	32		1	A	1		8		
Potassium, K mg	358		1	A	1		89		
Sodium, Na mg	526		1	A	1		132		
Zinc, Zn mg	0.31		1	A	1		0.08		
Copper, Cu mg	0.060		1	A	1		0.015		
Manganese, Mn mg	0.710		1	A	1		0.178		
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5		1	A	1		0.9		
Thiamin mg	0.060		1	A	1		0.015		
Riboflavin mg	0.190		1	A	1		0.048		
Niacin mg	0.460		1	A	1		0.115		
Pantothenic acid mg									
Vitamin B-6 mg	0.030		1	A	1		0.008		
Folate, total µg	23		1	A	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23		1	A	1		6		
Folate, DFE µg	23		0	NC	4		6		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.27		1	A	1		0.07		
Vitamin A, RAE µg	49		0	AS	1		12		
Retinol µg									
Carotene, beta µg	592		1	A	1		148		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	987		0	AS	1		247		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.67		1	A	1		0.17		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		1	A	1		0.1		
Vitamin D IU	15		1	A	1		4		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 31020
Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.050		1	A	1		0.013		
Fatty acids, total monounsaturated....g	0.010		1	A	1		0.003		
Fatty acids, total polyunsaturated....g	0.090		1	A	1		0.023		
Fatty acids, total trans....g	0.000		1	A	1		0.000		
Cholesterol....mg									
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	A	1		0.005		
Threonine....g	0.071		0	A	1		0.018		
Isoleucine....g	0.068		0	A	1		0.017		
Leucine....g	0.110		0	A	1		0.027		
Lysine....g	0.091		0	A	1		0.023		
Methionine....g	0.031		0	A	1		0.008		
Cystine....g	0.031		0	A	1		0.008		
Phenylalanine....g	0.098		0	A	1		0.024		
Tyrosine....g	0.041		0	A	1		0.010		
Valine....g	0.081		0	A	1		0.020		
Arginine....g	0.093		0	A	1		0.023		
Histidine....g	0.028		0	A	1		0.007		
Alanine....g	0.098		0	A	1		0.024		
Aspartic acid....g	0.162		0	A	1		0.040		
Glutamic acid....g	0.201		0	A	1		0.050		
Glycine....g	0.081		0	A	1		0.020		
Proline....g	0.080		0	A	1		0.020		
Serine....g	0.078		0	A	1		0.020		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: .25 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11663
Seaweed, agar, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	8.68		2		1				
Energy kcal	306		0	NC	4				
Energy kJ	1282		0	NC	4				
Protein (N x 6.25) g	6.21		2		1				
Total lipid (fat) g	0.30		0		1				
Ash g	3.93		2		1				
Carbohydrate, by difference g	80.88		0	NC	4				
Fiber, total dietary g	7.7		0		4				
Sugars, total g	2.97		0	BFSN	4				
Starch g									
Minerals:									
Calcium, Ca mg	625		2		1				
Iron, Fe mg	21.40		2		1				
Magnesium, Mg mg	770		0		1				
Phosphorus, P mg	52		2		1				
Potassium, K mg	1125		0		1				
Sodium, Na mg	102	71.614	3		1				
Zinc, Zn mg	5.80		0		4				
Copper, Cu mg	0.610		0		4				
Manganese, Mn mg	4.300		0		1				
Selenium, Se µg	7.4		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1				
Thiamin mg	0.010		0		1				
Riboflavin mg	0.222		0		1				
Niacin mg	0.202		0		1				
Pantothenic acid mg	3.018		0		4				
Vitamin B-6 mg	0.303		0		4				
Folate, total µg	580		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	580		0		4				
Folate, DFE µg	580		0	NC	4				
Choline, total mg	63.3		0	BFSN	4				
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin B-12, added µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0	AS	1				
Retinol µg	0		0	Z	7				
Carotene, beta µg	0		0	Z	7				
Carotene, alpha µg	0		0	Z	7				
Cryptoxanthin, beta µg	0		0	Z	7				
Vitamin A, IU IU	0		0	AS	1				
Lycopene µg	0		0	Z	7				
Lutein + zeaxanthin µg	0		0	Z	7				
Vitamin E (alpha-tocopherol) mg	5.00		0	O	4				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg	24.4		0	BFSN	4				
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11663
Seaweed, agar, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.061		0		1				
4:0....g	0.000		0		1				
6:0....g	0.000		0		1				
8:0....g	0.000		0		1				
10:0....g	0.000		0		1				
12:0....g	0.000		0		1				
13:0....g									
14:0....g	0.003		0		1				
15:0....g									
16:0....g	0.055		0		1				
17:0....g									
18:0....g	0.003		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.027		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		0		1				
17:1....g									
18:1 undifferentiated....g	0.009		0		1				
20:1....g	0.009		0		1				
22:1 undifferentiated....g	0.000		0		1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		0		1				
18:2 undifferentiated....g	0.004		0		1				
18:3 undifferentiated....g	0.001		0		1				
18:4....g	0.000		0		1				
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.010		0		1				
20:5 n-3 (EPA)....g	0.087		0		1				
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1				
22:6 n-3 (DHA)....g	0.000		0		1				
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11442
Seaweed, agar, raw
Eucheuma spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.32		2		1		9.13		
Energy kcal	26		0	NC	4		3		
Energy kJ	109		0		4		11		
Protein (N x 6.25) g	0.54	0.196	3		1		0.05		
Total lipid (fat) g	0.03		0		1		0.00		
Ash g	1.36	0.831	3		1		0.14		
Carbohydrate, by difference g	6.75		0	NC	4		0.68		
Fiber, total dietary g	0.5		0		4		0.1		
Sugars, total g	0.28		0	BFSN	4		0.03		
Starch g									
Minerals:									
Calcium, Ca mg	54		2		1		5		
Iron, Fe mg	1.86		2		1		0.19		
Magnesium, Mg mg	67		0		1		7		
Phosphorus, P mg	5		2		1		1		
Potassium, K mg	226		2		1		23		
Sodium, Na mg	9	6.218	3		1		1		
Zinc, Zn mg	0.58		0		4		0.06		
Copper, Cu mg	0.061		0		4		0.006		
Manganese, Mn mg	0.373		0		1		0.037		
Selenium, Se µg	0.7		0	CAZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		1		0.0		
Thiamin mg	0.005		0		1		0.001		
Riboflavin mg	0.022		0		1		0.002		
Niacin mg	0.055		0		1		0.006		
Pantothenic acid mg	0.302		0		4		0.030		
Vitamin B-6 mg	0.032		0		4		0.003		
Folate, total µg	85		0		4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	85		0		4		8		
Folate, DFE µg	85		0	NC	4		8		
Choline, total mg	6.0		0	BFSN	4		0.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.87		0	O	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.3		0	BFSN	4		0.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11442
Seaweed, agar, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.006		0		1		0.001		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.005		0		1		0.001		
17:0....g									
18:0....g	0.000		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.003		0		1		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.001		0		1		0.000		
20:1....g	0.001		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.010		0		1		0.001		
18:2 undifferentiated....g	0.000		0		1		0.000		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.001		0		1		0.000		
20:5 n-3 (EPA)....g	0.008		0		1		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11444
Seaweed, irishmoss, raw
Chondrus crispus

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.34	4.123	5		1		8.13		
Energy kcal	49		0	NC	4		5		
Energy kJ	205		0		4		21		
Protein (N x 6.25) g	1.51	0.260	4		1		0.15		
Total lipid (fat) g	0.16		2		1		0.02		
Ash g	4.70	0.143	6		1		0.47		
Carbohydrate, by difference g	12.29		0	NC	4		1.23		
Fiber, total dietary g	1.3		0		4		0.1		
Sugars, total g	0.61		0	BFSN	4		0.06		
Starch g									
Minerals:									
Calcium, Ca mg	72		2		1		7		
Iron, Fe mg	8.90		0		1		0.89		
Magnesium, Mg mg	144		0		4		14		
Phosphorus, P mg	157		0		1		16		
Potassium, K mg	63		0		1		6		
Sodium, Na mg	67		0		1		7		
Zinc, Zn mg	1.95		2		1		0.20		
Copper, Cu mg	0.149		0		1		0.015		
Manganese, Mn mg	0.370		0		1		0.037		
Selenium, Se µg	0.7		0	CAZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.0		0		4		0.3		
Thiamin mg	0.015		0		1		0.002		
Riboflavin mg	0.466		0		1		0.047		
Niacin mg	0.593		0		1		0.059		
Pantothenic acid mg	0.176		0		1		0.018		
Vitamin B-6 mg	0.069		0		4		0.007		
Folate, total µg	182		0		4		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	182		0		4		18		
Folate, DFE µg	182		0	NC	4		18		
Choline, total mg	12.9		0	BFSN	4		1.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	71		0	O	4		7		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	118		0	NC	4		12		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.87		0	O	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	5.0		0	BFSN	4		0.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11444
Seaweed, irishmoss, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.033		0		1		0.003		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.002		0		1		0.000		
15:0....g									
16:0....g	0.029		0		1		0.003		
17:0....g									
18:0....g	0.001		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.002		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.001		
20:1....g	0.005		0		1		0.001		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.006		
18:2 undifferentiated....g	0.002		0		1		0.000		
18:3 undifferentiated....g	0.001		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.005		0		1		0.001		
20:5 n-3 (EPA)....g	0.046		0		1		0.005		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11445
Seaweed, kelp, raw
Laminaria spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.58	1.750	8		1		8.16		
Energy kcal	43		0	NC	4		4		
Energy kJ	180		0		4		18		
Protein (N x 6.25) g	1.68	0.185	3		1		0.17		
Total lipid (fat) g	0.56		2		1		0.06		
Ash g	6.61	0.620	9		1		0.66		
Carbohydrate, by difference g	9.57		0	NC	4		0.96		
Fiber, total dietary g	1.3		0		4		0.1		
Sugars, total g	0.60		0	T	4		0.06		
Starch g									
Minerals:									
Calcium, Ca mg	168	20.086	6		1		17		
Iron, Fe mg	2.85	1.350	6		1		0.29		
Magnesium, Mg mg	121	6.813	3		1		12		
Phosphorus, P mg	42		0		1		4		
Potassium, K mg	89		0		1		9		
Sodium, Na mg	233	149.706	3		1		23		
Zinc, Zn mg	1.23	0.174	5		1		0.12		
Copper, Cu mg	0.130	0.028	8		1		0.013		
Manganese, Mn mg	0.200	0.000	5		1		0.020		
Selenium, Se µg	0.7		0	CAZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.0		0		4		0.3		
Thiamin mg	0.050		2		1		0.005		
Riboflavin mg	0.150		2		1		0.015		
Niacin mg	0.470		2		1		0.047		
Pantothenic acid mg	0.642		0		4		0.064		
Vitamin B-6 mg	0.002		0		4		0.000		
Folate, total µg	180		0		1		18		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	180		0		1		18		
Folate, DFE µg	180		0	NC	4		18		
Choline, total mg	12.8		0	CAZN	4		1.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		1		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	70		0	O	4		7		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	116		0	NC	4		12		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.87		0	O	4		0.09		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	66.0		0	T	4		6.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11445
Seaweed, kelp, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.247		0		1		0.025		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.031		0		1		0.003		
15:0....g									
16:0....g	0.110		0		1		0.011		
17:0....g									
18:0....g	0.086		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.098		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.004		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.086		0		1		0.009		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.005		
18:2 undifferentiated....g	0.020		0		1		0.002		
18:3 undifferentiated....g	0.004		0		1		0.000		
18:4....g	0.004		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.012		0		1		0.001		
20:5 n-3 (EPA)....g	0.004		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		2		1		0.005		
Threonine....g	0.055		2		1		0.006		
Isoleucine....g	0.076		2		1		0.008		
Leucine....g	0.083		2		1		0.008		
Lysine....g	0.082		2		1		0.008		
Methionine....g	0.025		1		1		0.003		
Cystine....g	0.098		1		1		0.010		
Phenylalanine....g	0.043		2		1		0.004		
Tyrosine....g	0.026		1		1		0.003		
Valine....g	0.072		2		1		0.007		
Arginine....g	0.065		1		1		0.007		
Histidine....g	0.024		1		1		0.002		
Alanine....g	0.122		1		1		0.012		
Aspartic acid....g	0.125		1		1		0.013		
Glutamic acid....g	0.268		1		1		0.027		
Glycine....g	0.100		1		1		0.010		
Proline....g	0.073		1		1		0.007		
Serine....g	0.098		1		1		0.010		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11445
Seaweed, kelp, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11446
Seaweed, laver, raw
Porphyra laciniata

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.03	2.302	7		1		22.11	8.50	
Energy kcal	35		0	NC	4		9	4	
Energy kJ	146		0		4		38	15	
Protein (N x 6.25) g	5.81		0		1		1.51	0.58	
Total lipid (fat) g	0.28		0		1		0.07	0.03	
Ash g	3.77	1.485	5		1		0.98	0.38	
Carbohydrate, by difference g	5.11		0	NC	4		1.33	0.51	
Fiber, total dietary g	0.3		0		4		0.1	0.0	
Sugars, total g	0.49		0	BFSN	4		0.13	0.05	
Starch g									
Minerals:									
Calcium, Ca mg	70	13.288	3		1		18	7	
Iron, Fe mg	1.80		0		1		0.47	0.18	
Magnesium, Mg mg	2		0		1		1	0	
Phosphorus, P mg	58		2		1		15	6	
Potassium, K mg	356		2		1		93	36	
Sodium, Na mg	48	18.290	3		1		12	5	
Zinc, Zn mg	1.05		0		1		0.27	0.11	
Copper, Cu mg	0.264	0.162	4		1		0.069	0.026	
Manganese, Mn mg	0.988		0		1		0.257	0.099	
Selenium, Se µg	0.7		0	CAZN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	39.0		2		1		10.1	3.9	
Thiamin mg	0.098		2		1		0.025	0.010	
Riboflavin mg	0.446	0.070	4		1		0.116	0.045	
Niacin mg	1.470		0		1		0.382	0.147	
Pantothenic acid mg	0.521		0		4		0.135	0.052	
Vitamin B-6 mg	0.159		0		1		0.041	0.016	
Folate, total µg	146		0		4		38	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	146		0		4		38	15	
Folate, DFE µg	146		0	NC	4		38	15	
Choline, total mg	10.4		0	BFSN	4		2.7	1.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	260		0	NC	4		68	26	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	3121		0	O	4		812	312	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	5202		0	NC	4		1353	520	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.00		0	O	4		0.26	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	4.0		0	T	4		1.0	0.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11446
Seaweed, laver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.061		0		1		0.016	0.006	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.001	0.000	
15:0....g									
16:0....g	0.050		0		1		0.013	0.005	
17:0....g									
18:0....g	0.003		0		1		0.001	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.025		0		1		0.007	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.008		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.002	0.001	
20:1....g	0.009		0		1		0.002	0.001	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.110		0		1		0.029	0.011	
18:2 undifferentiated....g	0.004		0		1		0.001	0.000	
18:3 undifferentiated....g	0.001		0		1		0.000	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.009		0		1		0.002	0.001	
20:5 n-3 (EPA)....g	0.080		0		1		0.021	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		2		1		0.011	0.004	
Threonine....g	0.232		2		1		0.060	0.023	
Isoleucine....g	0.259		2		1		0.067	0.026	
Leucine....g	0.501		2		1		0.130	0.050	
Lysine....g	0.222		3		1		0.058	0.022	
Methionine....g	0.145		2		1		0.038	0.015	
Cystine....g	0.100		2		1		0.026	0.010	
Phenylalanine....g	0.273		2		1		0.071	0.027	
Tyrosine....g	0.254		2		1		0.066	0.025	
Valine....g	0.402		2		1		0.105	0.040	
Arginine....g	0.285		2		1		0.074	0.029	
Histidine....g	0.140		2		1		0.036	0.014	
Alanine....g	0.651		2		1		0.169	0.065	
Aspartic acid....g	0.567		2		1		0.147	0.057	
Glutamic acid....g	0.547		2		1		0.142	0.055	
Glycine....g	0.363		2		1		0.094	0.036	
Proline....g	0.251		2		1		0.065	0.025	
Serine....g	0.299		2		1		0.078	0.030	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11446
Seaweed, laver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 10 sheets

Measure 2 = 10.0g: 2 tbsp (1/8 cup)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11667
Seaweed, spirulina, dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	4.68		2		1		5.24	0.33	
Energy kcal	290		0	NC	4		325	20	
Energy kJ	1213		0		4		1359	85	
Protein (N x 6.25) g	57.47		2		1		64.37	4.02	
Total lipid (fat) g	7.72		2		1		8.65	0.54	
Ash g	6.23		2		1		6.98	0.44	
Carbohydrate, by difference g	23.90		0	NC	4		26.77	1.67	
Fiber, total dietary g	3.6		0		4		4.0	0.3	
Sugars, total g	3.10		0	BFSN	4		3.48	0.22	
Starch g									
Minerals:									
Calcium, Ca mg	120		0		4		134	8	
Iron, Fe mg	28.50		2		1		31.92	2.00	
Magnesium, Mg mg	195		2		1		218	14	
Phosphorus, P mg	118		0		1		132	8	
Potassium, K mg	1363		0		1		1527	95	
Sodium, Na mg	1048		0		1		1174	73	
Zinc, Zn mg	2.00		0		4		2.24	0.14	
Copper, Cu mg	6.100		0		4		6.832	0.427	
Manganese, Mn mg	1.900		0		4		2.128	0.133	
Selenium, Se µg	7.2		0	BFSN	4		8.1	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.1		0		1		11.3	0.7	
Thiamin mg	2.380		0		1		2.666	0.167	
Riboflavin mg	3.670		0		1		4.110	0.257	
Niacin mg	12.820		0		1		14.358	0.897	
Pantothenic acid mg	3.480		0		1		3.898	0.244	
Vitamin B-6 mg	0.364		0		1		0.408	0.025	
Folate, total µg	94		0		4		105	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	94		0		4		105	7	
Folate, DFE µg	94		0	NC	4		105	7	
Choline, total mg	66.0		0	BFSN	4		74.0	4.6	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	29		0	NC	4		32	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	342		0	O	4		383	24	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	570		0	NC	4		638	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	5.00		0	O	4		5.60	0.35	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	25.5		0	BFSN	4		28.5	1.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11667
Seaweed, spirulina, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.650		0		1		2.968	0.186	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.075		0		1		0.084	0.005	
15:0....g									
16:0....g	2.496		0		1		2.796	0.175	
17:0....g									
18:0....g	0.077		0		1		0.086	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.675		0		1		0.756	0.047	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.328		0		1		0.367	0.023	
17:1....g									
18:1 undifferentiated....g	0.347		0		1		0.389	0.024	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.080		0		1		2.330	0.146	
18:2 undifferentiated....g	1.254		0		1		1.404	0.088	
18:3 undifferentiated....g	0.823		0		1		0.922	0.058	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.929		0		1		1.040	0.065	
Threonine....g	2.970		0		1		3.326	0.208	
Isoleucine....g	3.209		0		1		3.594	0.225	
Leucine....g	4.947		0		1		5.541	0.346	
Lysine....g	3.025		0		1		3.388	0.212	
Methionine....g	1.149		0		1		1.287	0.080	
Cystine....g	0.662		0		1		0.741	0.046	
Phenylalanine....g	2.777		0		1		3.110	0.194	
Tyrosine....g	2.584		0		1		2.894	0.181	
Valine....g	3.512		0		1		3.933	0.246	
Arginine....g	4.147		0		1		4.645	0.290	
Histidine....g	1.085		0		1		1.215	0.076	
Alanine....g	4.515		0		1		5.057	0.316	
Aspartic acid....g	5.793		0		1		6.488	0.406	
Glutamic acid....g	8.386		0		1		9.392	0.587	
Glycine....g	3.099		0		1		3.471	0.217	
Proline....g	2.382		0		1		2.668	0.167	
Serine....g	2.998		0		1		3.358	0.210	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11667
Seaweed, spirulina, dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 cup

Measure 2 = 7.0g: 1 tablespoon

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11666
Seaweed, spirulina, raw
Spirulina spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.67	1.006	5		1				
Energy kcal	26		0	NC	4				
Energy kJ	109		0		4				
Protein (N x 6.25) g	5.92	0.150	14		1				
Total lipid (fat) g	0.39	0.088	10		1				
Ash g	0.60	0.064	8		1				
Carbohydrate, by difference g	2.42		0	NC	4				
Fiber, total dietary g	0.4		0	BFSN	4				
Sugars, total g	0.30		0	BFSN	4				
Starch g									
Minerals:									
Calcium, Ca mg	12		0		4				
Iron, Fe mg	2.79		0		4				
Magnesium, Mg mg	19		0		4				
Phosphorus, P mg	11		0		1				
Potassium, K mg	127		2		1				
Sodium, Na mg	98		2		1				
Zinc, Zn mg	0.20		0		4				
Copper, Cu mg	0.597		0		4				
Manganese, Mn mg	0.186		0		4				
Selenium, Se µg	0.7		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.9	0.010	4		1				
Thiamin mg	0.222	0.095	4		1				
Riboflavin mg	0.342	0.080	4		1				
Niacin mg	1.196		0		1				
Pantothenic acid mg	0.325		0		1				
Vitamin B-6 mg	0.034	0.205	4		1				
Folate, total µg	9		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	9		0		4				
Folate, DFE µg	9		0	NC	4				
Choline, total mg	6.5		0	BFSN	4				
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	3		0	NC	4				
Retinol µg	0		0	Z	7				
Carotene, beta µg	33		0	BFSN	4				
Carotene, alpha µg	0		0	BFSN	4				
Cryptoxanthin, beta µg	0		0	BFSN	4				
Vitamin A, IU IU	56		0	NC	4				
Lycopene µg	0		0	BFSN	4				
Lutein + zeaxanthin µg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol) mg	0.49		0	BFSN	4				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg	2.5		0	BFSN	4				
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11666
Seaweed, spirulina, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.135		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.004		0		1				
15:0....g									
16:0....g	0.127		0		1				
17:0....g									
18:0....g	0.004		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.034		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.017		0		1				
17:1....g									
18:1 undifferentiated....g	0.018		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.106		0		1				
18:2 undifferentiated....g	0.064		0		1				
18:3 undifferentiated....g	0.042		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.096		8		1				
Threonine....g	0.306		9		1				
Isoleucine....g	0.331		9		1				
Leucine....g	0.509		9		1				
Lysine....g	0.312		9		1				
Methionine....g	0.118		9		1				
Cystine....g	0.068		7		1				
Phenylalanine....g	0.286		9		1				
Tyrosine....g	0.266		9		1				
Valine....g	0.362		8		1				
Arginine....g	0.427		8		1				
Histidine....g	0.112		8		1				
Alanine....g	0.465		8		1				
Aspartic acid....g	0.597		8		1				
Glutamic acid....g	0.864		8		1				
Glycine....g	0.319		8		1				
Proline....g	0.245		8		1				
Serine....g	0.309		8		1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				

NDB No. 11666
Seaweed, spirulina, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11669
Seaweed, wakame, raw
Undaria spp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.99	2.635	4		1		8.00		
Energy kcal	45		0	NC	4		5		
Energy kJ	188		0		4		19		
Protein (N x 6.25) g	3.03	0.202	3		1		0.30		
Total lipid (fat) g	0.64		0		1		0.06		
Ash g	7.20	0.925	4		1		0.72		
Carbohydrate, by difference g	9.14		0	NC	4		0.91		
Fiber, total dietary g	0.5		0		4		0.1		
Sugars, total g	0.65		0	BFSN	4		0.07		
Starch g									
Minerals:									
Calcium, Ca mg	150		2		1		15		
Iron, Fe mg	2.18		2		1		0.22		
Magnesium, Mg mg	107		0		1		11		
Phosphorus, P mg	80		0		1		8		
Potassium, K mg	50		0		1		5		
Sodium, Na mg	872		2		1		87		
Zinc, Zn mg	0.38		0		1		0.04		
Copper, Cu mg	0.284	0.170	4		1		0.028		
Manganese, Mn mg	1.400		0		1		0.140		
Selenium, Se µg	0.7		0	CAZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.0		0		1		0.3		
Thiamin mg	0.060		0		1		0.006		
Riboflavin mg	0.230		0		1		0.023		
Niacin mg	1.600		0		1		0.160		
Pantothenic acid mg	0.697		0		4		0.070		
Vitamin B-6 mg	0.002		0		4		0.000		
Folate, total µg	196		0		4		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	196		0		4		20		
Folate, DFE µg	196		0	NC	4		20		
Choline, total mg	13.9		0	BFSN	4		1.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	18		0	NC	4		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	216		0	O	4		22		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	360		0	NC	4		36		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.00		0	O	4		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	5.3		0	BFSN	4		0.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11669
Seaweed, wakame, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.130		0		1		0.013		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.007		0		1		0.001		
15:0....g									
16:0....g	0.117		0		1		0.012		
17:0....g									
18:0....g	0.006		0		1		0.001		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.058		0		1		0.006		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.019		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.020		0		1		0.002		
20:1....g	0.020		0		1		0.002		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.218		0		1		0.022		
18:2 undifferentiated....g	0.010		0		1		0.001		
18:3 undifferentiated....g	0.002		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.021		0		1		0.002		
20:5 n-3 (EPA)....g	0.186		0		1		0.019		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		1		1		0.004		
Threonine....g	0.165		1		1		0.017		
Isoleucine....g	0.087		1		1		0.009		
Leucine....g	0.257		1		1		0.026		
Lysine....g	0.112		1		1		0.011		
Methionine....g	0.063		1		1		0.006		
Cystine....g	0.028		1		1		0.003		
Phenylalanine....g	0.112		1		1		0.011		
Tyrosine....g	0.049		1		1		0.005		
Valine....g	0.209		1		1		0.021		
Arginine....g	0.092		1		1		0.009		
Histidine....g	0.015		1		1		0.002		
Alanine....g	0.136		1		1		0.014		
Aspartic acid....g	0.179		1		1		0.018		
Glutamic acid....g	0.199		1		1		0.020		
Glycine....g	0.112		1		1		0.011		
Proline....g	0.092		1		1		0.009		
Serine....g	0.078		1		1		0.008		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11669
Seaweed, wakame, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 2 tbsp (1/8 cup)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11922
Sesbania flower, cooked, steamed, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.30		1		1		97.03		
Energy kcal	21		0	NC	4		22		
Energy kJ	90		0	NC	4		93		
Protein (N x 6.25) g	1.14		1		1		1.19		
Total lipid (fat) g	0.05		1		1		0.05		
Ash g	0.41		0	O	4		0.43		
Carbohydrate, by difference g	5.10		0	NC	4		5.30		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	22		1		1		23		
Iron, Fe mg	0.56		1		1		0.58		
Magnesium, Mg mg	12		1		1		12		
Phosphorus, P mg	21		1		1		22		
Potassium, K mg	107		1		1		111		
Sodium, Na mg	247		0		4		257		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	0.7		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	37.0		0		1		38.5		
Thiamin mg	0.048		0		1		0.050		
Riboflavin mg	0.043		0		1		0.045		
Niacin mg	0.250		0		1		0.260		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg	57		0		4		59		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	57		0		4		59		
Folate, DFE µg	57		0	NC	4		59		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11922
Sesbania flower, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.018		
Threonine....g	0.051		0		1		0.053		
Isoleucine....g	0.061		0		1		0.063		
Leucine....g	0.095		0		1		0.099		
Lysine....g	0.057		0		1		0.059		
Methionine....g	0.014		0		1		0.015		
Cystine....g	0.011		0		1		0.011		
Phenylalanine....g	0.062		0		1		0.064		
Tyrosine....g									
Valine....g	0.069		0		1		0.072		
Arginine....g	0.062		0		1		0.064		
Histidine....g	0.023		0		1		0.024		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 104g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11448
Sesbania flower, cooked, steamed, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.30		1		1		97.03		
Energy kcal	22		0	NC	4		23		
Energy kJ	92				4		96		
Protein (N x 6.25) g	1.14		1		1		1.19		
Total lipid (fat) g	0.05		1		1		0.05		
Ash g	0.28		1		1		0.29		
Carbohydrate, by difference g	5.23		0	NC	4		5.44		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	22		1		1		23		
Iron, Fe mg	0.56		1		1		0.58		
Magnesium, Mg mg	12		1		1		12		
Phosphorus, P mg	21		1		1		22		
Potassium, K mg	107		1		1		111		
Sodium, Na mg	11		1		1		11		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	0.7		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	37.0		0		1		38.5		
Thiamin mg	0.048		0		1		0.050		
Riboflavin mg	0.043		0		1		0.045		
Niacin mg	0.250		0		1		0.260		
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg	57		0		4		59		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	57		0		4		59		
Folate, DFE µg	57		0	NC	4		59		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0		1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11448
Sesbania flower, cooked, steamed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.018		
Threonine....g	0.051		0		1		0.053		
Isoleucine....g	0.061		0		1		0.063		
Leucine....g	0.095		0		1		0.099		
Lysine....g	0.057		0		1		0.059		
Methionine....g	0.014		0		1		0.015		
Cystine....g	0.011		0		1		0.011		
Phenylalanine....g	0.062		0		1		0.064		
Tyrosine....g									
Valine....g	0.069		0		1		0.072		
Arginine....g	0.062		0		1		0.064		
Histidine....g	0.023		0		1		0.024		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 104g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11447
Sesbania flower, raw
Sesbania spp.

Refuse: 15% Stems, pistil and calyx

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.58		1		1		2.75	18.32	
Energy kcal	27		0	NC	4		1	5	
Energy kJ	113				4		3	23	
Protein (N x 6.25) g	1.28		1		1		0.04	0.26	
Total lipid (fat) g	0.04		1		1		0.00	0.01	
Ash g	0.38		1		1		0.01	0.08	
Carbohydrate, by difference g	6.73		0	NC	4		0.20	1.35	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		1		1		1	4	
Iron, Fe mg	0.84		1		1		0.03	0.17	
Magnesium, Mg mg	12		1		1		0	2	
Phosphorus, P mg	30		1		1		1	6	
Potassium, K mg	184		1		1		6	37	
Sodium, Na mg	15		1		1		0	3	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	0.9		0	CAZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	73.0		0		1		2.2	14.6	
Thiamin mg	0.083		0		1		0.002	0.017	
Riboflavin mg	0.081		0		1		0.002	0.016	
Niacin mg	0.430		0		1		0.013	0.086	
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg	102		0		4		3	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	102		0		4		3	20	
Folate, DFE µg	102		0	NC	4		3	20	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11447
Sesbania flower, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.019		2		1		0.001	0.004	
Threonine....g	0.057		2		1		0.002	0.011	
Isoleucine....g	0.068		2		1		0.002	0.014	
Leucine....g	0.106		2		1		0.003	0.021	
Lysine....g	0.064		2		1		0.002	0.013	
Methionine....g	0.016		2		1		0.000	0.003	
Cystine....g	0.013		2		1		0.000	0.003	
Phenylalanine....g	0.070		2		1		0.002	0.014	
Tyrosine....g									
Valine....g	0.078		2		1		0.002	0.016	
Arginine....g	0.070		2		1		0.002	0.014	
Histidine....g	0.026		2		1		0.001	0.005	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 3.0g: 1 flower

Measure 2 = 20g: 1 cup flowers

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11640
Shallots, freeze-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	2.00		1		1		0.02	0.07	
Energy kcal	348		0	NC	4		3	13	
Energy kJ	1457		0	NC	4		13	52	
Protein (N x 6.25) g	12.30		1		1		0.11	0.44	
Total lipid (fat) g	0.50		1		1		0.00	0.02	
Ash g	4.50		0		1		0.04	0.16	
Carbohydrate, by difference g	80.70		0	NC	4		0.73	2.91	
Fiber, total dietary g	15.7		0	BFSN	4		0.1	0.6	
Sugars, total g	38.16		0	BFSN	4		0.34	1.37	
Starch g									
Minerals:									
Calcium, Ca mg	183		1		1		2	7	
Iron, Fe mg	6.00		1		1		0.05	0.22	
Magnesium, Mg mg	104		0		1		1	4	
Phosphorus, P mg	296		1		1		3	11	
Potassium, K mg	1650		1		1		15	59	
Sodium, Na mg	59		1		1		1	2	
Zinc, Zn mg	1.93		0		1		0.02	0.07	
Copper, Cu mg	0.425		0		1		0.004	0.015	
Manganese, Mn mg	1.417		0		1		0.013	0.051	
Selenium, Se µg	5.7		0	BFSN	4		0.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	39.0		1		1		0.4	1.4	
Thiamin mg	0.300		1		1		0.003	0.011	
Riboflavin mg	0.100		1		1		0.001	0.004	
Niacin mg	1.000		1		1		0.009	0.036	
Pantothenic acid mg	1.408		0		1		0.013	0.051	
Vitamin B-6 mg	1.675		0		1		0.015	0.060	
Folate, total µg	116		0		1		1	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	116		0		1		1	4	
Folate, DFE µg	116		0	NC	4		1	4	
Choline, total mg	55.0		0	BFSN	4		0.5	2.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	13		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	21		0	NC	4		0	1	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	38		0	BFSN	4		0	1	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.00	0.01	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.9		0	BFSN	4		0.0	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11640
Shallots, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.084		0		1		0.001	0.003	
4:0....g	0.000		0	BFSN	4		0.000	0.000	
6:0....g	0.000		0	BFSN	4		0.000	0.000	
8:0....g	0.000		0	BFSN	4		0.000	0.000	
10:0....g	0.000		0	BFSN	4		0.000	0.000	
12:0....g	0.000		0	BFSN	4		0.000	0.000	
13:0....g									
14:0....g	0.002		0		1		0.000	0.000	
15:0....g									
16:0....g	0.075		0		1		0.001	0.003	
17:0....g									
18:0....g	0.007		0		1		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.070		0		1		0.001	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.070		0		1		0.001	0.003	
20:1....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.196		0		1		0.002	0.007	
18:2 undifferentiated....g	0.185		0		1		0.002	0.007	
18:3 undifferentiated....g	0.010		0		1		0.000	0.000	
18:4....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.138		0		1		0.001	0.005	
Threonine....g	0.482		0		1		0.004	0.017	
Isoleucine....g	0.522		0		1		0.005	0.019	
Leucine....g	0.734		0		1		0.007	0.026	
Lysine....g	0.614		0		1		0.006	0.022	
Methionine....g	0.134		0		1		0.001	0.005	
Cystine....g									
Phenylalanine....g	0.396		0		1		0.004	0.014	
Tyrosine....g	0.356		0		1		0.003	0.013	
Valine....g	0.543		0		1		0.005	0.020	
Arginine....g	0.890		0		1		0.008	0.032	
Histidine....g	0.213		0		1		0.002	0.008	
Alanine....g	0.555		0		1		0.005	0.020	
Aspartic acid....g	1.138		0		1		0.010	0.041	
Glutamic acid....g	2.545		0		1		0.023	0.092	
Glycine....g	0.610		0		1		0.005	0.022	
Proline....g	0.813		0		1		0.007	0.029	
Serine....g	0.555		0		1		0.005	0.020	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11640
Shallots, freeze-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 0.9g: 1 tbsp

Measure 2 = 3.6g: .25 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11677
Shallots, raw
Allium ascalonicum

Refuse: 12% Skins

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.80		0		1		7.98		
Energy kcal	72		0	NC	4		7		
Energy kJ	301		0		4		30		
Protein (N x 6.25) g	2.50		0		1		0.25		
Total lipid (fat) g	0.10		0		1		0.01		
Ash g	0.80		0		1		0.08		
Carbohydrate, by difference g	16.80		0	NC	4		1.68		
Fiber, total dietary g	3.2		0	BFSN	4		0.3		
Sugars, total g	7.87		0	BFSN	4		0.79		
Starch g									
Minerals:									
Calcium, Ca mg	37		0		1		4		
Iron, Fe mg	1.20		0		1		0.12		
Magnesium, Mg mg	21		0		4		2		
Phosphorus, P mg	60		0		1		6		
Potassium, K mg	334		0		1		33		
Sodium, Na mg	12		0		1		1		
Zinc, Zn mg	0.40		0		4		0.04		
Copper, Cu mg	0.088		0		4		0.009		
Manganese, Mn mg	0.292		0		4		0.029		
Selenium, Se µg	1.2		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.0		0		1		0.8		
Thiamin mg	0.060		0		1		0.006		
Riboflavin mg	0.020		0		1		0.002		
Niacin mg	0.200		0		1		0.020		
Pantothenic acid mg	0.290		0		4		0.029		
Vitamin B-6 mg	0.345		0		4		0.035		
Folate, total µg	34		0		4		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	34		0		4		3		
Folate, DFE µg	34		0	NC	4		3		
Choline, total mg	11.3		0	BFSN	4		1.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3		0	BFSN	4		0		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	4		0	NC	4		0		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	8		0	BFSN	4		1		
Vitamin E (alpha-tocopherol) mg	0.04		0	BFSN	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.8		0	BFSN	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11677
Shallots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.017		0		1		0.002		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.015		0		1		0.002		
17:0....g									
18:0....g	0.001		0		1		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.014		0		1		0.001		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.001		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.039		0		1		0.004		
18:2 undifferentiated....g	0.037		0		1		0.004		
18:3 undifferentiated....g	0.002		0		1		0.000		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	5		0		1		1		
Amino Acids:									
Tryptophan....g	0.028		0		1		0.003		
Threonine....g	0.098		0		1		0.010		
Isoleucine....g	0.106		0		1		0.011		
Leucine....g	0.149		0		1		0.015		
Lysine....g	0.125		0		1		0.013		
Methionine....g	0.027		0		1		0.003		
Cystine....g									
Phenylalanine....g	0.081		0		1		0.008		
Tyrosine....g	0.072		0		1		0.007		
Valine....g	0.110		0		1		0.011		
Arginine....g	0.181		0		1		0.018		
Histidine....g	0.043		0		1		0.004		
Alanine....g	0.113		0		1		0.011		
Aspartic acid....g	0.231		0		1		0.023		
Glutamic acid....g	0.517		0		1		0.052		
Glycine....g	0.124		0		1		0.012		
Proline....g	0.165		0		1		0.017		
Serine....g	0.113		0		1		0.011		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11677
Shallots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 1 tbsp chopped

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11853
Soybeans, green, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.60		2		1		123.48		
Energy kcal	141		0	NC	4		255		
Energy kJ	592		0	NC	4		1065		
Protein (N x 6.25) g	12.35		2		1		22.23		
Total lipid (fat) g	6.40		1		1		11.52		
Ash g	1.60		2		1		2.88		
Carbohydrate, by difference g	11.05		0	NC	4		19.89		
Fiber, total dietary g	4.2		0		4		7.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	145		2		1		261		
Iron, Fe mg	2.50		2		1		4.50		
Magnesium, Mg mg	60		0		4		108		
Phosphorus, P mg	158		2		1		284		
Potassium, K mg	539		0		4		970		
Sodium, Na mg	250		0		4		450		
Zinc, Zn mg	0.91		0		4		1.64		
Copper, Cu mg	0.117		0		4		0.211		
Manganese, Mn mg	0.502		0		4		0.904		
Selenium, Se µg	1.4		0	BFSN	4		2.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0		0		1		30.6		
Thiamin mg	0.260		2		1		0.468		
Riboflavin mg	0.155		2		1		0.279		
Niacin mg	1.250		2		1		2.250		
Pantothenic acid mg	0.128		0		4		0.230		
Vitamin B-6 mg	0.060		0		4		0.108		
Folate, total µg	111		1		1		200		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	111		1		1		200		
Folate, DFE µg	111		0	NC	4		200		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	8		0		1		14		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	156		0		1		281		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11853

Soybeans, green, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.740		0		1		1.332		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		1		1		0.009		
15:0....g									
16:0....g	0.537		1		1		0.967		
17:0....g									
18:0....g	0.198		1		1		0.356		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.209		0		1		2.176		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.018		
17:1....g									
18:1 undifferentiated....g	1.188		1		1		2.138		
20:1....g	0.010		1		1		0.018		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.011		0		1		5.420		
18:2 undifferentiated....g	2.657		1		1		4.783		
18:3 undifferentiated....g	0.354		1		1		0.637		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	50		1		1		90		
Amino Acids:									
Tryptophan....g	0.150		0		1		0.270		
Threonine....g	0.492		0		1		0.886		
Isoleucine....g	0.543		0		1		0.977		
Leucine....g	0.883		0		1		1.589		
Lysine....g	0.739		0		1		1.330		
Methionine....g	0.150		0		1		0.270		
Cystine....g	0.113		0		1		0.203		
Phenylalanine....g	0.559		0		1		1.006		
Tyrosine....g	0.443		0		1		0.797		
Valine....g	0.549		0		1		0.988		
Arginine....g	0.994		0		1		1.789		
Histidine....g	0.332		0		1		0.598		
Alanine....g	0.555		0		1		0.999		
Aspartic acid....g	1.439		0		1		2.590		
Glutamic acid....g	2.320		0		1		4.176		
Glycine....g	0.514		0		1		0.925		
Proline....g	0.579		0		1		1.042		
Serine....g	0.688		0		1		1.238		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11853

Soybeans, green, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 180g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11451
Soybeans, green, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.60		2		1		123.48		
Energy kcal	141		0	NC	4		254		
Energy kJ	590				4		1062		
Protein (N x 6.25) g	12.35		2		1		22.23		
Total lipid (fat) g	6.40		1		1		11.52		
Ash g	1.60		2		1		2.88		
Carbohydrate, by difference g	11.05		0	NC	4		19.89		
Fiber, total dietary g	4.2		0		4		7.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	145		2		1		261		
Iron, Fe mg	2.50		2		1		4.50		
Magnesium, Mg mg	60		1		1		108		
Phosphorus, P mg	158		2		1		284		
Potassium, K mg	539		1		1		970		
Sodium, Na mg	14		1		1		25		
Zinc, Zn mg	0.91		1		1		1.64		
Copper, Cu mg	0.117		1		1		0.211		
Manganese, Mn mg	0.502		1		1		0.904		
Selenium, Se µg	1.4		0	BFSN	4		2.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0		1		1		30.6		
Thiamin mg	0.260		2		1		0.468		
Riboflavin mg	0.155		2		1		0.279		
Niacin mg	1.250		2		1		2.250		
Pantothenic acid mg	0.128		1		1		0.230		
Vitamin B-6 mg	0.060		1		1		0.108		
Folate, total µg	111		1		1		200		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	111		1		1		200		
Folate, DFE µg	111		0	NC	4		200		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	8		1		1		14		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	156		1		1		281		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11451

Soybeans, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.740		0		1		1.332		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.005		1		1		0.009		
15:0....g									
16:0....g	0.537		1		1		0.967		
17:0....g									
18:0....g	0.198		1		1		0.356		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.209		0		1		2.176		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.010		1		1		0.018		
17:1....g									
18:1 undifferentiated....g	1.188		1		1		2.138		
20:1....g	0.010		1		1		0.018		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.011		0		1		5.420		
18:2 undifferentiated....g	2.657		1		1		4.783		
18:3 undifferentiated....g	0.354		1		1		0.637		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	50		1		1		90		
Amino Acids:									
Tryptophan....g	0.150		0		1		0.270		
Threonine....g	0.492		0		1		0.886		
Isoleucine....g	0.543		0		1		0.977		
Leucine....g	0.883		0		1		1.589		
Lysine....g	0.739		0		1		1.330		
Methionine....g	0.150		0		1		0.270		
Cystine....g	0.113		0		1		0.203		
Phenylalanine....g	0.559		0		1		1.006		
Tyrosine....g	0.443		0		1		0.797		
Valine....g	0.549		0		1		0.988		
Arginine....g	0.994		0		1		1.789		
Histidine....g	0.332		0		1		0.598		
Alanine....g	0.555		0		1		0.999		
Aspartic acid....g	1.439		0		1		2.590		
Glutamic acid....g	2.320		0		1		4.176		
Glycine....g	0.514		0		1		0.925		
Proline....g	0.579		0		1		1.042		
Serine....g	0.688		0		1		1.238		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 11451
Soybeans, green, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:
Measure 1 = 180g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11450
Soybeans, green, raw
Glycine max

Refuse: 47% Pods

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.50		2		1		172.80		
Energy kcal	147		0	NC	4		376		
Energy kJ	614		0	NC	4		1573		
Protein (N x 6.25) g	12.95		2		1		33.15		
Total lipid (fat) g	6.80		1		1		17.41		
Ash g	1.70		2		1		4.35		
Carbohydrate, by difference g	11.05		0	NC	4		28.29		
Fiber, total dietary g	4.2		0		4		10.8		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	197		2		1		504		
Iron, Fe mg	3.55		2		1		9.09		
Magnesium, Mg mg	65		1		1		166		
Phosphorus, P mg	194		2		1		497		
Potassium, K mg	620		1		1		1587		
Sodium, Na mg	15		1		1		38		
Zinc, Zn mg	0.99		1		1		2.53		
Copper, Cu mg	0.128		1		1		0.328		
Manganese, Mn mg	0.547		1		1		1.400		
Selenium, Se µg	1.5		0	CAZN	4		3.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	29.0		1		1		74.2		
Thiamin mg	0.435		2		1		1.114		
Riboflavin mg	0.175		2		1		0.448		
Niacin mg	1.650		2		1		4.224		
Pantothenic acid mg	0.147		1		1		0.376		
Vitamin B-6 mg	0.065		1		1		0.166		
Folate, total µg	165		1		1		422		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	165		1		1		422		
Folate, DFE µg	165		0	NC	4		422		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	9		2		1		23		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	180		2		1		461		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11450
Soybeans, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.786		0		1		2.012		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.006		1		1		0.015		
15:0....g									
16:0....g	0.570		1		1		1.459		
17:0....g									
18:0....g	0.210		1		1		0.538		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.284		0		1		3.287		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		1		1		0.028		
17:1....g									
18:1 undifferentiated....g	1.262		1		1		3.231		
20:1....g	0.011		1		1		0.028		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.200		0		1		8.192		
18:2 undifferentiated....g	2.823		1		1		7.227		
18:3 undifferentiated....g	0.376		1		1		0.963		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	50		1		1		128		
Amino Acids:									
Tryptophan....g	0.157		0		1		0.402		
Threonine....g	0.516		0		1		1.321		
Isoleucine....g	0.570		0		1		1.459		
Leucine....g	0.926		0		1		2.371		
Lysine....g	0.775		0		1		1.984		
Methionine....g	0.157		0		1		0.402		
Cystine....g	0.118		0		1		0.302		
Phenylalanine....g	0.586		0		1		1.500		
Tyrosine....g	0.464		0		1		1.188		
Valine....g	0.576		0		1		1.475		
Arginine....g	1.042		0		1		2.668		
Histidine....g	0.348		0		1		0.891		
Alanine....g	0.582		0		1		1.490		
Aspartic acid....g	1.508		0		1		3.860		
Glutamic acid....g	2.433		0		1		6.228		
Glycine....g	0.539		0		1		1.380		
Proline....g	0.607		0		1		1.554		
Serine....g	0.721		0		1		1.846		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11450
Soybeans, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11453
Soybeans, mature seeds, sprouted, cooked, steamed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.45	3.802	3		1		74.68		
Energy kcal	81		0	NC	4		76		
Energy kJ	339		0		4		319		
Protein (N x 6.25) g	8.47	7.513	3		1		7.96		
Total lipid (fat) g	4.45	0.956	3		1		4.18		
Ash g	1.10	0.183	3		1		1.03		
Carbohydrate, by difference g	6.53		0	NC	4		6.14		
Fiber, total dietary g	0.8		0		4		0.8		
Sugars, total g	0.52		0	BFSN	4		0.49		
Starch g									
Minerals:									
Calcium, Ca mg	59	9.655	3		1		55		
Iron, Fe mg	1.31	0.176	3		1		1.23		
Magnesium, Mg mg	60	5.700	3		1		56		
Phosphorus, P mg	135	28.726	3		1		127		
Potassium, K mg	355	41.590	3		1		334		
Sodium, Na mg	10		1		1		9		
Zinc, Zn mg	1.04		2		1		0.98		
Copper, Cu mg	0.330		2		1		0.310		
Manganese, Mn mg	0.710		1		1		0.667		
Selenium, Se µg	0.6		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.3		2		1		7.8		
Thiamin mg	0.205		2		1		0.193		
Riboflavin mg	0.053		2		1		0.050		
Niacin mg	1.092		2		1		1.026		
Pantothenic acid mg	0.743		2		1		0.698		
Vitamin B-6 mg	0.105		1		1		0.099		
Folate, total µg	80		1		1		75		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	80		1		1		75		
Folate, DFE µg	80		0	NC	4		75		
Choline, total mg	41.2		0	BFSN	4		38.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	12		0	BFSN	4		11		
Carotene, alpha µg	12		0	BFSN	4		11		
Cryptoxanthin, beta µg	12		0	BFSN	4		11		
Vitamin A, IU IU	40		0	NC	4		38		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.20		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	70.6		0	BFSN	4		66.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11453

Soybeans, mature seeds, sprouted, cooked, steamed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.617		0		1		0.580		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.004		1		1		0.004		
15:0....g									
16:0....g	0.448		1		1		0.421		
17:0....g									
18:0....g	0.165		1		1		0.155		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.009		0		1		0.948		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		1		1		0.008		
17:1....g									
18:1 undifferentiated....g	0.991		1		1		0.932		
20:1....g	0.009		1		1		0.008		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.513		0		1		2.362		
18:2 undifferentiated....g	2.217		1		1		2.084		
18:3 undifferentiated....g	0.296		1		1		0.278		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.097		
Threonine....g	0.325		0		1		0.306		
Isoleucine....g	0.375		0		1		0.353		
Leucine....g	0.607		0		1		0.571		
Lysine....g	0.486		0		1		0.457		
Methionine....g	0.089		0		1		0.084		
Cystine....g	0.102		0		1		0.096		
Phenylalanine....g	0.415		0		1		0.390		
Tyrosine....g	0.309		0		1		0.290		
Valine....g	0.401		0		1		0.377		
Arginine....g	0.585		0		1		0.550		
Histidine....g	0.225		0		1		0.212		
Alanine....g	0.355		0		1		0.334		
Aspartic acid....g	1.148		0		1		1.079		
Glutamic acid....g	1.272		0		1		1.196		
Glycine....g	0.325		0		1		0.306		
Proline....g	0.436		0		1		0.410		
Serine....g	0.421		0		1		0.396		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11453
Soybeans, mature seeds, sprouted, cooked, steamed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11923

Soybeans, mature seeds, sprouted, cooked, steamed, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	79.45	3.802	3		1		74.68		
Energy kcal	81		0	NC	4		76		
Energy kJ	340		0	NC	4		319		
Protein (N x 6.25) g	8.47	7.513	3		1		7.96		
Total lipid (fat) g	4.45	0.956	3		1		4.18		
Ash g	1.10	0.183	3		1		1.03		
Carbohydrate, by difference g	6.53		0	NC	4		6.14		
Fiber, total dietary g	0.8		0		4		0.8		
Sugars, total g	0.43		0	BFZN	4		0.40		
Starch g									
Minerals:									
Calcium, Ca mg	59	9.655	3		1		55		
Iron, Fe mg	1.31	0.176	3		1		1.23		
Magnesium, Mg mg	60	5.700	3		1		56		
Phosphorus, P mg	135	28.726	3		1		127		
Potassium, K mg	355	41.590	3		1		334		
Sodium, Na mg	246		0		4		231		
Zinc, Zn mg	1.04		2		1		0.98		
Copper, Cu mg	0.330		2		1		0.310		
Manganese, Mn mg	0.710		1		1		0.667		
Selenium, Se µg	0.6		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.3		2		1		7.8		
Thiamin mg	0.205		2		1		0.193		
Riboflavin mg	0.053		2		1		0.050		
Niacin mg	1.092		2		1		1.026		
Pantothenic acid mg	0.743		2		1		0.698		
Vitamin B-6 mg	0.105		1		1		0.099		
Folate, total µg	80		1		1		75		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	80		1		1		75		
Folate, DFE µg	80		0	NC	4		75		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	2		0	NC	4		2		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	12		0	BFZN	4		11		
Carotene, alpha µg	12		0	BFZN	4		11		
Cryptoxanthin, beta µg	12		0	BFZN	4		11		
Vitamin A, IU IU	40		0	NC	4		38		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) mg	0.21		0	BFZN	4		0.20		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	33.0		0	BFZN	4		31.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11923

Soybeans, mature seeds, sprouted, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.617		0		1		0.580		
4:0....g	0.000		0	BFZN	4		0.000		
6:0....g	0.000		0	BFZN	4		0.000		
8:0....g	0.000		0	BFZN	4		0.000		
10:0....g	0.000		0	BFZN	4		0.000		
12:0....g	0.000		0	BFZN	4		0.000		
13:0....g									
14:0....g	0.004		1		1		0.004		
15:0....g									
16:0....g	0.448		1		1		0.421		
17:0....g									
18:0....g	0.165		1		1		0.155		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.009		0		1		0.948		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.009		1		1		0.008		
17:1....g									
18:1 undifferentiated....g	0.991		1		1		0.932		
20:1....g	0.009		1		1		0.008		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.513		0		1		2.362		
18:2 undifferentiated....g	2.217		1		1		2.084		
18:3 undifferentiated....g	0.296		1		1		0.278		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.103		0		1		0.097		
Threonine....g	0.325		0		1		0.306		
Isoleucine....g	0.375		0		1		0.353		
Leucine....g	0.607		0		1		0.571		
Lysine....g	0.486		0		1		0.457		
Methionine....g	0.089		0		1		0.084		
Cystine....g	0.102		0		1		0.096		
Phenylalanine....g	0.415		0		1		0.390		
Tyrosine....g	0.309		0		1		0.290		
Valine....g	0.401		0		1		0.377		
Arginine....g	0.585		0		1		0.550		
Histidine....g	0.225		0		1		0.212		
Alanine....g	0.355		0		1		0.334		
Aspartic acid....g	1.148		0		1		1.079		
Glutamic acid....g	1.272		0		1		1.196		
Glycine....g	0.325		0		1		0.306		
Proline....g	0.436		0		1		0.410		
Serine....g	0.421		0		1		0.396		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11923

Soybeans, mature seeds, sprouted, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11454
Soybeans, mature seeds, sprouted, cooked, stir-fried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.20		1		1				
Energy kcal	125		0	NC	4				
Energy kJ	523				4				
Protein (N x 6.25) g	13.10		1		1				
Total lipid (fat) g	7.10		1		1				
Ash g	3.20		1		1				
Carbohydrate, by difference g	9.40		0	NC	4				
Fiber, total dietary g	0.8		0		4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	82		1		1				
Iron, Fe mg	0.40		1		1				
Magnesium, Mg mg	96		1		1				
Phosphorus, P mg	216		1		1				
Potassium, K mg	567		1		1				
Sodium, Na mg	14		1		1				
Zinc, Zn mg	2.10		1		1				
Copper, Cu mg	0.527		1		1				
Manganese, Mn mg	1.133		1		1				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	12.0		1		1				
Thiamin mg	0.420		1		1				
Riboflavin mg	0.190		1		1				
Niacin mg	1.100		1		1				
Pantothenic acid mg	1.186		1		1				
Vitamin B-6 mg	0.168		1		1				
Folate, total µg	127		1		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	127		1		1				
Folate, DFE µg	127		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	1		1		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	17		1		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11454

Soybeans, mature seeds, sprouted, cooked, stir-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.985		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.007		1		1				
15:0....g									
16:0....g	0.714		1		1				
17:0....g									
18:0....g	0.264		1		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.609		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		1		1				
17:1....g									
18:1 undifferentiated....g	1.581		1		1				
20:1....g	0.014		1		1				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.009		0		1				
18:2 undifferentiated....g	3.537		1		1				
18:3 undifferentiated....g	0.472		1		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.159		0		1				
Threonine....g	0.503		0		1				
Isoleucine....g	0.581		0		1				
Leucine....g	0.939		0		1				
Lysine....g	0.752		0		1				
Methionine....g	0.138		0		1				
Cystine....g	0.157		0		1				
Phenylalanine....g	0.641		0		1				
Tyrosine....g	0.478		0		1				
Valine....g	0.620		0		1				
Arginine....g	0.905		0		1				
Histidine....g	0.348		0		1				
Alanine....g	0.549		0		1				
Aspartic acid....g	1.775		0		1				
Glutamic acid....g	1.968		0		1				
Glycine....g	0.503		0		1				
Proline....g	0.675		0		1				
Serine....g	0.652		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11454

Soybeans, mature seeds, sprouted, cooked, stir-fried

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11924
Soybeans, mature seeds, sprouted, cooked, stir-fried, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.20		1		1				
Energy kcal	125		0	NC	4				
Energy kJ	523		0	NC	4				
Protein (N x 6.25) g	13.10		1		1				
Total lipid (fat) g	7.10		0		1				
Ash g	3.20		1		1				
Carbohydrate, by difference g	9.40		0	NC	4				
Fiber, total dietary g	0.8		0	BFZN	4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	82		1		1				
Iron, Fe mg	0.40		1		1				
Magnesium, Mg mg	96		0		1				
Phosphorus, P mg	216		0		1				
Potassium, K mg	567		0		1				
Sodium, Na mg	250		0		4				
Zinc, Zn mg	2.10		1		1				
Copper, Cu mg	0.527		0		1				
Manganese, Mn mg	1.133		0		1				
Selenium, Se µg	0.6		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	12.0		1		1				
Thiamin mg	0.420		1		1				
Riboflavin mg	0.190		1		1				
Niacin mg	1.100		1		1				
Pantothenic acid mg	1.186		0		1				
Vitamin B-6 mg	0.168		0		4				
Folate, total µg	127		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	127		0		4				
Folate, DFE µg	127		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	1		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	17		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11924

Soybeans, mature seeds, sprouted, cooked, stir-fried, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g									
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.300		0		1				
Threonine....g	0.759		0		1				
Isoleucine....g	0.654		0		1				
Leucine....g	1.100		0		1				
Lysine....g	0.916		0		1				
Methionine....g	0.147		0		1				
Cystine....g	0.069		0		1				
Phenylalanine....g	0.524		0		1				
Tyrosine....g	0.432		0		1				
Valine....g	0.734		0		1				
Arginine....g	0.629		0		1				
Histidine....g	0.352		0		1				
Alanine....g	0.614		0		1				
Aspartic acid....g	1.899		0		1				
Glutamic acid....g	1.859		0		1				
Glycine....g	0.509		0		1				
Proline....g									
Serine....g	0.981		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11452

Soybeans, mature seeds, sprouted, raw

Glycine max

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.05	2.776	6		1		24.17	6.91	
Energy kcal	122		0	NC	4		43	12	
Energy kJ	510				4		179	51	
Protein (N x 6.25) g	13.09	8.068	6		1		4.58	1.31	
Total lipid (fat) g	6.70	0.492	6		1		2.35	0.67	
Ash g	1.59	0.125	6		1		0.56	0.16	
Carbohydrate, by difference g	9.57		0	NC	4		3.35	0.96	
Fiber, total dietary g	1.1		0		4		0.4	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	67	5.540	8		1		23	7	
Iron, Fe mg	2.10	0.391	8		1		0.74	0.21	
Magnesium, Mg mg	72	8.830	8		1		25	7	
Phosphorus, P mg	164	18.788	8		1		57	16	
Potassium, K mg	484	62.983	8		1		169	48	
Sodium, Na mg	14	1.347	8		1		5	1	
Zinc, Zn mg	1.17	0.163	8		1		0.41	0.12	
Copper, Cu mg	0.427	0.065	8		1		0.149	0.043	
Manganese, Mn mg	0.702	0.080	8		1		0.246	0.070	
Selenium, Se µg	0.6		0	CAZN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.3	1.744	8		1		5.4	1.5	
Thiamin mg	0.340	0.080	8		1		0.119	0.034	
Riboflavin mg	0.118	0.013	8		1		0.041	0.012	
Niacin mg	1.148	0.148	8		1		0.402	0.115	
Pantothenic acid mg	0.929	0.115	8		1		0.325	0.093	
Vitamin B-6 mg	0.176	0.017	8		1		0.062	0.018	
Folate, total µg	172	24.234	8		1		60	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	172	24.234	8		1		60	17	
Folate, DFE µg	172		0	NC	4		60	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		2		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	11		2		1		4	1	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11452
Soybeans, mature seeds, sprouted, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.929		0		1		0.325	0.093	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.007		1		1		0.002	0.001	
15:0....g									
16:0....g	0.674		1		1		0.236	0.067	
17:0....g									
18:0....g	0.249		1		1		0.087	0.025	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.518		0		1		0.531	0.152	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.013		1		1		0.005	0.001	
17:1....g									
18:1 undifferentiated....g	1.492		1		1		0.522	0.149	
20:1....g	0.013		1		1		0.005	0.001	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.783		0		1		1.324	0.378	
18:2 undifferentiated....g	3.338		1		1		1.168	0.334	
18:3 undifferentiated....g	0.445		1		1		0.156	0.045	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.159		0		1		0.056	0.016	
Threonine....g	0.503		0		1		0.176	0.050	
Isoleucine....g	0.580		0		1		0.203	0.058	
Leucine....g	0.938		0		1		0.328	0.094	
Lysine....g	0.752		0		1		0.263	0.075	
Methionine....g	0.138		0		1		0.048	0.014	
Cystine....g	0.157		0		1		0.055	0.016	
Phenylalanine....g	0.641		0		1		0.224	0.064	
Tyrosine....g	0.477		0		1		0.167	0.048	
Valine....g	0.620		0		1		0.217	0.062	
Arginine....g	0.905		0		1		0.317	0.091	
Histidine....g	0.348		0		1		0.122	0.035	
Alanine....g	0.549		0		1		0.192	0.055	
Aspartic acid....g	1.774		0		1		0.621	0.177	
Glutamic acid....g	1.966		0		1		0.688	0.197	
Glycine....g	0.503		0		1		0.176	0.050	
Proline....g	0.674		0		1		0.236	0.067	
Serine....g	0.651		0		1		0.228	0.065	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11452
Soybeans, mature seeds, sprouted, raw

Common Measures:

Measure 1 = 35g: .5 cup

Measure 2 = 10.0g: 10 sprouts

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11658
Spinach souffle

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.73		0	RA	4		96.20	575.06	
Energy kcal	172		0	NC	4		234	1396	
Energy kJ	719		0	NC	4		978	5845	
Protein g	7.89		0	RA	4		10.74	64.18	
Total lipid (fat) g	12.95		0	RA	4		17.61	105.27	
Ash g	2.52		0	RA	4		3.43	20.48	
Carbohydrate, by difference g	5.90		0	RA	4		8.03	48.01	
Fiber, total dietary g	0.7		0	RA	4		0.9	5.5	
Sugars, total g	1.85		0	RA	4		2.51	15.03	
Sucrose g	0.06		0	RA	4		0.09	0.52	
Glucose (dextrose) g	0.08		0	RA	4		0.12	0.69	
Fructose g	0.05		0	RA	4		0.07	0.43	
Lactose g	1.51		0	RA	4		2.05	12.28	
Maltose g	0.03		0	RA	4		0.05	0.28	
Galactose g	0.04		0	RA	4		0.06	0.33	
Starch g									
Minerals:									
Calcium, Ca mg	165		0	RA	4		224	1338	
Iron, Fe mg	1.19		0	RA	4		1.62	9.71	
Magnesium, Mg mg	30		0	RA	4		41	242	
Phosphorus, P mg	139		0	RA	4		189	1129	
Potassium, K mg	231		0	RA	4		314	1878	
Sodium, Na mg	566		0	RA	4		770	4605	
Zinc, Zn mg	0.85		0	RA	4		1.16	6.91	
Copper, Cu mg	0.059		0	RA	4		0.081	0.484	
Manganese, Mn mg	0.269		0	RA	4		0.366	2.190	
Selenium, Se µg	11.1		0	RA	4		15.1	90.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	7.3		0	RA	4		9.9	59.4	
Thiamin mg	0.082		0	RA	4		0.111	0.664	
Riboflavin mg	0.263		0	RA	4		0.358	2.137	
Niacin mg	0.479		0	RA	4		0.651	3.892	
Pantothenic acid mg	0.438		0	RA	4		0.596	3.560	
Vitamin B-6 mg	0.098		0	RA	4		0.133	0.795	
Folate, total µg	73		0	RA	4		99	591	
Folic acid µg	6		0	RA	4		8	50	
Folate, food µg	67		0	RA	4		90	541	
Folate, DFE µg	77		0	NC	4		105	626	
Choline, total mg	61.0		0	RA	4		82.9	495.5	
Betaine mg	29.9		0	RA	4		40.6	243.0	
Vitamin B-12 µg	0.40		0	RA	4		0.54	3.24	
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE µg	244		0	NC	4		332	1985	
Retinol µg	120		0	RA	4		163	972	
Carotene, beta µg	1493		0	RA	4		2031	12138	
Carotene, alpha µg	3		0	RA	4		4	22	
Cryptoxanthin, beta µg	2		0	RA	4		3	19	
Vitamin A, IU IU	2891		0	NC	4		3932	23505	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	3249		0	RA	4		4418	26413	
Vitamin E (alpha-tocopherol) mg	0.93		0	RA	4		1.27	7.57	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg	0.01		0	RA	4		0.01	0.05	
Tocopherol, gamma mg	0.16		0	RA	4		0.21	1.27	
Tocopherol, delta mg	0.00		0	RA	4		0.01	0.04	
Tocotrienol, alpha mg	0.00		0	RA	4		0.00	0.03	
Tocotrienol, beta mg	0.00		0	RA	4		0.00	0.03	

NDB No. 11658
Spinach souffle

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg	0.00		0	RA	4		0.00	0.00	
Tocotrienol, delta mg	0.00		0	RA	4		0.00	0.00	
Vitamin D (D2 + D3) µg	0.8		0	AS	1		1.1	6.4	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.8		0	RA	4		1.1	6.4	
Vitamin D IU	31		0	RA	4		43	256	
Vitamin K (phylloquinone) µg	126.5		0	RA	4		172.1	1028.8	
Dihydrophylloquinone µg	0.0		0	RA	4		0.0	0.1	
Menaquinone-4 µg	0.3		0	RA	4		0.4	2.2	
Lipids:									
Fatty acids, total saturated g	6.091		0	RA	4		8.283	49.517	
4:0 g	0.314		0	RA	4		0.427	2.550	
6:0 g	0.189		0	RA	4		0.257	1.536	
8:0 g	0.116		0	RA	4		0.158	0.943	
10:0 g	0.227		0	RA	4		0.308	1.844	
12:0 g	0.224		0	RA	4		0.305	1.824	
13:0 g	0.000		0	RA	4		0.000	0.000	
14:0 g	0.858		0	RA	4		1.167	6.979	
15:0 g	0.001		0	RA	4		0.001	0.006	
16:0 g	2.890		0	RA	4		3.930	23.494	
17:0 g	0.035		0	RA	4		0.048	0.284	
18:0 g	1.225		0	RA	4		1.666	9.957	
20:0 g	0.010		0	RA	4		0.013	0.079	
22:0 g	0.002		0	RA	4		0.003	0.018	
24:0 g	0.001		0	RA	4		0.001	0.004	
Fatty acids, total monounsaturated g	3.021		0	RA	4		4.109	24.561	
14:1 g	0.001		0	RA	4		0.001	0.008	
15:1 g									
16:1 undifferentiated g	0.215		0	RA	4		0.292	1.748	
17:1 g									
18:1 undifferentiated g	2.793		0	RA	4		3.798	22.707	
20:1 g	0.011		0	RA	4		0.015	0.089	
22:1 undifferentiated g	0.001		0	RA	4		0.001	0.008	
24:1 c g									
Fatty acids, total polyunsaturated g	0.610		0	RA	4		0.830	4.959	
18:2 undifferentiated g	0.467		0	RA	4		0.635	3.798	
18:3 undifferentiated g	0.111		0	RA	4		0.150	0.899	
18:4 g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.025		0	RA	4		0.034	0.204	
20:5 n-3 (EPA) g	0.001		0	RA	4		0.001	0.005	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	RA	4		0.000	0.000	
22:6 n-3 (DHA) g	0.007		0	RA	4		0.009	0.053	
Fatty acids, total trans g	0.188		0	RA	4		0.255	1.526	
Fatty acids, total trans-monoenoic g	0.171		0	RA	4		0.232	1.388	
Fatty acids, total trans-polyenoic g	0.017		0	RA	4		0.023	0.138	
Cholesterol mg	118		0	RA	4		161	960	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.108		0	RA	4		0.146	0.874	
Threonine g	0.308		0	RA	4		0.419	2.502	
Isoleucine g	0.450		0	RA	4		0.613	3.662	
Leucine g	0.708		0	RA	4		0.962	5.753	
Lysine g	0.558		0	RA	4		0.759	4.538	
Methionine g	0.207		0	RA	4		0.281	1.681	
Cystine g	0.095		0	RA	4		0.130	0.774	
Phenylalanine g	0.406		0	RA	4		0.552	3.303	
Tyrosine g	0.350		0	RA	4		0.475	2.842	
Valine g	0.505		0	RA	4		0.686	4.104	
Arginine g	0.366		0	RA	4		0.497	2.973	

NDB No. 11658
Spinach souffle

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.229		0	RA	4		0.312	1.863	
Alanine....g	0.323		0	RA	4		0.439	2.624	
Aspartic acid....g	0.627		0	RA	4		0.852	5.095	
Glutamic acid....g	1.556		0	RA	4		2.116	12.651	
Glycine....g	0.216		0	RA	4		0.294	1.755	
Proline....g	0.646		0	RA	4		0.879	5.255	
Serine....g	0.467		0	RA	4		0.635	3.797	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0	0.0	
Caffeine....mg	0		0	RA	4		0	0	
Theobromine....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup

Measure 2 = 813g: 1 recipe yield

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11855
Spinach, canned, no salt added, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.22	0.053	226		1		218.13		
Energy kcal	19		0	NC	4		44		
Energy kJ	79		0		4		186		
Protein (N x 6.25) g	2.11	0.025	139		1		4.94		
Total lipid (fat) g	0.37	0.007	111		1		0.87		
Ash g	1.38	0.012	161		1		3.23		
Carbohydrate, by difference g	2.92		0	NC	4		6.83		
Fiber, total dietary g	2.2		0		4		5.1		
Sugars, total g	0.33		0	BFSN	4		0.78		
Starch g									
Minerals:									
Calcium, Ca mg	83	1.761	272		1		194		
Iron, Fe mg	1.58	0.037	235		1		3.70		
Magnesium, Mg mg	56	0.962	193		1		131		
Phosphorus, P mg	32	0.537	162		1		75		
Potassium, K mg	230	7.376	105		1		538		
Sodium, Na mg	75		0		1		176		
Zinc, Zn mg	0.42	0.022	47		1		0.98		
Copper, Cu mg	0.116	0.008	47		1		0.271		
Manganese, Mn mg	0.493		0		1		1.154		
Selenium, Se µg	1.2		0	BFSN	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.5	0.562	117		1		31.6		
Thiamin mg	0.018	0.001	146		1		0.042		
Riboflavin mg	0.106	0.001	269		1		0.248		
Niacin mg	0.271	0.016	122		1		0.634		
Pantothenic acid mg	0.038		0		1		0.089		
Vitamin B-6 mg	0.080		0		1		0.187		
Folate, total µg	58	4.129	3		1		136		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	58	4.129	3		1		136		
Folate, DFE µg	58		0	NC	4		136		
Choline, total mg	15.2		0	BFSN	4		35.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	404		0	NC	4		946		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4850		0	BFSN	4		11350		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	8084		0	NC	4		18917		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	8722		0	BFSN	4		20410		
Vitamin E (alpha-tocopherol) mg	1.60		0	BFSN	4		3.75		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	380.8		0	BFSN	4		891.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11855

Spinach, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.060		0		1		0.140		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.008		0		1		0.019		
15:0....g									
16:0....g	0.044		0		1		0.103		
17:0....g									
18:0....g	0.004		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.023		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.012		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0		1		0.363		
18:2 undifferentiated....g	0.023		0		1		0.054		
18:3 undifferentiated....g	0.122		0		1		0.285		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.066		
Threonine....g	0.090		0		1		0.211		
Isoleucine....g	0.108		0		1		0.253		
Leucine....g	0.164		0		1		0.384		
Lysine....g	0.129		0		1		0.302		
Methionine....g	0.039		0		1		0.091		
Cystine....g	0.025		0		1		0.059		
Phenylalanine....g	0.095		0		1		0.222		
Tyrosine....g	0.080		0		1		0.187		
Valine....g	0.119		0		1		0.278		
Arginine....g	0.119		0		1		0.278		
Histidine....g	0.047		0		1		0.110		
Alanine....g	0.104		0		1		0.243		
Aspartic acid....g	0.177		0		1		0.414		
Glutamic acid....g	0.253		0		1		0.592		
Glycine....g	0.099		0		1		0.232		
Proline....g	0.082		0		1		0.192		
Serine....g	0.076		0		1		0.178		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11855
Spinach, canned, no salt added, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11461
Spinach, canned, regular pack, drained solids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.78	0.226	11		1		196.41		
Energy kcal	23		0	NC	4		49		
Energy kJ	96		0		4		206		
Protein (N x 6.25) g	2.81	0.093	11		1		6.01		
Total lipid (fat) g	0.50	0.078	11		1		1.07		
Ash g	1.51	0.052	11		1		3.23		
Carbohydrate, by difference g	3.40		0	NC	4		7.28		
Fiber, total dietary g	2.4		0		4		5.1		
Sugars, total g	0.40		0	BFSN	4		0.86		
Starch g									
Minerals:									
Calcium, Ca mg	127	4.487	6		1		272		
Iron, Fe mg	2.30	0.291	12		1		4.92		
Magnesium, Mg mg	76	3.113	6		1		163		
Phosphorus, P mg	44	1.096	6		1		94		
Potassium, K mg	346	13.831	6		1		740		
Sodium, Na mg	322		0	BD	4		689		
Zinc, Zn mg	0.46	0.043	11		1		0.98		
Copper, Cu mg	0.180	0.029	11		1		0.385		
Manganese, Mn mg	0.597	0.067	10		1		1.278		
Selenium, Se µg	1.4		0	BFSN	4		3.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	14.3	1.251	6		1		30.6		
Thiamin mg	0.016	0.000	6		1		0.034		
Riboflavin mg	0.138	0.003	6		1		0.295		
Niacin mg	0.388	0.014	6		1		0.830		
Pantothenic acid mg	0.047	0.002	6		1		0.101		
Vitamin B-6 mg	0.100	0.006	6		1		0.214		
Folate, total µg	98		0		1		209		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	98		0		1		209		
Folate, DFE µg	98		0	NC	4		209		
Choline, total mg	18.4		0	BFSN	4		39.4		
Betaine mg	83.2		0	BFSN	4		178.1		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	490		0	NC	4		1049		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	5881		0	BFSN	4		12584		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	9801		0	NC	4		20974		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	10575		0	BFSN	4		22630		
Vitamin E (alpha-tocopherol) mg	1.94		0	BFSN	4		4.16		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	461.6		0	BFSN	4		987.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11461

Spinach, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.081		0	NC	4		0.173		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.012		0		1		0.025		
15:0....g									
16:0....g	0.064		0		1		0.136		
17:0....g									
18:0....g	0.005		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0	NC	4		0.028		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0		1		0.014		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.014		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.211		0	NC	4		0.452		
18:2 undifferentiated....g	0.033		0		1		0.071		
18:3 undifferentiated....g	0.178		0		1		0.381		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.038		0		1		0.081		
Threonine....g	0.120		0		1		0.257		
Isoleucine....g	0.144		0		1		0.308		
Leucine....g	0.219		0		1		0.469		
Lysine....g	0.172		0		1		0.368		
Methionine....g	0.052		0		1		0.111		
Cystine....g	0.034		0		1		0.073		
Phenylalanine....g	0.127		0		1		0.272		
Tyrosine....g	0.106		0		1		0.227		
Valine....g	0.158		0		1		0.338		
Arginine....g	0.159		0		1		0.340		
Histidine....g	0.062		0		1		0.133		
Alanine....g	0.139		0		1		0.297		
Aspartic acid....g	0.236		0		1		0.505		
Glutamic acid....g	0.338		0		1		0.723		
Glycine....g	0.132		0		1		0.282		
Proline....g	0.110		0		1		0.235		
Serine....g	0.102		0		1		0.218		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11461
Spinach, canned, regular pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 214g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11459
Spinach, canned, regular pack, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.22	0.053	226		1		218.13		
Energy kcal	19		0	NC	4		44		
Energy kJ	79		0		4		186		
Protein (N x 6.25) g	2.11	0.025	139		1		4.94		
Total lipid (fat) g	0.37	0.007	111		1		0.87		
Ash g	1.38	0.012	161		1		3.23		
Carbohydrate, by difference g	2.92		0	NC	4		6.83		
Fiber, total dietary g	1.6		0		4		3.7		
Sugars, total g	0.33		0	BFSN	4		0.78		
Starch g									
Minerals:									
Calcium, Ca mg	83	1.761	272		1		194		
Iron, Fe mg	1.58	0.037	235		1		3.70		
Magnesium, Mg mg	56	0.962	193		1		131		
Phosphorus, P mg	32	0.537	162		1		75		
Potassium, K mg	230	7.376	105		1		538		
Sodium, Na mg	319	5.724	130		1		746		
Zinc, Zn mg	0.42	0.022	47		1		0.98		
Copper, Cu mg	0.116	0.008	47		1		0.271		
Manganese, Mn mg	0.493		0		1		1.154		
Selenium, Se µg	1.2		0	BFSN	4		2.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.5	0.562	117		1		31.6		
Thiamin mg	0.018	0.001	146		1		0.042		
Riboflavin mg	0.106	0.001	269		1		0.248		
Niacin mg	0.271	0.016	122		1		0.634		
Pantothenic acid mg	0.038		0		1		0.089		
Vitamin B-6 mg	0.080		0		1		0.187		
Folate, total µg	58	4.129	3		1		136		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	58	4.129	3		1		136		
Folate, DFE µg	58		0	NC	4		136		
Choline, total mg	15.2		0	BFSN	4		35.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	404		0	NC	4		946		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4850		0	BFSN	4		11350		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	8084		0	NC	4		18917		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	8722		0	BFSN	4		20410		
Vitamin E (alpha-tocopherol) mg	1.60		0	BFSN	4		3.75		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	380.8		0	BFSN	4		891.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11459

Spinach, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.060		0		1		0.140		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.008		0		1		0.019		
15:0....g									
16:0....g	0.044		0		1		0.103		
17:0....g									
18:0....g	0.004		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.023		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.012		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.155		0		1		0.363		
18:2 undifferentiated....g	0.023		0		1		0.054		
18:3 undifferentiated....g	0.122		0		1		0.285		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.066		
Threonine....g	0.090		0		1		0.211		
Isoleucine....g	0.108		0		1		0.253		
Leucine....g	0.164		0		1		0.384		
Lysine....g	0.129		0		1		0.302		
Methionine....g	0.039		0		1		0.091		
Cystine....g	0.025		0		1		0.059		
Phenylalanine....g	0.095		0		1		0.222		
Tyrosine....g	0.080		0		1		0.187		
Valine....g	0.119		0		1		0.278		
Arginine....g	0.119		0		1		0.278		
Histidine....g	0.047		0		1		0.110		
Alanine....g	0.104		0		1		0.243		
Aspartic acid....g	0.177		0		1		0.414		
Glutamic acid....g	0.253		0		1		0.592		
Glycine....g	0.099		0		1		0.232		
Proline....g	0.082		0		1		0.192		
Serine....g	0.076		0		1		0.178		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11459
Spinach, canned, regular pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 234g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11854
Spinach, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.21	0.222	19		1		164.18		
Energy kcal	23		0	NC	4		41		
Energy kJ	96		0		4		173		
Protein (N x 6.25) g	2.97	0.158	16		1		5.35		
Total lipid (fat) g	0.26	0.045	16		1		0.47		
Ash g	1.81	0.097	16		1		3.26		
Carbohydrate, by difference g	3.75		0	NC	4		6.75		
Fiber, total dietary g	2.4		0		4		4.3		
Sugars, total g	0.43		0	BFSN	4		0.78		
Starch g									
Minerals:									
Calcium, Ca mg	136	3.285	12		1		245		
Iron, Fe mg	3.57	0.996	12		1		6.43		
Magnesium, Mg mg	87	4.795	12		1		157		
Phosphorus, P mg	56	2.198	12		1		101		
Potassium, K mg	466	18.532	12		1		839		
Sodium, Na mg	306		0		4		551		
Zinc, Zn mg	0.76	0.044	16		1		1.37		
Copper, Cu mg	0.174	0.012	16		1		0.313		
Manganese, Mn mg	0.935	0.061	15		1		1.683		
Selenium, Se µg	1.5	0.300	5	A	1		2.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.8	1.545	12		1		17.6		
Thiamin mg	0.095	0.004	12		1		0.171		
Riboflavin mg	0.236	0.007	12		1		0.425		
Niacin mg	0.490	0.032	12		1		0.882		
Pantothenic acid mg	0.145	0.008	12		1		0.261		
Vitamin B-6 mg	0.242	0.006	12		1		0.436		
Folate, total µg	146	13.229	3		1		262		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	146	13.229	3		1		262		
Folate, DFE µg	146		0	NC	4		262		
Choline, total mg	19.7		0	BFSN	4		35.5		
Betaine mg	89.0		0	BFSN	4		160.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	524		0	AS	1		943		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6288	1002.379	28	A	1		11319		
Carotene, alpha µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta µg	0	0.000	4	A	1		0		
Vitamin A, IU IU	10481		0	AS	1		18865		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	11308	2650.977	24	A	1		20354		
Vitamin E (alpha-tocopherol) mg	2.08		0	BFSN	4		3.74		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	493.6		0	BFSN	4		888.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11854
Spinach, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.043		0	NC	4		0.078		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.006		0		1		0.012		
15:0....g									
16:0....g	0.033		0		1		0.060		
17:0....g									
18:0....g	0.003		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.006		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.109		0	NC	4		0.196		
18:2 undifferentiated....g	0.017		0		1		0.031		
18:3 undifferentiated....g	0.092		0		1		0.165		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.072		
Threonine....g	0.127		0		1		0.229		
Isoleucine....g	0.152		0		1		0.274		
Leucine....g	0.231		0		1		0.416		
Lysine....g	0.182		0		1		0.328		
Methionine....g	0.055		0		1		0.099		
Cystine....g	0.035		0		1		0.063		
Phenylalanine....g	0.134		0		1		0.241		
Tyrosine....g	0.113		0		1		0.203		
Valine....g	0.168		0		1		0.302		
Arginine....g	0.168		0		1		0.302		
Histidine....g	0.066		0		1		0.119		
Alanine....g	0.147		0		1		0.265		
Aspartic acid....g	0.250		0		1		0.450		
Glutamic acid....g	0.357		0		1		0.643		
Glycine....g	0.140		0		1		0.252		
Proline....g	0.116		0		1		0.209		
Serine....g	0.107		0		1		0.193		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11854
Spinach, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11458
Spinach, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.21	0.222	19		1		164.18		
Energy kcal	23		0	NC	4		41		
Energy kJ	96		0		4		173		
Protein (N x 6.25) g	2.97	0.158	16		1		5.35		
Total lipid (fat) g	0.26	0.045	16		1		0.47		
Ash g	1.81	0.097	16		1		3.26		
Carbohydrate, by difference g	3.75		0	NC	4		6.75		
Fiber, total dietary g	2.4		0		1		4.3		
Sugars, total g	0.43		0	BFSN	4		0.78		
Starch g									
Minerals:									
Calcium, Ca mg	136	3.285	12		1		245		
Iron, Fe mg	3.57	0.996	12		1		6.43		
Magnesium, Mg mg	87	4.795	12		1		157		
Phosphorus, P mg	56	2.198	12		1		101		
Potassium, K mg	466	18.532	12		1		839		
Sodium, Na mg	70	4.351	8		1		126		
Zinc, Zn mg	0.76	0.044	16		1		1.37		
Copper, Cu mg	0.174	0.012	16		1		0.313		
Manganese, Mn mg	0.935	0.061	15		1		1.683		
Selenium, Se µg	1.5	0.300	5	A	1		2.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.8	1.545	12		1		17.6		
Thiamin mg	0.095	0.004	12		1		0.171		
Riboflavin mg	0.236	0.007	12		1		0.425		
Niacin mg	0.490	0.032	12		1		0.882		
Pantothenic acid mg	0.145	0.008	12		1		0.261		
Vitamin B-6 mg	0.242	0.006	12		1		0.436		
Folate, total µg	146	13.229	3		1		262		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	146	13.229	3		1		262		
Folate, DFE µg	146		0	NC	4		262		
Choline, total mg	19.7		0	BFSN	4		35.5		
Betaine mg	89.0		0	BFSN	4		160.2		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	524		0	AS	1		943		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6288	1002.379	28	A	1		11319		
Carotene, alpha µg	0	0.000	4	A	1		0		
Cryptoxanthin, beta µg	0	0.000	4	A	1		0		
Vitamin A, IU IU	10481		0	AS	1		18865		
Lycopene µg	0	0.000	4	A	1		0		
Lutein + zeaxanthin µg	11308	2650.977	24	A	1		20354		
Vitamin E (alpha-tocopherol) mg	2.08		0	BFSN	4		3.74		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	493.6		0	BFSN	4		888.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11458

Spinach, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.043		0	NC	4		0.078		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.006		0		1		0.012		
15:0....g									
16:0....g	0.033		0		1		0.060		
17:0....g									
18:0....g	0.003		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0	NC	4		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	0.003		0		1		0.006		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.109		0	NC	4		0.196		
18:2 undifferentiated....g	0.017		0		1		0.031		
18:3 undifferentiated....g	0.092		0		1		0.165		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0		1		0.072		
Threonine....g	0.127		0		1		0.229		
Isoleucine....g	0.152		0		1		0.274		
Leucine....g	0.231		0		1		0.416		
Lysine....g	0.182		0		1		0.328		
Methionine....g	0.055		0		1		0.099		
Cystine....g	0.035		0		1		0.063		
Phenylalanine....g	0.134		0		1		0.241		
Tyrosine....g	0.113		0		1		0.203		
Valine....g	0.168		0		1		0.302		
Arginine....g	0.168		0		1		0.302		
Histidine....g	0.066		0		1		0.119		
Alanine....g	0.147		0		1		0.265		
Aspartic acid....g	0.250		0		1		0.450		
Glutamic acid....g	0.357		0		1		0.643		
Glycine....g	0.140		0		1		0.252		
Proline....g	0.116		0		1		0.209		
Serine....g	0.107		0		1		0.193		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11458
Spinach, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.94	0.191	6	A	1		84.49	195.67	
Energy kcal	34		0	NC	4		32	75	
Energy kJ	143		0	NC	4		136	314	
Protein (N x 6.25) g	4.01	0.061	6	A	1		3.81	8.81	
Total lipid (fat) g	0.87	0.215	6	A	1		0.82	1.90	
Ash g	1.39	0.075	6	A	1		1.32	3.06	
Carbohydrate, by difference g	4.80		0	NC	4		4.56	10.55	
Fiber, total dietary g	3.7	0.183	6	A	1		3.5	8.1	
Sugars, total g	0.51	0.122	6	A	1		0.48	1.11	
Sucrose g	0.21	0.038	6	A	1		0.20	0.47	
Glucose (dextrose) g	0.20	0.033	6	A	1		0.19	0.44	
Fructose g	0.09	0.059	6	A	1		0.09	0.21	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	0.00	0.000	6	A	1		0.00	0.00	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	0.00	0.000	6	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	153	6.024	6	A	1		145	336	
Iron, Fe mg	1.96	0.064	6	A	1		1.86	4.32	
Magnesium, Mg mg	82	6.920	6	A	1		78	180	
Phosphorus, P mg	50	2.231	6	A	1		48	110	
Potassium, K mg	302	20.365	6	A	1		287	664	
Sodium, Na mg	322		0		4		306	708	
Zinc, Zn mg	0.49	0.049	6	A	1		0.47	1.09	
Copper, Cu mg	0.161	0.013	6	A	1		0.153	0.354	
Manganese, Mn mg	0.717	0.038	6	A	1		0.681	1.578	
Selenium, Se µg	5.5	0.065	4	A	1		5.3	12.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2	0.525	6	A	1		2.1	4.8	
Thiamin mg	0.078	0.006	6	A	1		0.074	0.171	
Riboflavin mg	0.176	0.007	6	A	1		0.168	0.388	
Niacin mg	0.439	0.035	5	A	1		0.417	0.966	
Pantothenic acid mg	0.075	0.000	4	A	1		0.071	0.164	
Vitamin B-6 mg	0.136	0.006	6	A	1		0.129	0.299	
Folate, total µg	121	3.890	6	A	1		115	266	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	121	3.890	6	A	1		115	266	
Folate, DFE µg	121		0	NC	4		115	266	
Choline, total mg	24.8		0	AS	1		23.5	54.5	
Betaine mg	112.0		2	A	1		106.4	246.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	603		0	NC	4		573	1327	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	7237		0	BFSN	4		6875	15921	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	12061		0	NC	4		11458	26535	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	15690		0	BFSN	4		14905	34518	
Vitamin E (alpha-tocopherol) mg	3.54	0.111	3	A	1		3.37	7.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01	0.001	3	A	1		0.01	0.02	
Tocopherol, gamma mg	0.17	0.007	3	A	1		0.16	0.37	
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	540.7	4.236	3	A	1		513.7	1189.5	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.036		0	NC	4		0.034	0.080	
4:0....g	0.000	0.000	4	A	1		0.000	0.000	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.036	0.036	4	A	1		0.034	0.080	
17:0....g	0.000	0.000	4	A	1		0.000	0.000	
18:0....g	0.000	0.000	4	A	1		0.000	0.000	
20:0....g	0.000	0.000	4	A	1		0.000	0.000	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:1....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.086		0	NC	4		0.081	0.189	
18:2 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
18:3 undifferentiated....g	0.086	0.053	4	A	1		0.081	0.189	
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.101		0	A	1		0.096	0.223	
Threonine....g	0.220		0	A	1		0.209	0.485	
Isoleucine....g	0.128		0	A	1		0.122	0.282	
Leucine....g	0.205		0	A	1		0.195	0.452	
Lysine....g	0.256		0	A	1		0.243	0.562	
Methionine....g	0.053		0	A	1		0.051	0.117	
Cystine....g	0.029		0	A	1		0.028	0.064	
Phenylalanine....g	0.211		0	A	1		0.200	0.464	
Tyrosine....g	0.219		0	A	1		0.208	0.481	
Valine....g	0.181		0	A	1		0.172	0.399	
Arginine....g	0.489		0	A	1		0.465	1.077	
Histidine....g	0.049		0	A	1		0.047	0.109	
Alanine....g	0.222		0	A	1		0.211	0.488	

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.436		0	A	1		0.415	0.960	
Glutamic acid....g	0.516		0	A	1		0.490	1.136	
Glycine....g	0.225		0	A	1		0.214	0.495	
Proline....g	0.201		0	A	1		0.191	0.443	
Serine....g	0.173		0	A	1		0.164	0.381	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .5 cup

Measure 2 = 220g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.94	0.191	6	A	1		84.49	195.67	
Energy kcal	34		0	NC	4		32	75	
Energy kJ	143		0	NC	4		136	314	
Protein (N x 6.25) g	4.01	0.061	6	A	1		3.81	8.81	
Total lipid (fat) g	0.87	0.215	6	A	1		0.82	1.90	
Ash g	1.39	0.075	6	A	1		1.32	3.06	
Carbohydrate, by difference g	4.80		0	NC	4		4.56	10.55	
Fiber, total dietary g	3.7	0.183	6	A	1		3.5	8.1	
Sugars, total g	0.51	0.122	6	A	1		0.48	1.11	
Sucrose g	0.21	0.038	6	A	1		0.20	0.47	
Glucose (dextrose) g	0.20	0.033	6	A	1		0.19	0.44	
Fructose g	0.09	0.059	6	A	1		0.09	0.21	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	0.00	0.000	6	A	1		0.00	0.00	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	0.00	0.000	6	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	153	6.024	6	A	1		145	336	
Iron, Fe mg	1.96	0.064	6	A	1		1.86	4.32	
Magnesium, Mg mg	82	6.920	6	A	1		78	180	
Phosphorus, P mg	50	2.231	6	A	1		48	110	
Potassium, K mg	302	20.365	6	A	1		287	664	
Sodium, Na mg	97	7.670	6	A	1		92	212	
Zinc, Zn mg	0.49	0.049	6	A	1		0.47	1.09	
Copper, Cu mg	0.161	0.013	6	A	1		0.153	0.354	
Manganese, Mn mg	0.717	0.038	6	A	1		0.681	1.578	
Selenium, Se µg	5.5	0.065	4	A	1		5.3	12.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2	0.525	6	A	1		2.1	4.8	
Thiamin mg	0.078	0.006	6	A	1		0.074	0.171	
Riboflavin mg	0.176	0.007	6	A	1		0.168	0.388	
Niacin mg	0.439	0.035	5	A	1		0.417	0.966	
Pantothenic acid mg	0.075	0.000	4	A	1		0.071	0.164	
Vitamin B-6 mg	0.136	0.006	6	A	1		0.129	0.299	
Folate, total µg	121	3.890	6	A	1		115	266	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	121	3.890	6	A	1		115	266	
Folate, DFE µg	121		0	NC	4		115	266	
Choline, total mg	24.8		0	AS	1		23.5	54.5	
Betaine mg	112.0		2	A	1		106.4	246.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	603		0	NC	4		573	1327	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	7237		0	BFSN	4		6875	15921	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	12061		0	NC	4		11458	26535	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	15690		0	BFSN	4		14905	34518	
Vitamin E (alpha-tocopherol) mg	3.54	0.111	3	A	1		3.37	7.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01	0.001	3	A	1		0.01	0.02	
Tocopherol, gamma mg	0.17	0.007	3	A	1		0.16	0.37	
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	540.7	4.236	3	A	1		513.7	1189.5	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.157		0	NC	4		0.149	0.345	
4:0....g	0.000	0.000	4	A	1		0.000	0.000	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.000	0.000	4	A	1		0.000	0.000	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.000	0.000	4	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	4	A	1		0.000	0.000	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	0.157	0.036	4	A	1		0.149	0.345	
17:0....g	0.000	0.000	4	A	1		0.000	0.000	
18:0....g	0.000	0.000	4	A	1		0.000	0.000	
20:0....g	0.000	0.000	4	A	1		0.000	0.000	
22:0....g	0.000	0.000	4	A	1		0.000	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:1....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.371		0	NC	4		0.352	0.816	
18:2 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
18:3 undifferentiated....g	0.371	0.053	4	A	1		0.352	0.816	
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.101		0	A	1		0.096	0.223	
Threonine....g	0.220		0	A	1		0.209	0.485	
Isoleucine....g	0.128		0	A	1		0.122	0.282	
Leucine....g	0.205		0	A	1		0.195	0.452	
Lysine....g	0.256		0	A	1		0.243	0.562	
Methionine....g	0.053		0	A	1		0.051	0.117	
Cystine....g	0.029		0	A	1		0.028	0.064	
Phenylalanine....g	0.211		0	A	1		0.200	0.464	
Tyrosine....g	0.219		0	A	1		0.208	0.481	
Valine....g	0.181		0	A	1		0.172	0.399	
Arginine....g	0.489		0	A	1		0.465	1.077	
Histidine....g	0.049		0	A	1		0.047	0.109	
Alanine....g	0.222		0	A	1		0.211	0.488	

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.436		0	A	1		0.415	0.960	
Glutamic acid....g	0.516		0	A	1		0.490	1.136	
Glycine....g	0.225		0	A	1		0.214	0.495	
Proline....g	0.201		0	A	1		0.191	0.443	
Serine....g	0.173		0	A	1		0.164	0.381	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .5 cup

Measure 2 = 220g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11463
Spinach, frozen, chopped or leaf, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.17	0.117	11	A	1		140.66	256.07	
Energy kcal	29		0	NC	4		45	81	
Energy kJ	120		0	NC	4		187	340	
Protein g	3.63	0.066	11	A	1		5.66	10.30	
Total lipid (fat) g	0.57	0.083	11	A	1		0.88	1.61	
Ash g	1.43	0.016	11	A	1		2.24	4.07	
Carbohydrate, by difference g	4.21		0	NC	4		6.56	11.95	
Fiber, total dietary g	2.9	0.130	11	A	1		4.5	8.2	
Sugars, total g	0.65	0.046	11	A	1		1.01	1.84	
Sucrose g	0.24	0.019	11	A	1		0.37	0.67	
Glucose (dextrose) g	0.24	0.020	11	A	1		0.37	0.67	
Fructose g	0.18	0.028	11	A	1		0.28	0.50	
Lactose g	0.00	0.000	11	A	1		0.00	0.00	
Maltose g	0.00	0.000	11	A	1		0.00	0.00	
Galactose g	0.00	0.000	11	A	1		0.00	0.00	
Starch g	0.00	0.000	11	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	129	4.176	11	A	1		202	368	
Iron, Fe mg	1.89	0.071	11	A	1		2.95	5.36	
Magnesium, Mg mg	75	2.107	11	A	1		117	214	
Phosphorus, P mg	49	0.644	11	A	1		77	140	
Potassium, K mg	346	7.867	11	A	1		540	984	
Sodium, Na mg	74	8.386	25		1		115	210	
Zinc, Zn mg	0.56	0.031	11	A	1		0.88	1.60	
Copper, Cu mg	0.144	0.006	11	A	1		0.225	0.410	
Manganese, Mn mg	0.704	0.017	11	A	1		1.098	1.999	
Selenium, Se µg	6.0	0.025	4	A	1		9.4	17.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.5	0.691	11	A	1		8.6	15.6	
Thiamin mg	0.094	0.005	5	A	1		0.146	0.266	
Riboflavin mg	0.224	0.002	5	A	1		0.350	0.637	
Niacin mg	0.507	0.002	5	A	1		0.791	1.439	
Pantothenic acid mg	0.094	0.000	5	A	1		0.146	0.267	
Vitamin B-6 mg	0.172	0.003	5	A	1		0.268	0.488	
Folate, total µg	145	8.325	11	A	1		227	413	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	145	8.325	11	A	1		227	413	
Folate, DFE µg	145		0	NC	4		227	413	
Choline, total mg	22.1	1.250	3	AS	1		34.5	62.7	
Betaine mg	117.4	8.072	3	A	1		183.1	333.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	586		0	NC	4		915	1665	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	7035		0	BFSN	4		10975	19980	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	11726		0	NC	4		18292	33301	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	12651		0	BFSN	4		19736	35930	
Vitamin E (alpha-tocopherol) mg	2.90		2	A	1		4.52	8.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		2	A	1		0.01	0.02	
Tocopherol, gamma mg	0.14		2	A	1		0.22	0.40	
Tocopherol, delta mg	0.00		2	A	1		0.01	0.01	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11463
Spinach, frozen, chopped or leaf, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	372.0	30.457	4	A	1		580.3	1056.4	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.041		0	NC	4		0.063	0.115	
4:0....g	0.000	0.000	5	A	1		0.000	0.000	
6:0....g	0.000	0.000	5	A	1		0.000	0.000	
8:0....g	0.000	0.000	5	A	1		0.000	0.000	
10:0....g	0.000	0.000	5	A	1		0.000	0.000	
12:0....g	0.000	0.000	5	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000	0.000	5	A	1		0.000	0.000	
15:0....g	0.000	0.000	5	A	1		0.000	0.000	
16:0....g	0.041	0.000	5	A	1		0.063	0.115	
17:0....g	0.000	0.000	5	A	1		0.000	0.000	
18:0....g	0.000	0.000	5	A	1		0.000	0.000	
20:0....g	0.000	0.000	5	A	1		0.000	0.000	
22:0....g	0.000	0.000	5	A	1		0.000	0.000	
24:0....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	
14:1....g	0.000	0.000	5	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
20:1....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.082		0	NC	4		0.127	0.232	
18:2 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
18:3 undifferentiated....g	0.082	0.029	5	A	1		0.127	0.232	
18:4....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	5	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000	0.000	5	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	5	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.100		0	A	1		0.156	0.283	
Threonine....g	0.217		0	A	1		0.338	0.616	
Isoleucine....g	0.126		0	A	1		0.196	0.357	
Leucine....g	0.202		0	A	1		0.315	0.574	
Lysine....g	0.251		0	A	1		0.392	0.714	
Methionine....g	0.052		0	A	1		0.082	0.149	
Cystine....g	0.029		0	A	1		0.045	0.081	
Phenylalanine....g	0.207		0	A	1		0.323	0.589	
Tyrosine....g	0.215		0	A	1		0.335	0.611	
Valine....g	0.178		0	A	1		0.278	0.506	
Arginine....g	0.481		0	A	1		0.751	1.366	
Histidine....g	0.049		0	A	1		0.076	0.138	
Alanine....g	0.218		0	A	1		0.340	0.619	

NDB No. 11463
Spinach, frozen, chopped or leaf, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.429		0	A	1		0.670	1.219	
Glutamic acid....g	0.508		0	A	1		0.792	1.442	
Glycine....g	0.221		0	A	1		0.345	0.628	
Proline....g	0.198		0	A	1		0.309	0.562	
Serine....g	0.170		0	A	1		0.265	0.483	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11457
Spinach, raw
Spinacia oleracea

Refuse: 28% Large stems and roots

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.40		1	JO	11		27.42	310.76	9.14
Energy kcal	23		0	NC	4		7	79	2
Energy kJ	97		0	NC	4		29	330	10
Protein (N x 6.25) g	2.86	0.112	9		1		0.86	9.72	0.29
Total lipid (fat) g	0.39	0.032	7		1		0.12	1.32	0.04
Ash g	1.72	0.035	8		1		0.52	5.85	0.17
Carbohydrate, by difference g	3.63		0	NC	4		1.09	12.34	0.36
Fiber, total dietary g	2.2		1		1		0.7	7.5	0.2
Sugars, total g	0.42		0	NC	4		0.13	1.43	0.04
Sucrose g	0.07	0.036	8		1		0.02	0.23	0.01
Glucose (dextrose) g	0.11	0.032	8		1		0.03	0.36	0.01
Fructose g	0.15	0.070	8		1		0.04	0.50	0.01
Lactose g	0.00		1		1		0.00	0.00	0.00
Maltose g	0.00		1		1		0.00	0.00	0.00
Galactose g	0.10		1		1		0.03	0.34	0.01
Starch g									
Minerals:									
Calcium, Ca mg	99	4.996	9		1		30	337	10
Iron, Fe mg	2.71	0.522	10		1		0.81	9.21	0.27
Magnesium, Mg mg	79	4.794	7		1		24	269	8
Phosphorus, P mg	49	3.479	7		1		15	167	5
Potassium, K mg	558	28.703	10		1		167	1897	56
Sodium, Na mg	79	10.835	10		1		24	269	8
Zinc, Zn mg	0.53	0.039	7		1		0.16	1.80	0.05
Copper, Cu mg	0.130	0.007	7		1		0.039	0.442	0.013
Manganese, Mn mg	0.897	0.048	6		1		0.269	3.050	0.090
Selenium, Se µg	1.0	0.335	5	A	1		0.3	3.4	0.1
Vitamins:									
Vitamin C, total ascorbic acid mg	28.1	4.129	7		1		8.4	95.5	2.8
Thiamin mg	0.078	0.008	9		1		0.023	0.265	0.008
Riboflavin mg	0.189	0.008	9		1		0.057	0.643	0.019
Niacin mg	0.724	0.032	9		1		0.217	2.462	0.072
Pantothenic acid mg	0.065	0.008	6		1		0.020	0.221	0.007
Vitamin B-6 mg	0.195	0.008	6		1		0.059	0.663	0.020
Folate, total µg	194	35.597	6		1		58	661	19
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	194	35.597	6		1		58	661	19
Folate, DFE µg	194		0	NC	4		58	661	19
Choline, total mg	19.3		0	BFSN	4		5.8	65.7	1.9
Betaine mg	102.6		0	BFSN	4		30.8	349.0	10.3
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	469		0	AS	1		141	1594	47
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	5626	766.716	5	A	1		1688	19130	563
Carotene, alpha µg	0	0.000	4	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	4	A	1		0	0	0
Vitamin A, IU IU	9377		0	AS	1		2813	31883	938
Lycopene µg	0	0.000	7	A	1		0	0	0
Lutein + zeaxanthin µg	12198	1930.873	7	A	1		3659	41474	1220
Vitamin E (alpha-tocopherol) mg	2.03	0.152	7		1		0.61	6.91	0.20
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	7		1		0.00	0.00	0.00
Tocopherol, gamma mg	0.18	0.036	7		1		0.05	0.61	0.02
Tocopherol, delta mg	0.00	0.000	7		1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		1		1		0.00	0.00	0.00

NDB No. 11457
Spinach, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		1		1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		1		1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	482.9		1		1		144.9	1641.9	48.3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.063		0	NC	4		0.019	0.213	0.006
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.010		1		1		0.003	0.033	0.001
15:0....g									
16:0....g	0.049		1		1		0.015	0.168	0.005
17:0....g									
18:0....g	0.004		1		1		0.001	0.012	0.000
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0	NC	4		0.003	0.033	0.001
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		1		1		0.001	0.016	0.000
17:1....g									
18:1 undifferentiated....g	0.005		1		1		0.001	0.016	0.000
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.165		0	NC	4		0.049	0.560	0.016
18:2 undifferentiated....g	0.026		1		1		0.008	0.090	0.003
18:3 undifferentiated....g	0.138		1		1		0.042	0.470	0.014
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	9		0		1		3	31	1
Amino Acids:									
Tryptophan....g	0.039		19		1		0.012	0.133	0.004
Threonine....g	0.122		19		1		0.037	0.415	0.012
Isoleucine....g	0.147		19		1		0.044	0.500	0.015
Leucine....g	0.223		19		1		0.067	0.758	0.022
Lysine....g	0.174		23		1		0.052	0.592	0.017
Methionine....g	0.053		23		1		0.016	0.180	0.005
Cystine....g	0.035		8		1		0.011	0.119	0.004
Phenylalanine....g	0.129		19		1		0.039	0.439	0.013
Tyrosine....g	0.108		8		1		0.032	0.367	0.011
Valine....g	0.161		19		1		0.048	0.547	0.016
Arginine....g	0.162		18		1		0.049	0.551	0.016
Histidine....g	0.064		18		1		0.019	0.218	0.006
Alanine....g	0.142		7		1		0.043	0.483	0.014

NDB No. 11457
Spinach, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.240		7		1		0.072	0.816	0.024
Glutamic acid....g	0.343		7		1		0.103	1.166	0.034
Glycine....g	0.134		7		1		0.040	0.456	0.013
Proline....g	0.112		6		1		0.034	0.381	0.011
Serine....g	0.104		7		1		0.031	0.354	0.010
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 cup

Measure 2 = 340g: 1 bunch

Measure 3 = 10.0g: 1 leaf

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11857
Squash, summer, all varieties, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.70	0.122	6		1		168.66		
Energy kcal	20		0	NC	4		36		
Energy kJ	84		0		4		151		
Protein (N x 6.25) g	0.91	0.075	6		1		1.64		
Total lipid (fat) g	0.31	0.022	6		1		0.56		
Ash g	0.77	0.024	6		1		1.39		
Carbohydrate, by difference g	4.31		0	NC	4		7.76		
Fiber, total dietary g	1.4		1	A	1		2.5		
Sugars, total g	2.59		0	BFSN	4		4.66		
Starch g									
Minerals:									
Calcium, Ca mg	27	1.248	6		1		49		
Iron, Fe mg	0.36	0.036	6		1		0.65		
Magnesium, Mg mg	24	0.500	6		1		43		
Phosphorus, P mg	39	1.908	6		1		70		
Potassium, K mg	192	5.618	6		1		346		
Sodium, Na mg	237		0		4		427		
Zinc, Zn mg	0.39	0.012	6		1		0.70		
Copper, Cu mg	0.103	0.006	6		1		0.185		
Manganese, Mn mg	0.213	0.011	6		1		0.383		
Selenium, Se µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.5	0.775	6		1		9.9		
Thiamin mg	0.044	0.003	9		1		0.079		
Riboflavin mg	0.041	0.004	9		1		0.074		
Niacin mg	0.513	0.044	6		1		0.923		
Pantothenic acid mg	0.137	0.003	6		1		0.247		
Vitamin B-6 mg	0.065	0.008	9		1		0.117		
Folate, total µg	20	3.726	3		1		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20	3.726	3		1		36		
Folate, DFE µg	20		0	NC	4		36		
Choline, total mg	7.9		0	BFSY	4		14.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	NC	4		19		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	127		0	BFSY	4		229		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	212		0	NC	4		381		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	2249		0	BFSY	4		4047		
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	3.5		0	BFSN	4		6.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11857

Squash, summer, all varieties, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.115		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.056		0		1		0.101		
17:0....g									
18:0....g	0.006		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.041		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.038		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.131		0		1		0.236		
18:2 undifferentiated....g	0.049		0		1		0.088		
18:3 undifferentiated....g	0.082		0		1		0.148		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.014		
Threonine....g	0.022		0		1		0.040		
Isoleucine....g	0.033		0		1		0.059		
Leucine....g	0.053		0		1		0.095		
Lysine....g	0.050		0		1		0.090		
Methionine....g	0.013		0		1		0.023		
Cystine....g	0.010		0		1		0.018		
Phenylalanine....g	0.032		0		1		0.058		
Tyrosine....g	0.024		0		1		0.043		
Valine....g	0.041		0		1		0.074		
Arginine....g	0.038		0		1		0.068		
Histidine....g	0.020		0		1		0.036		
Alanine....g	0.048		0		1		0.086		
Aspartic acid....g	0.111		0		1		0.200		
Glutamic acid....g	0.097		0		1		0.175		
Glycine....g	0.034		0		1		0.061		
Proline....g	0.028		0		1		0.050		
Serine....g	0.037		0		1		0.067		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11857

Squash, summer, all varieties, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11642

Squash, summer, all varieties, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.70	0.122	6		1		168.66		
Energy kcal	20		0	NC	4		36		
Energy kJ	84		0		4		151		
Protein (N x 6.25) g	0.91	0.075	6		1		1.64		
Total lipid (fat) g	0.31	0.022	6		1		0.56		
Ash g	0.77	0.024	6		1		1.39		
Carbohydrate, by difference g	4.31		0	NC	4		7.76		
Fiber, total dietary g	1.4		0		1		2.5		
Sugars, total g	2.59		0	BFSN	4		4.66		
Starch g									
Minerals:									
Calcium, Ca mg	27	1.248	6		1		49		
Iron, Fe mg	0.36	0.036	6		1		0.65		
Magnesium, Mg mg	24	0.500	6		1		43		
Phosphorus, P mg	39	1.908	6		1		70		
Potassium, K mg	192	5.618	6		1		346		
Sodium, Na mg	1	0.335	6		1		2		
Zinc, Zn mg	0.39	0.012	6		1		0.70		
Copper, Cu mg	0.103	0.006	6		1		0.185		
Manganese, Mn mg	0.213	0.011	6		1		0.383		
Selenium, Se µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.5	0.775	6		1		9.9		
Thiamin mg	0.044	0.003	9		1		0.079		
Riboflavin mg	0.041	0.004	9		1		0.074		
Niacin mg	0.513	0.044	6		1		0.923		
Pantothenic acid mg	0.137	0.003	6		1		0.247		
Vitamin B-6 mg	0.065	0.008	9		1		0.117		
Folate, total µg	20	3.726	3		1		36		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20	3.726	3		1		36		
Folate, DFE µg	20		0	NC	4		36		
Choline, total mg	7.9		0	BFSY	4		14.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	NC	4		19		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	127		0	BFSY	4		229		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	212		0	NC	4		381		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	2249		0	BFSY	4		4047		
Vitamin E (alpha-tocopherol) mg	0.14		0	BFSN	4		0.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	3.5		0	BFSN	4		6.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11642

Squash, summer, all varieties, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.115		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.056		0		1		0.101		
17:0....g									
18:0....g	0.006		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.041		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.038		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.131		0		1		0.236		
18:2 undifferentiated....g	0.049		0		1		0.088		
18:3 undifferentiated....g	0.082		0		1		0.148		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.014		
Threonine....g	0.022		0		1		0.040		
Isoleucine....g	0.033		0		1		0.059		
Leucine....g	0.053		0		1		0.095		
Lysine....g	0.050		0		1		0.090		
Methionine....g	0.013		0		1		0.023		
Cystine....g	0.010		0		1		0.018		
Phenylalanine....g	0.032		0		1		0.058		
Tyrosine....g	0.024		0		1		0.043		
Valine....g	0.041		0		1		0.074		
Arginine....g	0.038		0		1		0.068		
Histidine....g	0.020		0		1		0.036		
Alanine....g	0.048		0		1		0.086		
Aspartic acid....g	0.111		0		1		0.200		
Glutamic acid....g	0.097		0		1		0.175		
Glycine....g	0.034		0		1		0.061		
Proline....g	0.028		0		1		0.050		
Serine....g	0.037		0		1		0.067		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11642

Squash, summer, all varieties, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, sliced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11641

Squash, summer, all varieties, raw

Cucurbita spp.

Refuse: 5% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.64	0.094	14		1		106.94	305.69	185.50
Energy kcal	16		0	NC	4		19	53	32
Energy kJ	69		0	NC	4		78	222	135
Protein (N x 6.25) g	1.21	0.060	6		1		1.36	3.90	2.36
Total lipid (fat) g	0.18	0.067	3		1		0.20	0.58	0.35
Ash g	0.62	0.023	5		1		0.70	2.00	1.21
Carbohydrate, by difference g	3.35		0	NC	4		3.79	10.83	6.57
Fiber, total dietary g	1.1	0.078	8		1		1.2	3.5	2.1
Sugars, total g	2.20		0	T	4		2.49	7.11	4.31
Sucrose g	0.03	0.025	4		1		0.03	0.10	0.06
Glucose (dextrose) g	0.75	0.075	4		1		0.84	2.41	1.46
Fructose g	0.95	0.075	4		1		1.07	3.07	1.86
Lactose g									
Maltose g									
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	15	0.771	6		1		17	49	30
Iron, Fe mg	0.35	0.010	6		1		0.39	1.12	0.68
Magnesium, Mg mg	17	0.433	6		1		19	55	33
Phosphorus, P mg	38	0.742	6		1		43	122	74
Potassium, K mg	262	10.837	6		1		296	847	514
Sodium, Na mg	2		16		1		2	6	4
Zinc, Zn mg	0.29	0.012	6		1		0.33	0.94	0.57
Copper, Cu mg	0.051	0.001	6		1		0.057	0.163	0.099
Manganese, Mn mg	0.175	0.023	6		1		0.197	0.564	0.342
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.6	0.4
Vitamins:									
Vitamin C, total ascorbic acid mg	17.0	0.756	5		1		19.2	54.9	33.3
Thiamin mg	0.048	0.002	6		1		0.054	0.155	0.094
Riboflavin mg	0.142	0.092	6		1		0.160	0.457	0.277
Niacin mg	0.487	0.027	6		1		0.550	1.574	0.955
Pantothenic acid mg	0.155	0.016	6		1		0.176	0.502	0.304
Vitamin B-6 mg	0.218	0.145	5		1		0.247	0.705	0.428
Folate, total µg	29	2.088	6		1		33	94	57
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	29	2.088	6		1		33	94	57
Folate, DFE µg	29		0	NC	4		33	94	57
Choline, total mg	6.7		0	BFSN	4		7.6	21.6	13.1
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	NC	4		11	32	20
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	120	1.203	7	JA	6		136	388	235
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	200		0	NC	4		226	646	392
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	2125		1	A	1		2401	6864	4165
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.14	0.39	0.24
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11641
Squash, summer, all varieties, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	3.0		0	T	4		3.4	9.7	5.9
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.044		0		1		0.050	0.142	0.086
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.001	0.003	0.002
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	0.002
15:0....g									
16:0....g	0.038		0		1		0.043	0.123	0.074
17:0....g									
18:0....g	0.004		0		1		0.005	0.013	0.008
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.018	0.052	0.031
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	0.002
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.016	0.045	0.027
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.089		0		1		0.101	0.287	0.174
18:2 undifferentiated....g	0.033		0		1		0.037	0.107	0.065
18:3 undifferentiated....g	0.056		0		1		0.063	0.181	0.110
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		1		1		0.012	0.036	0.022
Threonine....g	0.028		1		1		0.032	0.090	0.055
Isoleucine....g	0.042		1		1		0.047	0.136	0.082
Leucine....g	0.069		1		1		0.078	0.223	0.135
Lysine....g	0.065		1		1		0.073	0.210	0.127
Methionine....g	0.017		1		1		0.019	0.055	0.033
Cystine....g	0.012		1		1		0.014	0.039	0.024
Phenylalanine....g	0.041		1		1		0.046	0.132	0.080
Tyrosine....g	0.031		1		1		0.035	0.100	0.061
Valine....g	0.053		1		1		0.060	0.171	0.104
Arginine....g	0.050		1		1		0.057	0.162	0.098
Histidine....g	0.025		1		1		0.028	0.081	0.049
Alanine....g	0.062		1		1		0.070	0.200	0.122
Aspartic acid....g	0.144		1		1		0.163	0.465	0.282
Glutamic acid....g	0.126		1		1		0.142	0.407	0.247
Glycine....g	0.044		1		1		0.050	0.142	0.086

NDB No. 11641
Squash, summer, all varieties, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.037		1		1		0.042	0.120	0.073
Serine....g	0.048		1		1		0.054	0.155	0.094
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 cup, sliced

Measure 2 = 323g: 1 large

Measure 3 = 196g: 1 medium

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11471

Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.04	0.041	6		1		201.68	230.50	207.45
Energy kcal	13		0	NC	4		27	31	28
Energy kJ	54		0		4		114	131	117
Protein (N x 6.25) g	0.61	0.031	6		1		1.28	1.46	1.32
Total lipid (fat) g	0.07	0.004	6		1		0.15	0.17	0.15
Ash g	0.32	0.011	6		1		0.67	0.77	0.69
Carbohydrate, by difference g	2.96		0	NC	4		6.22	7.10	6.39
Fiber, total dietary g	1.4		0		4		2.9	3.4	3.0
Sugars, total g	1.19		0	BFSN	4		2.50	2.85	2.57
Starch g									
Minerals:									
Calcium, Ca mg	12	0.143	6		1		25	29	26
Iron, Fe mg	0.71	0.032	6		1		1.49	1.70	1.53
Magnesium, Mg mg	13	0.417	6		1		27	31	28
Phosphorus, P mg	21	0.757	6		1		44	50	45
Potassium, K mg	96	5.241	6		1		202	230	207
Sodium, Na mg	5	0.151	6		1		11	12	11
Zinc, Zn mg	0.29	0.007	6		1		0.61	0.70	0.63
Copper, Cu mg	0.080	0.006	6		1		0.168	0.192	0.173
Manganese, Mn mg	0.097	0.004	6		1		0.204	0.233	0.210
Selenium, Se µg	0.2		0	BFSN	4		0.4	0.5	0.4
Vitamins:									
Vitamin C, total ascorbic acid mg	2.7	0.242	6		1		5.7	6.5	5.8
Thiamin mg	0.016	0.000	6		1		0.034	0.038	0.035
Riboflavin mg	0.027	0.000	6		1		0.057	0.065	0.058
Niacin mg	0.418	0.025	6		1		0.878	1.003	0.903
Pantothenic acid mg	0.048	0.001	6		1		0.101	0.115	0.104
Vitamin B-6 mg	0.042	0.001	6		1		0.088	0.101	0.091
Folate, total µg	10	0.698	6		1		22	25	22
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10	0.698	6		1		22	25	22
Folate, DFE µg	10		0	NC	4		22	25	22
Choline, total mg	4.9		0	BFSY	4		10.4	11.9	10.7
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	5		0	NC	4		11	12	11
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	61		0	BFSN	4		129	147	133
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	102		0	NC	4		215	246	221
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	198		0	BFSN	4		416	475	428
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.25	0.29	0.26
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	2.8		0	BFSN	4		5.8	6.6	6.0
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11471

Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.015		0		1		0.032	0.036	0.032
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.013		0		1		0.027	0.031	0.028
17:0....g									
18:0....g	0.001		0		1		0.002	0.002	0.002
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.011	0.012	0.011
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.011	0.012	0.011
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.031		0		1		0.065	0.074	0.067
18:2 undifferentiated....g	0.011		0		1		0.023	0.026	0.024
18:3 undifferentiated....g	0.019		0		1		0.040	0.046	0.041
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.005		0		1		0.011	0.012	0.011
Threonine....g	0.015		0		1		0.032	0.036	0.032
Isoleucine....g	0.022		0		1		0.046	0.053	0.048
Leucine....g	0.036		0		1		0.076	0.086	0.078
Lysine....g	0.034		0		1		0.071	0.082	0.073
Methionine....g	0.009		0		1		0.019	0.022	0.019
Cystine....g	0.006		0		1		0.013	0.014	0.013
Phenylalanine....g	0.022		0		1		0.046	0.053	0.048
Tyrosine....g	0.016		0		1		0.034	0.038	0.035
Valine....g	0.028		0		1		0.059	0.067	0.060
Arginine....g	0.026		0		1		0.055	0.062	0.056
Histidine....g	0.013		0		1		0.027	0.031	0.028
Alanine....g	0.032		0		1		0.067	0.077	0.069
Aspartic acid....g	0.075		0		1		0.158	0.180	0.162
Glutamic acid....g	0.066		0		1		0.139	0.158	0.143
Glycine....g	0.023		0		1		0.048	0.055	0.050
Proline....g	0.019		0		1		0.040	0.046	0.041
Serine....g	0.025		0		1		0.053	0.060	0.054
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11471

Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 cup, diced

Measure 2 = 240g: 1 cup, mashed

Measure 3 = 216g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11858

Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.25	0.301	5	JA	6		169.65		
Energy kcal	19		0	NC	4		35		
Energy kJ	81		0	NC	4		146		
Protein (N x 6.25) g	1.04	0.116	3	A	1		1.88		
Total lipid (fat) g	0.39	0.019	3	A	1		0.71		
Ash g	0.53	0.046	3	A	1		0.95		
Carbohydrate, by difference g	3.79		0	NC	4		6.81		
Fiber, total dietary g	1.1	0.075	4	JA	6		2.0		
Sugars, total g	2.48		0	NC	4		4.47		
Sucrose g	0.27	0.114	6	JA	6		0.48		
Glucose (dextrose) g	0.91	0.213	7	JA	6		1.64		
Fructose g	1.31	0.206	7	JA	6		2.36		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g	0.00	0.000	3	A	1		0.00		
Minerals:									
Calcium, Ca mg	22	0.937	30	JA	6		40		
Iron, Fe mg	0.37	0.022	31	JA	6		0.66		
Magnesium, Mg mg	16	0.644	31	JA	6		28		
Phosphorus, P mg	29	1.156	30	JA	6		53		
Potassium, K mg	177	8.687	31	JA	6		319		
Sodium, Na mg	237		0		4		427		
Zinc, Zn mg	0.22	0.012	31	JA	6		0.40		
Copper, Cu mg	0.065	0.004	31	JA	6		0.117		
Manganese, Mn mg	0.157	0.008	31	JA	6		0.283		
Selenium, Se µg	0.2	0.171	18	JA	6		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.6	2.268	3	A	1		20.8		
Thiamin mg	0.043	0.009	3	A	1		0.078		
Riboflavin mg	0.025	0.008	3	A	1		0.045		
Niacin mg	0.507	0.055	3	A	1		0.912		
Pantothenic acid mg	0.323	0.012	3	A	1		0.582		
Vitamin B-6 mg	0.078	0.007	3	A	1		0.140		
Folate, total µg	23		2	A	1		42		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23		2	A	1		42		
Folate, DFE µg	23		0	NC	4		42		
Choline, total mg	7.9		0	BFZN	4		14.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	56		0	NC	4		100		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	670		3	A	1		1206		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	1117		0	NC	4		2010		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	315		0	BFSN	4		567		
Vitamin E (alpha-tocopherol) mg	0.12		0	BFZN	4		0.22		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11858

Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	4.4		1	A	1		7.9		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.115		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		0	Z	7		0.000		
10:0....g	0.000		0	Z	7		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.056		0		1		0.101		
17:0....g									
18:0....g	0.006		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.041		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.038		
20:1....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.131		0		1		0.236		
18:2 undifferentiated....g	0.049		0		1		0.088		
18:3 undifferentiated....g	0.082		0		1		0.148		
18:4....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.014		
Threonine....g	0.022		0		1		0.040		
Isoleucine....g	0.033		0		1		0.059		
Leucine....g	0.053		0		1		0.095		
Lysine....g	0.050		0		1		0.090		
Methionine....g	0.013		0		1		0.023		
Cystine....g	0.010		0		1		0.018		
Phenylalanine....g	0.032		0		1		0.058		
Tyrosine....g	0.024		0		1		0.043		
Valine....g	0.041		0		1		0.074		
Arginine....g	0.038		0		1		0.068		
Histidine....g	0.020		0		1		0.036		
Alanine....g	0.048		0		1		0.086		
Aspartic acid....g	0.111		0		1		0.200		
Glutamic acid....g	0.097		0		1		0.175		
Glycine....g	0.034		0		1		0.061		

NDB No. 11858

Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.028		0		1		0.050		
Serine....g	0.037		0		1		0.067		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11468

Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.25	0.301	5	JA	6		169.65	84.83	
Energy kcal	23		0	NC	4		41	21	
Energy kJ	96		0	NC	4		172	86	
Protein g	1.04	0.116	3	A	1		1.88	0.94	
Total lipid (fat) g	0.39	0.019	3	A	1		0.71	0.35	
Ash g	0.53	0.046	3	A	1		0.95	0.48	
Carbohydrate, by difference g	3.79		0	NC	4		6.81	3.41	
Fiber, total dietary g	1.1	0.075	4	JA	6		2.0	1.0	
Sugars, total g	2.48		0	NC	4		4.47	2.23	
Sucrose g	0.27	0.114	6	JA	6		0.48	0.24	
Glucose (dextrose) g	0.91	0.213	7	JA	6		1.64	0.82	
Fructose g	1.31	0.206	7	JA	6		2.36	1.18	
Lactose g	0.00	0.000	3	A	1		0.00	0.00	
Maltose g	0.00	0.000	3	A	1		0.00	0.00	
Galactose g	0.00	0.000	3	A	1		0.00	0.00	
Starch g	0.00	0.000	3	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	22	0.937	30	JA	6		40	20	
Iron, Fe mg	0.37	0.022	31	JA	6		0.66	0.33	
Magnesium, Mg mg	16	0.644	31	JA	6		28	14	
Phosphorus, P mg	29	1.156	30	JA	6		53	27	
Potassium, K mg	177	8.687	31	JA	6		319	160	
Sodium, Na mg	1	0.204	31	JA	6		2	1	
Zinc, Zn mg	0.22	0.012	31	JA	6		0.40	0.20	
Copper, Cu mg	0.065	0.004	31	JA	6		0.117	0.058	
Manganese, Mn mg	0.157	0.008	31	JA	6		0.283	0.142	
Selenium, Se µg	0.2	0.171	18	JA	6		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.6	2.268	3	A	1		20.8	10.4	
Thiamin mg	0.043	0.009	3	A	1		0.078	0.039	
Riboflavin mg	0.025	0.008	3	A	1		0.045	0.022	
Niacin mg	0.507	0.055	3	A	1		0.912	0.456	
Pantothenic acid mg	0.323	0.012	3	A	1		0.582	0.291	
Vitamin B-6 mg	0.078	0.007	3	A	1		0.140	0.070	
Folate, total µg	23		2	A	1		42	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23		2	A	1		42	21	
Folate, DFE µg	23		0	NC	4		42	21	
Choline, total mg	7.9		0	BFSY	4		14.1	7.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	56		0	NC	4		100	50	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	670		3	A	1		1206	603	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1117		0	NC	4		2010	1005	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	315		0	BFSN	4		567	284	
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.22	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11468

Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.4		1	A	1		7.9	4.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.064		0		1		0.115	0.058	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.002	0.001	
13:0....g									
14:0....g	0.001		0		1		0.002	0.001	
15:0....g									
16:0....g	0.056		0		1		0.101	0.050	
17:0....g									
18:0....g	0.006		0		1		0.011	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.023		0		1		0.041	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.038	0.019	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.131		0		1		0.236	0.118	
18:2 undifferentiated....g	0.049		0		1		0.088	0.044	
18:3 undifferentiated....g	0.082		0		1		0.148	0.074	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.014	0.007	
Threonine....g	0.022		0		1		0.040	0.020	
Isoleucine....g	0.033		0		1		0.059	0.030	
Leucine....g	0.053		0		1		0.095	0.048	
Lysine....g	0.050		0		1		0.090	0.045	
Methionine....g	0.013		0		1		0.023	0.012	
Cystine....g	0.010		0		1		0.018	0.009	
Phenylalanine....g	0.032		0		1		0.058	0.029	
Tyrosine....g	0.024		0		1		0.043	0.022	
Valine....g	0.041		0		1		0.074	0.037	
Arginine....g	0.038		0		1		0.068	0.034	
Histidine....g	0.020		0		1		0.036	0.018	
Alanine....g	0.048		0		1		0.086	0.043	
Aspartic acid....g	0.111		0		1		0.200	0.100	
Glutamic acid....g	0.097		0		1		0.175	0.087	
Glycine....g	0.034		0		1		0.061	0.031	

NDB No. 11468

Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.028		0		1		0.050	0.025	
Serine....g	0.037		0		1		0.067	0.033	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, sliced

Measure 2 = 90g: .5 cup slices

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11859

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.24	0.062	6		1		177.10		
Energy kcal	25		0	NC	4		48		
Energy kJ	105		0		4		201		
Protein (N x 6.25) g	1.28	0.031	6		1		2.46		
Total lipid (fat) g	0.20	0.014	6		1		0.38		
Ash g	0.74	0.006	6		1		1.42		
Carbohydrate, by difference g	5.54		0	NC	4		10.64		
Fiber, total dietary g	1.4		0		4		2.7		
Sugars, total g	2.33		0	BFSN	4		4.47		
Starch g									
Minerals:									
Calcium, Ca mg	20	1.221	6		1		38		
Iron, Fe mg	0.52	0.025	6		1		1.00		
Magnesium, Mg mg	27	0.590	6		1		52		
Phosphorus, P mg	41	1.026	6		1		79		
Potassium, K mg	253	6.386	6		1		486		
Sodium, Na mg	242		0		4		465		
Zinc, Zn mg	0.34	0.009	6		1		0.65		
Copper, Cu mg	0.073	0.010	6		1		0.140		
Manganese, Mn mg	0.263	0.021	6		1		0.505		
Selenium, Se µg	0.3		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.8		0		1		13.1		
Thiamin mg	0.036	0.002	6		1		0.069		
Riboflavin mg	0.047	0.001	6		1		0.090		
Niacin mg	0.440	0.027	6		1		0.845		
Pantothenic acid mg	0.102	0.006	6		1		0.196		
Vitamin B-6 mg	0.099	0.004	6		1		0.190		
Folate, total µg	13	1.079	6		1		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13	1.079	6		1		24		
Folate, DFE µg	13		0	NC	4		24		
Choline, total mg	9.7		0	BFSN	4		18.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	10		0	NC	4		19		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	120		0	BFSN	4		231		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	201		0	NC	4		385		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	388		0	BFSN	4		745		
Vitamin E (alpha-tocopherol) mg	0.15		0	BFSN	4		0.28		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	5.4		0	BFSN	4		10.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11859

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.040		0		1		0.077		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.035		0		1		0.067		
17:0....g									
18:0....g	0.004		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.027		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.082		0		1		0.157		
18:2 undifferentiated....g	0.031		0		1		0.060		
18:3 undifferentiated....g	0.051		0		1		0.098		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.021		
Threonine....g	0.031		0		1		0.060		
Isoleucine....g	0.046		0		1		0.088		
Leucine....g	0.075		0		1		0.144		
Lysine....g	0.071		0		1		0.136		
Methionine....g	0.018		0		1		0.035		
Cystine....g	0.014		0		1		0.027		
Phenylalanine....g	0.045		0		1		0.086		
Tyrosine....g	0.034		0		1		0.065		
Valine....g	0.058		0		1		0.111		
Arginine....g	0.054		0		1		0.104		
Histidine....g	0.028		0		1		0.054		
Alanine....g	0.067		0		1		0.129		
Aspartic acid....g	0.157		0		1		0.301		
Glutamic acid....g	0.138		0		1		0.265		
Glycine....g	0.048		0		1		0.092		
Proline....g	0.040		0		1		0.077		
Serine....g	0.052		0		1		0.100		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11859

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 192g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11474

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.24	0.062	6		1		177.10		
Energy kcal	25		0	NC	4		48		
Energy kJ	105		0		4		201		
Protein (N x 6.25) g	1.28	0.031	6		1		2.46		
Total lipid (fat) g	0.20	0.014	6		1		0.38		
Ash g	0.74	0.006	6		1		1.42		
Carbohydrate, by difference g	5.54		0	NC	4		10.64		
Fiber, total dietary g	1.4		0		4		2.7		
Sugars, total g	2.33		0	BFSN	4		4.47		
Starch g									
Minerals:									
Calcium, Ca mg	20	1.221	6		1		38		
Iron, Fe mg	0.52	0.025	6		1		1.00		
Magnesium, Mg mg	27	0.590	6		1		52		
Phosphorus, P mg	41	1.026	6		1		79		
Potassium, K mg	253	6.386	6		1		486		
Sodium, Na mg	6	0.314	6		1		12		
Zinc, Zn mg	0.34	0.009	6		1		0.65		
Copper, Cu mg	0.073	0.010	6		1		0.140		
Manganese, Mn mg	0.263	0.021	6		1		0.505		
Selenium, Se µg	0.3		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.8		0		1		13.1		
Thiamin mg	0.036	0.002	6		1		0.069		
Riboflavin mg	0.047	0.001	6		1		0.090		
Niacin mg	0.440	0.027	6		1		0.845		
Pantothenic acid mg	0.102	0.006	6		1		0.196		
Vitamin B-6 mg	0.099	0.004	6		1		0.190		
Folate, total µg	13	1.079	6		1		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13	1.079	6		1		24		
Folate, DFE µg	13		0	NC	4		24		
Choline, total mg	9.7		0	BFSN	4		18.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	10		0	NC	4		19		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	120		0	BFSN	4		231		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	201		0	NC	4		385		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	388		0	BFSN	4		745		
Vitamin E (alpha-tocopherol) mg	0.15		0	BFSN	4		0.28		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	5.4		0	BFSN	4		10.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11474

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.040		0		1		0.077		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.035		0		1		0.067		
17:0....g									
18:0....g	0.004		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.027		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.082		0		1		0.157		
18:2 undifferentiated....g	0.031		0		1		0.060		
18:3 undifferentiated....g	0.051		0		1		0.098		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.021		
Threonine....g	0.031		0		1		0.060		
Isoleucine....g	0.046		0		1		0.088		
Leucine....g	0.075		0		1		0.144		
Lysine....g	0.071		0		1		0.136		
Methionine....g	0.018		0		1		0.035		
Cystine....g	0.014		0		1		0.027		
Phenylalanine....g	0.045		0		1		0.086		
Tyrosine....g	0.034		0		1		0.065		
Valine....g	0.058		0		1		0.111		
Arginine....g	0.054		0		1		0.104		
Histidine....g	0.028		0		1		0.054		
Alanine....g	0.067		0		1		0.129		
Aspartic acid....g	0.157		0		1		0.301		
Glutamic acid....g	0.138		0		1		0.265		
Glycine....g	0.048		0		1		0.092		
Proline....g	0.040		0		1		0.077		
Serine....g	0.052		0		1		0.100		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11474

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 192g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11473

Squash, summer, crookneck and straightneck, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.66	0.049	6		1		121.76		
Energy kcal	20		0	NC	4		26		
Energy kJ	84				4		109		
Protein (N x 6.25) g	0.83	0.059	6		1		1.08		
Total lipid (fat) g	0.14	0.028	6		1		0.18		
Ash g	0.58	0.006	6		1		0.75		
Carbohydrate, by difference g	4.80		0	NC	4		6.24		
Fiber, total dietary g	1.2		0		4		1.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18	0.232	6		1		23		
Iron, Fe mg	0.48	0.038	6		1		0.62		
Magnesium, Mg mg	23	0.520	6		1		30		
Phosphorus, P mg	35	0.200	6		1		46		
Potassium, K mg	209	11.584	6		1		272		
Sodium, Na mg	5	0.398	6		1		7		
Zinc, Zn mg	0.37	0.003	6		1		0.48		
Copper, Cu mg	0.085	0.002	6		1		0.111		
Manganese, Mn mg	0.162	0.003	6		1		0.211		
Selenium, Se µg	0.2		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.4		0		1		8.3		
Thiamin mg	0.040	0.004	6		1		0.052		
Riboflavin mg	0.048	0.001	6		1		0.062		
Niacin mg	0.400	0.013	6		1		0.520		
Pantothenic acid mg	0.088	0.008	6		1		0.114		
Vitamin B-6 mg	0.088	0.004	6		1		0.114		
Folate, total µg	12	1.043	6		1		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12	1.043	6		1		15		
Folate, DFE µg	12		0	NC	4		15		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	14	0.583	6		1		18		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	279	11.655	6		1		363		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11473

Squash, summer, crookneck and straightneck, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.029		0		1		0.038		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.025		0		1		0.033		
17:0....g									
18:0....g	0.003		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.013		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0		1		0.078		
18:2 undifferentiated....g	0.022		0		1		0.029		
18:3 undifferentiated....g	0.037		0		1		0.048		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0		1		0.009		
Threonine....g	0.020		0		1		0.026		
Isoleucine....g	0.030		0		1		0.039		
Leucine....g	0.048		0		1		0.062		
Lysine....g	0.046		0		1		0.060		
Methionine....g	0.012		0		1		0.016		
Cystine....g	0.009		0		1		0.012		
Phenylalanine....g	0.029		0		1		0.038		
Tyrosine....g	0.022		0		1		0.029		
Valine....g	0.037		0		1		0.048		
Arginine....g	0.035		0		1		0.046		
Histidine....g	0.018		0		1		0.023		
Alanine....g	0.043		0		1		0.056		
Aspartic acid....g	0.101		0		1		0.131		
Glutamic acid....g	0.089		0		1		0.116		
Glycine....g	0.031		0		1		0.040		
Proline....g	0.026		0		1		0.034		
Serine....g	0.034		0		1		0.044		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 11473

Squash, summer, crookneck and straightneck, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11467

Squash, summer, crookneck and straightneck, raw

Cucurbita spp.

Refuse: 1% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.28	0.284	11	JA	6		119.73		
Energy kcal	19		0	NC	4		24		
Energy kJ	78		0	NC	4		99		
Protein (N x 6.25) g	1.01	0.085	11	JA	6		1.29		
Total lipid (fat) g	0.27	0.037	11	JA	6		0.34		
Ash g	0.56	0.022	9	JA	6		0.71		
Carbohydrate, by difference g	3.88		0	NC	4		4.93		
Fiber, total dietary g	1.0	0.100	3	A	1		1.3		
Sugars, total g	2.88		0	O	4		3.66		
Sucrose g	0.06	0.000	3	A	1		0.08		
Glucose (dextrose) g	1.23	0.272	3	A	1		1.57		
Fructose g	1.59	0.144	3	A	1		2.01		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g	0.00	0.000	3	A	1		0.00		
Minerals:									
Calcium, Ca mg	21	1.127	11	JA	6		27		
Iron, Fe mg	0.44	0.028	11	JA	6		0.56		
Magnesium, Mg mg	20	1.013	11	JA	6		25		
Phosphorus, P mg	32	1.231	11	JA	6		41		
Potassium, K mg	222	7.868	11	JA	6		283		
Sodium, Na mg	2	0.355	11	JA	6		3		
Zinc, Zn mg	0.29	0.019	9	JA	6		0.37		
Copper, Cu mg	0.092	0.006	9	JA	6		0.117		
Manganese, Mn mg	0.172	0.017	9	JA	6		0.218		
Selenium, Se µg	0.2		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	19.3	2.048	3	A	1		24.5		
Thiamin mg	0.051	0.004	11	JA	6		0.064		
Riboflavin mg	0.041	0.005	11	JA	6		0.052		
Niacin mg	0.448	0.028	11	JA	6		0.569		
Pantothenic acid mg	0.160	0.012	9	JA	6		0.203		
Vitamin B-6 mg	0.104	0.005	9	JA	6		0.132		
Folate, total µg	19	1.226	8	JA	6		24		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19	1.226	8	JA	6		24		
Folate, DFE µg	19		0	NC	4		24		
Choline, total mg	7.1		0	BFSN	4		9.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	8		0	NC	4		10		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	90		0	T	4		114		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	150		0	NC	4		191		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	290		0	T	4		368		
Vitamin E (alpha-tocopherol) mg	0.13		0	BFSN	4		0.16		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11467

Squash, summer, crookneck and straightneck, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	3.2		0	BFSN	4		4.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.093		0	NC	4		0.119		
4:0....g	0.000		0	Z	7		0.000		
6:0....g	0.000		0	Z	7		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.006		1	A	1		0.007		
12:0....g	0.003		1	A	1		0.004		
13:0....g									
14:0....g	0.001		1	A	1		0.002		
15:0....g	0.001		1	A	1		0.002		
16:0....g	0.065		1	A	1		0.082		
17:0....g	0.001		1	A	1		0.002		
18:0....g	0.007		1	A	1		0.009		
20:0....g	0.001		1	A	1		0.002		
22:0....g	0.003		1	A	1		0.004		
24:0....g	0.004		1	A	1		0.005		
Fatty acids, total monounsaturated....g	0.013		0	NC	4		0.016		
14:1....g	0.004		1	A	1		0.005		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.003		0	AS	1		0.004		
16:1 c....g	0.003		1	A	1		0.004		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.006		0	AS	1		0.007		
18:1 c....g	0.006		1	A	1		0.007		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.082		0	NC	4		0.104		
18:2 undifferentiated....g	0.039		0	AS	1		0.049		
18:2 n-6 c,c....g	0.039		1	A	1		0.049		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.043		0	AS	1		0.055		
18:3 n-3 c,c,c (ALA)....g	0.043		1	A	1		0.055		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		

NDB No. 11467

Squash, summer, crookneck and straightneck, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.010		
Threonine....g	0.023		0		1		0.029		
Isoleucine....g	0.034		0		1		0.043		
Leucine....g	0.055		0		1		0.070		
Lysine....g	0.052		0		1		0.066		
Methionine....g	0.014		0		1		0.018		
Cystine....g	0.010		0		1		0.013		
Phenylalanine....g	0.033		0		1		0.042		
Tyrosine....g	0.025		0		1		0.032		
Valine....g	0.042		0		1		0.053		
Arginine....g	0.040		0		1		0.051		
Histidine....g	0.020		0		1		0.025		
Alanine....g	0.049		0		1		0.062		
Aspartic acid....g	0.115		0		1		0.146		
Glutamic acid....g	0.101		0		1		0.128		
Glycine....g	0.035		0		1		0.044		
Proline....g	0.029		0		1		0.037		
Serine....g	0.038		0		1		0.048		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 127g: 1 cup sliced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11860
Squash, summer, scallop, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.00		0		1		85.50	114.00	
Energy kcal	16		0	NC	4		14	19	
Energy kJ	67		0		4		60	80	
Protein (N x 6.25) g	1.03		0		1		0.93	1.24	
Total lipid (fat) g	0.17		0		1		0.15	0.20	
Ash g	0.50		0		1		0.45	0.60	
Carbohydrate, by difference g	3.30		0	NC	4		2.97	3.96	
Fiber, total dietary g	1.9		0	BFZN	4		1.7	2.3	
Sugars, total g	1.50		0	BFZN	4		1.35	1.80	
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		14	18	
Iron, Fe mg	0.33		0		1		0.30	0.40	
Magnesium, Mg mg	19		0		1		17	23	
Phosphorus, P mg	28		0		1		25	34	
Potassium, K mg	140		0		1		126	168	
Sodium, Na mg	237		0		4		213	284	
Zinc, Zn mg	0.24		0		1		0.22	0.29	
Copper, Cu mg	0.083		0		1		0.075	0.100	
Manganese, Mn mg	0.128		0		1		0.115	0.154	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.8		0		1		9.7	13.0	
Thiamin mg	0.051		0		1		0.046	0.061	
Riboflavin mg	0.025		0		1		0.023	0.030	
Niacin mg	0.464		0		1		0.418	0.557	
Pantothenic acid mg	0.079		0		1		0.071	0.095	
Vitamin B-6 mg	0.085		0		1		0.077	0.102	
Folate, total µg	21		0		1		19	25	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		1		19	25	
Folate, DFE µg	21		0	NC	4		19	25	
Choline, total mg	6.2		0	BFZN	4		5.6	7.5	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		4	5	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	51		0	BFZN	4		46	61	
Carotene, alpha µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	85		0	NC	4		77	102	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	250		0	BFZN	4		225	300	
Vitamin E (alpha-tocopherol) mg	0.12		0	BFZN	4		0.11	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.5		0	BFZN	4		3.1	4.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11860

Squash, summer, scallop, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.035		0		1		0.032	0.042	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.001	0.001	
13:0....g									
14:0....g	0.001		0		1		0.001	0.001	
15:0....g									
16:0....g	0.031		0		1		0.028	0.037	
17:0....g									
18:0....g	0.003		0		1		0.003	0.004	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.012	0.016	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.011	0.014	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0		1		0.065	0.086	
18:2 undifferentiated....g	0.027		0		1		0.024	0.032	
18:3 undifferentiated....g	0.045		0		1		0.041	0.054	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.008	0.011	
Threonine....g	0.025		0		1		0.023	0.030	
Isoleucine....g	0.037		0		1		0.033	0.044	
Leucine....g	0.061		0		1		0.055	0.073	
Lysine....g	0.057		0		1		0.051	0.068	
Methionine....g	0.015		0		1		0.014	0.018	
Cystine....g	0.011		0		1		0.010	0.013	
Phenylalanine....g	0.036		0		1		0.032	0.043	
Tyrosine....g	0.028		0		1		0.025	0.034	
Valine....g	0.047		0		1		0.042	0.056	
Arginine....g	0.044		0		1		0.040	0.053	
Histidine....g	0.022		0		1		0.020	0.026	
Alanine....g	0.054		0		1		0.049	0.065	
Aspartic acid....g	0.126		0		1		0.113	0.151	
Glutamic acid....g	0.111		0		1		0.100	0.133	
Glycine....g	0.039		0		1		0.035	0.047	
Proline....g	0.032		0		1		0.029	0.038	
Serine....g	0.042		0		1		0.038	0.050	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11860
Squash, summer, scallop, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 90g: .5 cup slices
Measure 2 = 120g: .5 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11476

Squash, summer, scallop, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.00		0		1		228.00	171.00	
Energy kcal	16		0	NC	4		38	29	
Energy kJ	67		0		4		161	120	
Protein (N x 6.25) g	1.03		0		1		2.47	1.85	
Total lipid (fat) g	0.17		0		1		0.41	0.31	
Ash g	0.50		0		1		1.20	0.90	
Carbohydrate, by difference g	3.30		0	NC	4		7.92	5.94	
Fiber, total dietary g	1.9		0		4		4.6	3.4	
Sugars, total g	1.50		0	BFSN	4		3.60	2.70	
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		36	27	
Iron, Fe mg	0.33		0		1		0.79	0.59	
Magnesium, Mg mg	19		0		1		46	34	
Phosphorus, P mg	28		0		1		67	50	
Potassium, K mg	140		0		1		336	252	
Sodium, Na mg	1		0		1		2	2	
Zinc, Zn mg	0.24		0		1		0.58	0.43	
Copper, Cu mg	0.083		0		1		0.199	0.149	
Manganese, Mn mg	0.128		0		1		0.307	0.230	
Selenium, Se µg	0.2		0	BFSN	4		0.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.8		0		1		25.9	19.4	
Thiamin mg	0.051		0		1		0.122	0.092	
Riboflavin mg	0.025		0		1		0.060	0.045	
Niacin mg	0.464		0		1		1.114	0.835	
Pantothenic acid mg	0.079		0		1		0.190	0.142	
Vitamin B-6 mg	0.085		0		1		0.204	0.153	
Folate, total µg	21		0		1		50	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		1		50	37	
Folate, DFE µg	21		0	NC	4		50	37	
Choline, total mg	6.2		0	BFSN	4		15.0	11.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0	NC	4		10	8	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	51		0	BNA	4		122	92	
Carotene, alpha µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	85		0	NC	4		204	153	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	250		0	BFSN	4		600	450	
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.29	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.5		0	BFSN	4		8.4	6.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11476

Squash, summer, scallop, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.035		0		1		0.084	0.063	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.001		0		1		0.002	0.002	
13:0....g									
14:0....g	0.001		0		1		0.002	0.002	
15:0....g									
16:0....g	0.031		0		1		0.074	0.056	
17:0....g									
18:0....g	0.003		0		1		0.007	0.005	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.013		0		1		0.031	0.023	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.002	
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.029	0.022	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0		1		0.173	0.130	
18:2 undifferentiated....g	0.027		0		1		0.065	0.049	
18:3 undifferentiated....g	0.045		0		1		0.108	0.081	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.022	0.016	
Threonine....g	0.025		0		1		0.060	0.045	
Isoleucine....g	0.037		0		1		0.089	0.067	
Leucine....g	0.061		0		1		0.146	0.110	
Lysine....g	0.057		0		1		0.137	0.103	
Methionine....g	0.015		0		1		0.036	0.027	
Cystine....g	0.011		0		1		0.026	0.020	
Phenylalanine....g	0.036		0		1		0.086	0.065	
Tyrosine....g	0.028		0		1		0.067	0.050	
Valine....g	0.047		0		1		0.113	0.085	
Arginine....g	0.044		0		1		0.106	0.079	
Histidine....g	0.022		0		1		0.053	0.040	
Alanine....g	0.054		0		1		0.130	0.097	
Aspartic acid....g	0.126		0		1		0.302	0.227	
Glutamic acid....g	0.111		0		1		0.266	0.200	
Glycine....g	0.039		0		1		0.094	0.070	
Proline....g	0.032		0		1		0.077	0.058	
Serine....g	0.042		0		1		0.101	0.076	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11476

Squash, summer, scallop, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup, mashed

Measure 2 = 180g: 1 cup, sliced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11475

Squash, summer, scallop, raw

Cucurbita spp.

Refuse: 2% Stem ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.18	0.321	10		1		122.43		
Energy kcal	18		0	NC	4		23		
Energy kJ	75		0		4		98		
Protein (N x 6.25) g	1.20		1		1		1.56		
Total lipid (fat) g	0.20		1		1		0.26		
Ash g	0.58		0		1		0.75		
Carbohydrate, by difference g	3.84		0	NC	4		4.99		
Fiber, total dietary g	1.2		0	BFSN	4		1.5		
Sugars, total g	2.39		0	BFSN	4		3.11		
Starch g									
Minerals:									
Calcium, Ca mg	19		1		1		25		
Iron, Fe mg	0.40		1		1		0.52		
Magnesium, Mg mg	23		1		1		30		
Phosphorus, P mg	36		1		1		47		
Potassium, K mg	182	14.829	7		1		237		
Sodium, Na mg	1	0.302	7		1		1		
Zinc, Zn mg	0.29		0		1		0.38		
Copper, Cu mg	0.102		0		1		0.133		
Manganese, Mn mg	0.157		0		1		0.204		
Selenium, Se µg	0.2		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.0		1		1		23.4		
Thiamin mg	0.070		1		1		0.091		
Riboflavin mg	0.030		1		1		0.039		
Niacin mg	0.600		1		1		0.780		
Pantothenic acid mg	0.102		0		1		0.133		
Vitamin B-6 mg	0.109		0		1		0.142		
Folate, total µg	30	10.208	3		1		39		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	30	10.208	3		1		39		
Folate, DFE µg	30		0	NC	4		39		
Choline, total mg	7.3		0	BFSN	4		9.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	NC	4		14		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	130		0	BFSN	4		169		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	217		0	NC	4		282		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	2308		0	BFSN	4		3000		
Vitamin E (alpha-tocopherol) mg	0.13		0	BFSN	4		0.17		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	3.3		0	BFSN	4		4.2		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11475
Squash, summer, scallop, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.041		0		1		0.053		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.036		0		1		0.047		
17:0....g									
18:0....g	0.004		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.020		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.014		0		1		0.018		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.084		0		1		0.109		
18:2 undifferentiated....g	0.031		0		1		0.040		
18:3 undifferentiated....g	0.052		0		1		0.068		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.014		
Threonine....g	0.029		0		1		0.038		
Isoleucine....g	0.043		0		1		0.056		
Leucine....g	0.070		0		1		0.091		
Lysine....g	0.067		0		1		0.087		
Methionine....g	0.017		0		1		0.022		
Cystine....g	0.013		0		1		0.017		
Phenylalanine....g	0.042		0		1		0.055		
Tyrosine....g	0.032		0		1		0.042		
Valine....g	0.054		0		1		0.070		
Arginine....g	0.051		0		1		0.066		
Histidine....g	0.026		0		1		0.034		
Alanine....g	0.063		0		1		0.082		
Aspartic acid....g	0.147		0		1		0.191		
Glutamic acid....g	0.129		0		1		0.168		
Glycine....g	0.045		0		1		0.059		
Proline....g	0.038		0		1		0.049		
Serine....g	0.049		0		1		0.064		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11475
Squash, summer, scallop, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11861

Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.22	0.193	4	A	1		85.70	114.27	
Energy kcal	15		0	NC	4		14	18	
Energy kJ	64		0	NC	4		58	77	
Protein (N x 6.25) g	1.14	0.059	4	A	1		1.03	1.37	
Total lipid (fat) g	0.36	0.033	4	A	1		0.32	0.43	
Ash g	0.59	0.054	4	A	1		0.53	0.71	
Carbohydrate, by difference g	2.69		0	NC	4		2.42	3.23	
Fiber, total dietary g	1.0	0.111	4	A	1		0.9	1.2	
Sugars, total g	1.71		0	O	4		1.54	2.06	
Sucrose g									
Glucose (dextrose) g									
Fructose g									
Lactose g									
Maltose g									
Galactose g									
Starch g	0.00	0.000	4	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	18	0.782	4	A	1		16	22	
Iron, Fe mg	0.37	0.026	4	A	1		0.33	0.44	
Magnesium, Mg mg	19	1.749	4	A	1		17	23	
Phosphorus, P mg	37	2.406	4	A	1		33	44	
Potassium, K mg	264	16.606	4	A	1		237	316	
Sodium, Na mg	239		0		4		215	287	
Zinc, Zn mg	0.33	0.034	4	A	1		0.30	0.40	
Copper, Cu mg	0.052	0.004	4	A	1		0.047	0.062	
Manganese, Mn mg	0.173	0.032	4	A	1		0.155	0.207	
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.9	2.310	4	A	1		11.6	15.5	
Thiamin mg	0.035	0.003	4	A	1		0.032	0.042	
Riboflavin mg	0.024	0.004	4	A	1		0.021	0.028	
Niacin mg	0.510	0.025	4	A	1		0.459	0.612	
Pantothenic acid mg	0.288	0.022	4	A	1		0.259	0.345	
Vitamin B-6 mg	0.080	0.004	4	A	1		0.072	0.096	
Folate, total µg	28		2	A	1		25	34	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	28		2	A	1		25	34	
Folate, DFE µg	28		0	NC	4		25	34	
Choline, total mg	9.4		0	AS	1		8.4	11.2	
Betaine mg	0.3		1	A	1		0.2	0.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	56		0	NC	4		50	67	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	670		3	A	1		603	804	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	1117		0	NC	4		1005	1340	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	1150	650.000	6	A	1		1035	1380	
Vitamin E (alpha-tocopherol) mg	0.12		0	BFSN	4		0.11	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11861

Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.2		2	A	1		3.8	5.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.072		0	NC	4		0.065	0.086	
4:0....g	0.000		0	Z	7		0.000	0.000	
6:0....g	0.000		0	Z	7		0.000	0.000	
8:0....g	0.000		0	Z	7		0.000	0.000	
10:0....g	0.000		0	Z	7		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.065		0		1		0.058	0.078	
17:0....g									
18:0....g	0.007		0		1		0.006	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0	NC	4		0.026	0.035	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.026	0.035	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.151		0	NC	4		0.136	0.181	
18:2 undifferentiated....g	0.058		0		1		0.052	0.069	
18:3 undifferentiated....g	0.094		0		1		0.084	0.112	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.005	0.007	
Threonine....g	0.015		0		1		0.014	0.018	
Isoleucine....g	0.023		0		1		0.021	0.028	
Leucine....g	0.037		0		1		0.033	0.044	
Lysine....g	0.035		0		1		0.032	0.042	
Methionine....g	0.009		0		1		0.008	0.011	
Cystine....g	0.007		0		1		0.006	0.008	
Phenylalanine....g	0.022		0		1		0.020	0.026	
Tyrosine....g	0.017		0		1		0.015	0.020	
Valine....g	0.029		0		1		0.026	0.035	
Arginine....g	0.027		0		1		0.024	0.032	
Histidine....g	0.014		0		1		0.013	0.017	
Alanine....g	0.033		0		1		0.030	0.040	
Aspartic acid....g	0.078		0		1		0.070	0.094	
Glutamic acid....g	0.068		0		1		0.061	0.082	

NDB No. 11861

Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.024		0		1		0.022	0.029	
Proline....g	0.020		0		1		0.018	0.024	
Serine....g	0.026		0		1		0.023	0.031	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: .5 cup slices

Measure 2 = 120g: .5 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11478

Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.22	0.193	4	A	1		171.40	114.27	
Energy kcal	15		0	NC	4		28	18	
Energy kJ	64		0	NC	4		116	77	
Protein (N x 6.25) g	1.14	0.059	4	A	1		2.05	1.37	
Total lipid (fat) g	0.36	0.033	4	A	1		0.65	0.43	
Ash g	0.59	0.054	4	A	1		1.06	0.71	
Carbohydrate, by difference g	2.69		0	NC	4		4.84	3.23	
Fiber, total dietary g	1.0	0.111	4	A	1		1.8	1.2	
Sugars, total g	1.71		0	O	4		3.09	2.06	
Sucrose g									
Glucose (dextrose) g									
Fructose g									
Lactose g									
Maltose g									
Galactose g									
Starch g	0.00	0.000	4	A	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	18	0.782	4	A	1		33	22	
Iron, Fe mg	0.37	0.026	4	A	1		0.67	0.44	
Magnesium, Mg mg	19	1.749	4	A	1		34	23	
Phosphorus, P mg	37	2.406	4	A	1		66	44	
Potassium, K mg	264	16.606	4	A	1		474	316	
Sodium, Na mg	3	1.368	4	A	1		6	4	
Zinc, Zn mg	0.33	0.034	4	A	1		0.60	0.40	
Copper, Cu mg	0.052	0.004	4	A	1		0.093	0.062	
Manganese, Mn mg	0.173	0.032	4	A	1		0.311	0.207	
Selenium, Se µg	0.2		0	BFSN	4		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.9	2.310	4	A	1		23.2	15.5	
Thiamin mg	0.035	0.003	4	A	1		0.063	0.042	
Riboflavin mg	0.024	0.004	4	A	1		0.043	0.028	
Niacin mg	0.510	0.025	4	A	1		0.918	0.612	
Pantothenic acid mg	0.288	0.022	4	A	1		0.518	0.345	
Vitamin B-6 mg	0.080	0.004	4	A	1		0.144	0.096	
Folate, total µg	28		2	A	1		50	34	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	28		2	A	1		50	34	
Folate, DFE µg	28		0	NC	4		50	34	
Choline, total mg	9.4		0	AS	1		16.9	11.2	
Betaine mg	0.3		1	A	1		0.5	0.3	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	56		0	NC	4		100	67	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	670		3	A	1		1206	804	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	1117		0	NC	4		2010	1340	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	1150	650.000	6	A	1		2070	1380	
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.22	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11478

Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	4.2		2	A	1		7.6	5.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.072		0	NC	4		0.130	0.086	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.065		0		1		0.117	0.078	
17:0....g									
18:0....g	0.007		0		1		0.013	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0	NC	4		0.052	0.035	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.052	0.035	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.151		0	NC	4		0.272	0.181	
18:2 undifferentiated....g	0.058		0		1		0.104	0.069	
18:3 undifferentiated....g	0.094		0		1		0.168	0.112	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0		1		0.011	0.007	
Threonine....g	0.015		0		1		0.027	0.018	
Isoleucine....g	0.023		0		1		0.041	0.028	
Leucine....g	0.037		0		1		0.067	0.044	
Lysine....g	0.035		0		1		0.063	0.042	
Methionine....g	0.009		0		1		0.016	0.011	
Cystine....g	0.007		0		1		0.013	0.008	
Phenylalanine....g	0.022		0		1		0.040	0.026	
Tyrosine....g	0.017		0		1		0.031	0.020	
Valine....g	0.029		0		1		0.052	0.035	
Arginine....g	0.027		0		1		0.049	0.032	
Histidine....g	0.014		0		1		0.025	0.017	
Alanine....g	0.033		0		1		0.059	0.040	
Aspartic acid....g	0.078		0		1		0.140	0.094	
Glutamic acid....g	0.068		0		1		0.122	0.082	

NDB No. 11478

Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.024		0		1		0.043	0.029	
Proline....g	0.020		0		1		0.036	0.024	
Serine....g	0.026		0		1		0.047	0.031	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup, sliced

Measure 2 = 120g: .5 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11862

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.74		0		1		211.27		
Energy kcal	14		0	NC	4		32		
Energy kJ	61		0	NC	4		135		
Protein (N x 6.25) g	1.15		0		1		2.56		
Total lipid (fat) g	0.13		0		1		0.29		
Ash g	1.01		0	O	4		2.25		
Carbohydrate, by difference g	2.97		0	NC	4		6.62		
Fiber, total dietary g	1.3		0		4		2.9		
Sugars, total g	1.69		0	BFSN	4		3.78		
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		38		
Iron, Fe mg	0.48		0		1		1.07		
Magnesium, Mg mg	13		0		1		29		
Phosphorus, P mg	25		0		1		56		
Potassium, K mg	194		0		1		433		
Sodium, Na mg	238		0		4		531		
Zinc, Zn mg	0.20		0		1		0.45		
Copper, Cu mg	0.047		0		1		0.105		
Manganese, Mn mg	0.230		0		1		0.513		
Selenium, Se µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7		0		1		8.3		
Thiamin mg	0.041		0		1		0.091		
Riboflavin mg	0.040		0		1		0.089		
Niacin mg	0.386		0		1		0.861		
Pantothenic acid mg	0.265		0		1		0.591		
Vitamin B-6 mg	0.045		0		1		0.100		
Folate, total µg	8		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		1		17		
Folate, DFE µg	8		0	NC	4		17		
Choline, total mg	9.4		0	BFSY	4		20.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	9		0	NC	4		20		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	106		0	BFSY	4		236		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	177		0	NC	4		394		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1877		0	BFSY	4		4186		
Vitamin E (alpha-tocopherol) mg	0.12		0	BFSN	4		0.26		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.2		0	BFSN	4		9.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11862

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.027		0		1		0.060		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.024		0		1		0.054		
17:0....g									
18:0....g	0.003		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.020		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.123		
18:2 undifferentiated....g	0.021		0		1		0.047		
18:3 undifferentiated....g	0.034		0		1		0.076		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.022		
Threonine....g	0.028		0		1		0.062		
Isoleucine....g	0.041		0		1		0.091		
Leucine....g	0.067		0		1		0.149		
Lysine....g	0.064		0		1		0.143		
Methionine....g	0.016		0		1		0.036		
Cystine....g	0.012		0		1		0.027		
Phenylalanine....g	0.040		0		1		0.089		
Tyrosine....g	0.031		0		1		0.069		
Valine....g	0.052		0		1		0.116		
Arginine....g	0.048		0		1		0.107		
Histidine....g	0.025		0		1		0.056		
Alanine....g	0.060		0		1		0.134		
Aspartic acid....g	0.140		0		1		0.312		
Glutamic acid....g	0.123		0		1		0.274		
Glycine....g	0.043		0		1		0.096		
Proline....g	0.036		0		1		0.080		
Serine....g	0.047		0		1		0.105		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11862

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 223g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11480

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.74		0		1		211.27		
Energy kcal	17		0	NC	4		38		
Energy kJ	71		0		4		159		
Protein (N x 6.25) g	1.15		0		1		2.56		
Total lipid (fat) g	0.13		0		1		0.29		
Ash g	0.42		0		1		0.94		
Carbohydrate, by difference g	3.56		0	NC	4		7.94		
Fiber, total dietary g	1.3		0		4		2.9		
Sugars, total g	1.69		0	BFSN	4		3.78		
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		38		
Iron, Fe mg	0.48		0		1		1.07		
Magnesium, Mg mg	13		0		1		29		
Phosphorus, P mg	25		0		1		56		
Potassium, K mg	194		0		1		433		
Sodium, Na mg	2		0		1		4		
Zinc, Zn mg	0.20		0		1		0.45		
Copper, Cu mg	0.047		0		1		0.105		
Manganese, Mn mg	0.230		0		1		0.513		
Selenium, Se µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7		0		1		8.3		
Thiamin mg	0.041		0		1		0.091		
Riboflavin mg	0.040		0		1		0.089		
Niacin mg	0.386		0		1		0.861		
Pantothenic acid mg	0.265		0		1		0.591		
Vitamin B-6 mg	0.045		0		1		0.100		
Folate, total µg	8		0		1		17		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		1		17		
Folate, DFE µg	8		0	NC	4		17		
Choline, total mg	9.4		0	BFSY	4		20.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	9		0	NC	4		20		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	106		0	BFSY	4		236		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	0		0	BFSY	4		0		
Vitamin A, IU IU	177		0	NC	4		394		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	1877		0	BFSY	4		4186		
Vitamin E (alpha-tocopherol) mg	0.12		0	BFSN	4		0.26		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.2		0	BFSN	4		9.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11480

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.027		0		1		0.060		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.024		0		1		0.054		
17:0....g									
18:0....g	0.003		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.020		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.055		0		1		0.123		
18:2 undifferentiated....g	0.021		0		1		0.047		
18:3 undifferentiated....g	0.034		0		1		0.076		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.022		
Threonine....g	0.028		0		1		0.062		
Isoleucine....g	0.041		0		1		0.091		
Leucine....g	0.067		0		1		0.149		
Lysine....g	0.064		0		1		0.143		
Methionine....g	0.016		0		1		0.036		
Cystine....g	0.012		0		1		0.027		
Phenylalanine....g	0.040		0		1		0.089		
Tyrosine....g	0.031		0		1		0.069		
Valine....g	0.052		0		1		0.116		
Arginine....g	0.048		0		1		0.107		
Histidine....g	0.025		0		1		0.056		
Alanine....g	0.060		0		1		0.134		
Aspartic acid....g	0.140		0		1		0.312		
Glutamic acid....g	0.123		0		1		0.274		
Glycine....g	0.043		0		1		0.096		
Proline....g	0.036		0		1		0.080		
Serine....g	0.047		0		1		0.105		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11480

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 223g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11479
Squash, summer, zucchini, includes skin, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.70	0.167	17		1		89.97	268.95	1288.87
Energy kcal	17		0	NC	4		16	47	227
Energy kJ	70		0	NC	4		67	199	953
Protein (N x 6.25) g	1.16	0.057	17		1		1.10	3.29	15.79
Total lipid (fat) g	0.13	0.016	17		1		0.12	0.37	1.77
Ash g	0.43	0.026	17		1		0.41	1.22	5.85
Carbohydrate, by difference g	3.58		0	NC	4		3.40	10.17	48.72
Fiber, total dietary g	1.3		0		1		1.2	3.7	17.7
Sugars, total g	1.71		0	BFSN	4		1.62	4.85	23.22
Starch g									
Minerals:									
Calcium, Ca mg	18	1.216	12		1		17	51	245
Iron, Fe mg	0.51	0.059	17		1		0.48	1.45	6.94
Magnesium, Mg mg	13	1.265	6		1		12	37	177
Phosphorus, P mg	28	2.505	6		1		27	80	381
Potassium, K mg	218	1.833	3		1		207	619	2967
Sodium, Na mg	2	0.731	6		1		2	6	27
Zinc, Zn mg	0.21	0.019	8		1		0.20	0.60	2.86
Copper, Cu mg	0.050	0.005	9		1		0.048	0.142	0.681
Manganese, Mn mg	0.244	0.050	8		1		0.232	0.693	3.321
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.6	2.7
Vitamins:									
Vitamin C, total ascorbic acid mg	5.3	1.387	7		1		5.0	15.1	72.1
Thiamin mg	0.048	0.009	12		1		0.046	0.136	0.653
Riboflavin mg	0.042	0.003	12		1		0.040	0.119	0.572
Niacin mg	0.433	0.070	12		1		0.411	1.230	5.893
Pantothenic acid mg	0.297		1		1		0.282	0.843	4.042
Vitamin B-6 mg	0.050		1		1		0.048	0.142	0.681
Folate, total µg	10		0		1		9	28	135
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		0		1		9	28	135
Folate, DFE µg	10		0	NC	4		9	28	135
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	NC	4		9	28	135
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	119		0	BFSN	4		113	337	1616
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	198		0	NC	4		188	562	2693
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	2102		0	BFSN	4		1997	5969	28606
Vitamin E (alpha-tocopherol) mg	0.12		0	BFSN	4		0.11	0.34	1.62
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	4.2		0	BFSN	4		4.0	12.0	57.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11479

Squash, summer, zucchini, includes skin, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.027		0		1		0.026	0.077	0.367
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.001		0		1		0.001	0.003	0.014
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.024		0		1		0.023	0.068	0.327
17:0....g									
18:0....g	0.003		0		1		0.003	0.009	0.041
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.010	0.028	0.136
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	0.014
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.009	0.026	0.122
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.056		0		1		0.053	0.159	0.762
18:2 undifferentiated....g	0.021		0		1		0.020	0.060	0.286
18:3 undifferentiated....g	0.035		0		1		0.033	0.099	0.476
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.010	0.028	0.136
Threonine....g	0.028		0		1		0.027	0.080	0.381
Isoleucine....g	0.042		0		1		0.040	0.119	0.572
Leucine....g	0.068		0		1		0.065	0.193	0.925
Lysine....g	0.064		0		1		0.061	0.182	0.871
Methionine....g	0.017		0		1		0.016	0.048	0.231
Cystine....g	0.012		0		1		0.011	0.034	0.163
Phenylalanine....g	0.041		0		1		0.039	0.116	0.558
Tyrosine....g	0.031		0		1		0.029	0.088	0.422
Valine....g	0.052		0		1		0.049	0.148	0.708
Arginine....g	0.049		0		1		0.047	0.139	0.667
Histidine....g	0.025		0		1		0.024	0.071	0.340
Alanine....g	0.061		0		1		0.058	0.173	0.830
Aspartic acid....g	0.141		0		1		0.134	0.400	1.919
Glutamic acid....g	0.124		0		1		0.118	0.352	1.688
Glycine....g	0.044		0		1		0.042	0.125	0.599
Proline....g	0.036		0		1		0.034	0.102	0.490
Serine....g	0.047		0		1		0.045	0.133	0.640
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 11479

Squash, summer, zucchini, includes skin, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Measure 3 = 1361g: 1 package (3 lb)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11477
Squash, summer, zucchini, includes skin, raw

Refuse: 5% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.79	0.080	18	JA	6		117.53	107.11	306.16
Energy kcal	17		0	NC	4		21	19	54
Energy kJ	70		0	NC	4		87	79	226
Protein g	1.21	0.042	10	JO	11		1.49	1.36	3.89
Total lipid (fat) g	0.32	0.029	7	JA	6		0.40	0.36	1.03
Ash g	0.58	0.014	9	JA	6		0.71	0.65	1.86
Carbohydrate, by difference g	3.11		0	NC	4		3.86	3.52	10.06
Fiber, total dietary g	1.0	0.055	12	JA	6		1.3	1.1	3.3
Sugars, total g	2.50		0	NC	4		3.09	2.82	8.06
Sucrose g	0.05	0.013	8	JA	6		0.06	0.06	0.17
Glucose (dextrose) g	1.07	0.086	8	JA	6		1.32	1.20	3.44
Fructose g	1.38	0.061	8	JA	6		1.71	1.56	4.45
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	16	0.778	10	JA	6		20	19	53
Iron, Fe mg	0.37	0.010	10	JA	6		0.45	0.41	1.18
Magnesium, Mg mg	18	0.697	10	JA	6		22	20	57
Phosphorus, P mg	38	0.959	10	JA	6		47	43	122
Potassium, K mg	261	6.882	10	JA	6		323	295	842
Sodium, Na mg	8	5.264	10	JA	6		9	9	24
Zinc, Zn mg	0.32	0.022	10	JA	6		0.39	0.36	1.03
Copper, Cu mg	0.053	0.002	10	JA	6		0.066	0.060	0.172
Manganese, Mn mg	0.177	0.024	10	JA	6		0.220	0.200	0.572
Selenium, Se µg	0.2		0	BFSN	4		0.2	0.2	0.6
Vitamins:									
Vitamin C, total ascorbic acid mg	17.9	0.564	9	JA	6		22.1	20.2	57.7
Thiamin mg	0.045	0.001	10	JA	6		0.056	0.051	0.145
Riboflavin mg	0.094	0.055	10	JA	6		0.116	0.106	0.303
Niacin mg	0.451	0.017	10	JA	6		0.560	0.510	1.458
Pantothenic acid mg	0.204	0.011	10	JA	6		0.253	0.231	0.660
Vitamin B-6 mg	0.163	0.081	9	JA	6		0.202	0.184	0.526
Folate, total µg	24	1.599	8	JA	6		30	27	77
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	24	1.599	8	JA	6		30	27	77
Folate, DFE µg	24		0	NC	4		30	27	77
Choline, total mg	9.5		0	BFSN	4		11.8	10.8	30.8
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	NC	4		12	11	32
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	120	1.203	7	JA	6		149	136	388
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	200		0	NC	4		248	226	646
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	2125		1	A	1		2635	2401	6864
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.15	0.14	0.39
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11477
Squash, summer, zucchini, includes skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	4.3		0	BFSN	4		5.3	4.8	13.8
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.084		0	NC	4		0.104	0.095	0.271
4:0 g	0.000		0		1		0.000	0.000	0.000
6:0 g	0.000		1	A	1		0.000	0.000	0.000
8:0 g	0.000		1	A	1		0.000	0.000	0.000
10:0 g	0.016		1	A	1		0.020	0.018	0.052
12:0 g	0.003		1	A	1		0.004	0.003	0.010
13:0 g									
14:0 g	0.001		1	A	1		0.001	0.001	0.003
15:0 g	0.001		1	A	1		0.001	0.001	0.003
16:0 g	0.048		1	A	1		0.060	0.054	0.155
17:0 g	0.002		1	A	1		0.002	0.002	0.006
18:0 g	0.006		1	A	1		0.007	0.007	0.019
20:0 g	0.001		1	A	1		0.001	0.001	0.003
22:0 g	0.003		1	A	1		0.004	0.003	0.010
24:0 g	0.003		1	A	1		0.004	0.003	0.010
Fatty acids, total monounsaturated g	0.011		0	NC	4		0.014	0.012	0.036
14:1 g	0.002		1	A	1		0.002	0.002	0.006
15:1 g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.002		0	AS	1		0.002	0.002	0.006
16:1 c g	0.002		1	A	1		0.002	0.002	0.006
16:1 t g	0.000		1	A	1		0.000	0.000	0.000
17:1 g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.007		0	AS	1		0.009	0.008	0.023
18:1 c g	0.007		1	A	1		0.009	0.008	0.023
18:1 t g	0.000		1	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7) g									
20:1 g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c g	0.000		1	A	1		0.000	0.000	0.000
22:1 t g	0.000		1	A	1		0.000	0.000	0.000
24:1 c g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.091		0	NC	4		0.113	0.103	0.294
18:2 undifferentiated g	0.030		0	AS	1		0.037	0.034	0.097
18:2 n-6 c,c g	0.030		1	A	1		0.037	0.034	0.097
18:2 CLAs g	0.000		1	A	1		0.000	0.000	0.000
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.000		1	A	1		0.000	0.000	0.000
18:3 undifferentiated g	0.061		0	AS	1		0.076	0.069	0.197
18:3 n-3 c,c,c (ALA) g	0.061		1	A	1		0.076	0.069	0.197
18:3 n-6 c,c,c g	0.000		1	A	1		0.000	0.000	0.000
18:3i g									
18:4 g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
20:3 n-3 g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6 g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		1	A	1		0.000	0.000	0.000
21:5 g									
22:4 g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3 (DPA) g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 11477

Squash, summer, zucchini, includes skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	DA	1		0.013	0.012	0.034
Threonine....g	0.029		0	DA	1		0.036	0.033	0.094
Isoleucine....g	0.044		0	DA	1		0.054	0.049	0.141
Leucine....g	0.071		0	DA	1		0.088	0.080	0.228
Lysine....g	0.067		0	DA	1		0.083	0.075	0.215
Methionine....g	0.018		0	DA	1		0.022	0.020	0.057
Cystine....g	0.012		0	DA	1		0.015	0.014	0.040
Phenylalanine....g	0.043		0	DA	1		0.053	0.048	0.138
Tyrosine....g	0.032		0	DA	1		0.040	0.036	0.104
Valine....g	0.054		0	DA	1		0.067	0.061	0.175
Arginine....g	0.051		0	DA	1		0.063	0.058	0.165
Histidine....g	0.026		0	DA	1		0.032	0.029	0.084
Alanine....g	0.063		0	DA	1		0.079	0.072	0.205
Aspartic acid....g	0.147		0	DA	1		0.182	0.166	0.474
Glutamic acid....g	0.129		0	DA	1		0.160	0.146	0.417
Glycine....g	0.046		0	DA	1		0.057	0.052	0.148
Proline....g	0.037		0	DA	1		0.046	0.042	0.121
Serine....g	0.049		0	DA	1		0.061	0.055	0.158
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 124g: 1 cup, chopped

Measure 2 = 113g: 1 cup, sliced

Measure 3 = 323g: 1 large

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11481
Squash, summer, zucchini, italian style, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.61	0.078	18		1		205.68		
Energy kcal	29		0	NC	4		66		
Energy kJ	121				4		275		
Protein (N x 6.25) g	1.03	0.018	18		1		2.34		
Total lipid (fat) g	0.11	0.011	18		1		0.25		
Ash g	1.40	0.020	18		1		3.18		
Carbohydrate, by difference g	6.85		0	NC	4		15.55		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17	0.616	18		1		39		
Iron, Fe mg	0.68	0.022	18		1		1.54		
Magnesium, Mg mg	14	0.380	18		1		32		
Phosphorus, P mg	29	0.452	18		1		66		
Potassium, K mg	274	5.799	18		1		622		
Sodium, Na mg	374	5.572	18		1		849		
Zinc, Zn mg	0.26	0.008	18		1		0.59		
Copper, Cu mg	0.098	0.005	18		1		0.222		
Manganese, Mn mg	0.240		0		4		0.545		
Selenium, Se µg	0.4		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3	0.441	18		1		5.2		
Thiamin mg	0.042	0.000	18		1		0.095		
Riboflavin mg	0.040	0.002	18		1		0.091		
Niacin mg	0.528	0.021	18		1		1.199		
Pantothenic acid mg	0.274		0		4		0.622		
Vitamin B-6 mg	0.152		0		4		0.345		
Folate, total µg	30		0		4		69		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	30		0		4		69		
Folate, DFE µg	30		0	NC	4		69		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	27	2.000	19		1		61		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	539	40.003	19		1		1224		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11481

Squash, summer, zucchini, italian style, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.023		0		1		0.052		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.020		0		1		0.045		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.018		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.018		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.047		0		1		0.107		
18:2 undifferentiated....g	0.017		0		1		0.039		
18:3 undifferentiated....g	0.029		0		1		0.066		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.020		
Threonine....g	0.025		0		1		0.057		
Isoleucine....g	0.037		0		1		0.084		
Leucine....g	0.060		0		1		0.136		
Lysine....g	0.057		0		1		0.129		
Methionine....g	0.015		0		1		0.034		
Cystine....g	0.011		0		1		0.025		
Phenylalanine....g	0.036		0		1		0.082		
Tyrosine....g	0.027		0		1		0.061		
Valine....g	0.046		0		1		0.104		
Arginine....g	0.043		0		1		0.098		
Histidine....g	0.022		0		1		0.050		
Alanine....g	0.054		0		1		0.123		
Aspartic acid....g	0.125		0		1		0.284		
Glutamic acid....g	0.110		0		1		0.250		
Glycine....g	0.039		0		1		0.089		
Proline....g	0.032		0		1		0.073		
Serine....g	0.042		0		1		0.095		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11481
Squash, summer, zucchini, italian style, canned

Common Measures:
Measure 1 = 227g: 1 cup

Calories Factors: Protein 2.5 **Fat** 8.4 **Carbohydrate**3.7

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11864
Squash, winter, acorn, cooked, baked, with salt

Refuse: 20% Rind

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.90		0		1		169.95		
Energy kcal	56		0	NC	4		115		
Energy kJ	234		0	NC	4		480		
Protein (N x 6.25) g	1.12		0		1		2.30		
Total lipid (fat) g	0.14		0		1		0.29		
Ash g	1.26		0		1		2.58		
Carbohydrate, by difference g	14.58		0	NC	4		29.89		
Fiber, total dietary g	4.4		0		4		9.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	44		0		1		90		
Iron, Fe mg	0.93		0		1		1.91		
Magnesium, Mg mg	43		0		1		88		
Phosphorus, P mg	45		0		1		92		
Potassium, K mg	437		0		1		896		
Sodium, Na mg	240		0		4		492		
Zinc, Zn mg	0.17		0		1		0.35		
Copper, Cu mg	0.086		0		1		0.176		
Manganese, Mn mg	0.242		0		4		0.496		
Selenium, Se µg	0.7		0	BFSN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.8		0		1		22.1		
Thiamin mg	0.167		0		1		0.342		
Riboflavin mg	0.013		0		1		0.027		
Niacin mg	0.881		0		1		1.806		
Pantothenic acid mg	0.504		0		1		1.033		
Vitamin B-6 mg	0.194		0		1		0.398		
Folate, total µg	19		0		1		38		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19		0		1		38		
Folate, DFE µg	19		0	NC	4		38		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	21		0		1		43		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	428		0		1		877		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11864
Squash, winter, acorn, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.029		0		1		0.059		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.025		0		1		0.051		
17:0....g									
18:0....g	0.003		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.021		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.018		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0		1		0.121		
18:2 undifferentiated....g	0.022		0		1		0.045		
18:3 undifferentiated....g	0.037		0		1		0.076		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.033		
Threonine....g	0.033		0		1		0.068		
Isoleucine....g	0.044		0		1		0.090		
Leucine....g	0.064		0		1		0.131		
Lysine....g	0.041		0		1		0.084		
Methionine....g	0.014		0		1		0.029		
Cystine....g	0.010		0		1		0.021		
Phenylalanine....g	0.044		0		1		0.090		
Tyrosine....g	0.038		0		1		0.078		
Valine....g	0.048		0		1		0.098		
Arginine....g	0.062		0		1		0.127		
Histidine....g	0.021		0		1		0.043		
Alanine....g	0.047		0		1		0.096		
Aspartic acid....g	0.120		0		1		0.246		
Glutamic acid....g	0.196		0		1		0.402		
Glycine....g	0.041		0		1		0.084		
Proline....g	0.040		0		1		0.082		
Serine....g	0.044		0		1		0.090		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11864

Squash, winter, acorn, cooked, baked, with salt

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11483
Squash, winter, acorn, cooked, baked, without salt

Refuse: 20% Rind

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.90		0		1		169.95		
Energy kcal	56		0	NC	4		115		
Energy kJ	234				4		480		
Protein (N x 6.25) g	1.12		0		1		2.30		
Total lipid (fat) g	0.14		0		1		0.29		
Ash g	1.26		0		1		2.58		
Carbohydrate, by difference g	14.58		0	NC	4		29.89		
Fiber, total dietary g	4.4		0		4		9.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	44		0		1		90		
Iron, Fe mg	0.93		0		1		1.91		
Magnesium, Mg mg	43		0		1		88		
Phosphorus, P mg	45		0		1		92		
Potassium, K mg	437		0		1		896		
Sodium, Na mg	4		0		1		8		
Zinc, Zn mg	0.17		0		1		0.35		
Copper, Cu mg	0.086		0		1		0.176		
Manganese, Mn mg	0.242		0		4		0.496		
Selenium, Se µg	0.7		0	BFSN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.8		0		1		22.1		
Thiamin mg	0.167		0		1		0.342		
Riboflavin mg	0.013		0		1		0.027		
Niacin mg	0.881		0		1		1.806		
Pantothenic acid mg	0.504		0		1		1.033		
Vitamin B-6 mg	0.194		0		1		0.398		
Folate, total µg	19		0		1		38		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19		0		1		38		
Folate, DFE µg	19		0	NC	4		38		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	21		0		1		44		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	428		0		1		877		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11483

Squash, winter, acorn, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.029		0		1		0.059		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.025		0		1		0.051		
17:0....g									
18:0....g	0.003		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.021		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.018		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.059		0		1		0.121		
18:2 undifferentiated....g	0.022		0		1		0.045		
18:3 undifferentiated....g	0.037		0		1		0.076		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.033		
Threonine....g	0.033		0		1		0.068		
Isoleucine....g	0.044		0		1		0.090		
Leucine....g	0.064		0		1		0.131		
Lysine....g	0.041		0		1		0.084		
Methionine....g	0.014		0		1		0.029		
Cystine....g	0.010		0		1		0.021		
Phenylalanine....g	0.044		0		1		0.090		
Tyrosine....g	0.038		0		1		0.078		
Valine....g	0.048		0		1		0.098		
Arginine....g	0.062		0		1		0.127		
Histidine....g	0.021		0		1		0.043		
Alanine....g	0.047		0		1		0.096		
Aspartic acid....g	0.120		0		1		0.246		
Glutamic acid....g	0.196		0		1		0.402		
Glycine....g	0.041		0		1		0.084		
Proline....g	0.040		0		1		0.082		
Serine....g	0.044		0		1		0.090		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11483

Squash, winter, acorn, cooked, baked, without salt

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11865
Squash, winter, acorn, cooked, boiled, mashed, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.70		0		1		219.77		
Energy kcal	34		0	NC	4		83		
Energy kJ	141		0	NC	4		345		
Protein (N x 6.25) g	0.67		0		1		1.64		
Total lipid (fat) g	0.08		0		1		0.20		
Ash g	0.76		0		1		1.86		
Carbohydrate, by difference g	8.79		0	NC	4		21.54		
Fiber, total dietary g	2.6		0	BFZN	4		6.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1		64		
Iron, Fe mg	0.56		0		1		1.37		
Magnesium, Mg mg	26		0		1		64		
Phosphorus, P mg	27		0		1		66		
Potassium, K mg	263		0		1		644		
Sodium, Na mg	239		0		4		586		
Zinc, Zn mg	0.11		0		1		0.27		
Copper, Cu mg	0.052		0		1		0.127		
Manganese, Mn mg	0.146		0		4		0.358		
Selenium, Se µg	0.4		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.5		0		1		15.9		
Thiamin mg	0.100		0		1		0.245		
Riboflavin mg	0.008		0		1		0.020		
Niacin mg	0.531		0		1		1.301		
Pantothenic acid mg	0.303		0		1		0.742		
Vitamin B-6 mg	0.117		0		1		0.287		
Folate, total µg	11		0		1		28		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	11		0		1		28		
Folate, DFE µg	11		0	NC	4		28		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	13		0		1		32		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	258		0		1		632		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11865

Squash, winter, acorn, cooked, boiled, mashed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.017		0		1		0.042		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.015		0		1		0.037		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.015		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.086		
18:2 undifferentiated....g	0.013		0		1		0.032		
18:3 undifferentiated....g	0.022		0		1		0.054		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.025		
Threonine....g	0.020		0		1		0.049		
Isoleucine....g	0.026		0		1		0.064		
Leucine....g	0.038		0		1		0.093		
Lysine....g	0.025		0		1		0.061		
Methionine....g	0.008		0		1		0.020		
Cystine....g	0.006		0		1		0.015		
Phenylalanine....g	0.026		0		1		0.064		
Tyrosine....g	0.023		0		1		0.056		
Valine....g	0.029		0		1		0.071		
Arginine....g	0.037		0		1		0.091		
Histidine....g	0.013		0		1		0.032		
Alanine....g	0.028		0		1		0.069		
Aspartic acid....g	0.072		0		1		0.176		
Glutamic acid....g	0.118		0		1		0.289		
Glycine....g	0.025		0		1		0.061		
Proline....g	0.024		0		1		0.059		
Serine....g	0.026		0		1		0.064		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11865

Squash, winter, acorn, cooked, boiled, mashed, with salt

Common Measures:

Measure 1 = 245g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11484
Squash, winter, acorn, cooked, boiled, mashed, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.70		0		1		219.77		
Energy kcal	34		0	NC	4		83		
Energy kJ	141		0	NC	4		345		
Protein (N x 6.25) g	0.67		0		1		1.64		
Total lipid (fat) g	0.08		0		1		0.20		
Ash g	0.76		0		1		1.86		
Carbohydrate, by difference g	8.79		0	NC	4		21.54		
Fiber, total dietary g	2.6		0		4		6.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1		64		
Iron, Fe mg	0.56		0		1		1.37		
Magnesium, Mg mg	26		0		1		64		
Phosphorus, P mg	27		0		1		66		
Potassium, K mg	263		0		1		644		
Sodium, Na mg	3		0		1		7		
Zinc, Zn mg	0.11		0		1		0.27		
Copper, Cu mg	0.052		0		1		0.127		
Manganese, Mn mg	0.146		0		4		0.358		
Selenium, Se µg	0.4		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.5		0		1		15.9		
Thiamin mg	0.100		0		1		0.245		
Riboflavin mg	0.008		0		1		0.020		
Niacin mg	0.531		0		1		1.301		
Pantothenic acid mg	0.303		0		1		0.742		
Vitamin B-6 mg	0.117		0		1		0.287		
Folate, total µg	11		0		1		28		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	11		0		1		28		
Folate, DFE µg	11		0	NC	4		28		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	41		0	AS	1		100		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	490		3	A	1		1201		
Carotene, alpha µg	0		3	A	1		0		
Cryptoxanthin, beta µg	0		3	A	1		0		
Vitamin A, IU IU	817		0	AS	1		2001		
Lycopene µg	0		3	A	1		0		
Lutein + zeaxanthin µg	66		3	A	1		162		
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11484

Squash, winter, acorn, cooked, boiled, mashed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.017		0		1		0.042		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.015		0		1		0.037		
17:0....g									
18:0....g	0.002		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.015		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.015		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.086		
18:2 undifferentiated....g	0.013		0		1		0.032		
18:3 undifferentiated....g	0.022		0		1		0.054		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.025		
Threonine....g	0.020		0		1		0.049		
Isoleucine....g	0.026		0		1		0.064		
Leucine....g	0.038		0		1		0.093		
Lysine....g	0.025		0		1		0.061		
Methionine....g	0.008		0		1		0.020		
Cystine....g	0.006		0		1		0.015		
Phenylalanine....g	0.026		0		1		0.064		
Tyrosine....g	0.023		0		1		0.056		
Valine....g	0.029		0		1		0.071		
Arginine....g	0.037		0		1		0.091		
Histidine....g	0.013		0		1		0.032		
Alanine....g	0.028		0		1		0.069		
Aspartic acid....g	0.072		0		1		0.176		
Glutamic acid....g	0.118		0		1		0.289		
Glycine....g	0.025		0		1		0.061		
Proline....g	0.024		0		1		0.059		
Serine....g	0.026		0		1		0.064		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11484

Squash, winter, acorn, cooked, boiled, mashed, without salt

Common Measures:

Measure 1 = 245g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11482
Squash, winter, acorn, raw
Cucurbita maxima

Refuse: 24% Rind

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.78	0.916	8		1		122.89	378.33	
Energy kcal	40		0	NC	4		56	172	
Energy kJ	167		0	NC	4		234	721	
Protein (N x 6.25) g	0.80		1		1		1.12	3.45	
Total lipid (fat) g	0.10		1		1		0.14	0.43	
Ash g	0.90		0		1		1.26	3.88	
Carbohydrate, by difference g	10.42		0	NC	4		14.59	44.91	
Fiber, total dietary g	1.5		0		4		2.1	6.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	33		1		1		46	142	
Iron, Fe mg	0.70		1		1		0.98	3.02	
Magnesium, Mg mg	32		1		1		45	138	
Phosphorus, P mg	36		1		1		50	155	
Potassium, K mg	347	47.227	5		1		486	1496	
Sodium, Na mg	3	1.090	5		1		4	13	
Zinc, Zn mg	0.13		2		1		0.18	0.56	
Copper, Cu mg	0.065		2		1		0.091	0.280	
Manganese, Mn mg	0.167		0		4		0.234	0.720	
Selenium, Se µg	0.5		0	BFSN	4		0.7	2.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.0		1		1		15.4	47.4	
Thiamin mg	0.140		1		1		0.196	0.603	
Riboflavin mg	0.010		1		1		0.014	0.043	
Niacin mg	0.700		1		1		0.980	3.017	
Pantothenic acid mg	0.400		0		1		0.560	1.724	
Vitamin B-6 mg	0.154		0		1		0.216	0.664	
Folate, total µg	17	2.582	3		1		23	72	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17	2.582	3		1		23	72	
Folate, DFE µg	17		0	NC	4		23	72	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	18		0	AS	1		26	79	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	220		3	A	1		308	948	
Carotene, alpha µg	0		3	A	1		0	0	
Cryptoxanthin, beta µg	0		3	A	1		0	0	
Vitamin A, IU IU	367		0	AS	1		513	1580	
Lycopene µg	0		3	A	1		0	0	
Lutein + zeaxanthin µg	38		3	A	1		53	164	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11482
Squash, winter, acorn, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.021		0		1		0.029	0.091	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.018		0		1		0.025	0.078	
17:0....g									
18:0....g	0.002		0		1		0.003	0.009	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.010	0.030	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.010	0.030	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.059	0.181	
18:2 undifferentiated....g	0.016		0		1		0.022	0.069	
18:3 undifferentiated....g	0.026		0		1		0.036	0.112	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0		1		0.015	0.047	
Threonine....g	0.024		0		1		0.034	0.103	
Isoleucine....g	0.031		0		1		0.043	0.134	
Leucine....g	0.045		0		1		0.063	0.194	
Lysine....g	0.029		0		1		0.041	0.125	
Methionine....g	0.010		0		1		0.014	0.043	
Cystine....g	0.007		0		1		0.010	0.030	
Phenylalanine....g	0.031		0		1		0.043	0.134	
Tyrosine....g	0.027		0		1		0.038	0.116	
Valine....g	0.034		0		1		0.048	0.147	
Arginine....g	0.044		0		1		0.062	0.190	
Histidine....g	0.015		0		1		0.021	0.065	
Alanine....g	0.033		0		1		0.046	0.142	
Aspartic acid....g	0.086		0		1		0.120	0.371	
Glutamic acid....g	0.140		0		1		0.196	0.603	
Glycine....g	0.029		0		1		0.041	0.125	
Proline....g	0.028		0		1		0.039	0.121	
Serine....g	0.031		0		1		0.043	0.134	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11482
Squash, winter, acorn, raw

Common Measures:

Measure 1 = 140g: 1 cup, cubes

Measure 2 = 431g: 1 squash (4 inch dia)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11863
Squash, winter, all varieties, cooked, baked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.21	0.394	11		1		182.89		
Energy kcal	37		0	NC	4		75		
Energy kJ	154		0	NC	4		316		
Protein (N x 6.25) g	0.89	0.073	9		1		1.83		
Total lipid (fat) g	0.35	0.116	10		1		0.72		
Ash g	0.69	0.051	10		1		1.41		
Carbohydrate, by difference g	8.85		0	NC	4		18.15		
Fiber, total dietary g	2.8		1	A	1		5.7		
Sugars, total g	3.30		0	BFSN	4		6.77		
Starch g									
Minerals:									
Calcium, Ca mg	22	4.505	3		1		45		
Iron, Fe mg	0.44	0.076	10		1		0.89		
Magnesium, Mg mg	13	2.712	3		1		26		
Phosphorus, P mg	19	0.408	3		1		40		
Potassium, K mg	241	98.528	3		1		493		
Sodium, Na mg	237		0		4		486		
Zinc, Zn mg	0.22	0.028	9		1		0.46		
Copper, Cu mg	0.082	0.016	9		1		0.168		
Manganese, Mn mg	0.187	0.023	9		1		0.383		
Selenium, Se µg	0.4		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.8		2		1		3.6		
Thiamin mg	0.016		2		1		0.033		
Riboflavin mg	0.067		2		1		0.136		
Niacin mg	0.495		2		1		1.015		
Pantothenic acid mg	0.234		2		1		0.479		
Vitamin B-6 mg	0.161		2		1		0.329		
Folate, total µg	20		2		1		41		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20		2		1		41		
Folate, DFE µg	20		0	NC	4		41		
Choline, total mg	10.6		0	AS	1		21.7		
Betaine mg	0.2		1	A	1		0.4		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	261		0	NC	4		535		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2793	661.606	12	A	1		5725		
Carotene, alpha µg	682	298.288	8	A	1		1399		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	5223		0	NC	4		10707		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	1415	785.000	7	A	1		2901		
Vitamin E (alpha-tocopherol) mg	0.12		0	BFSN	4		0.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.4		0	BFSN	4		9.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11863

Squash, winter, all varieties, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.072		0		1		0.148		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.002		0		1		0.003		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.062		0		1		0.128		
17:0....g									
18:0....g	0.007		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0		1		0.054		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.049		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.147		0		1		0.302		
18:2 undifferentiated....g	0.055		0		1		0.113		
18:3 undifferentiated....g	0.092		0		1		0.188		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.027		
Threonine....g	0.027		0		1		0.055		
Isoleucine....g	0.035		0		1		0.072		
Leucine....g	0.050		0		1		0.103		
Lysine....g	0.033		0		1		0.068		
Methionine....g	0.011		0		1		0.023		
Cystine....g	0.008		0		1		0.016		
Phenylalanine....g	0.035		0		1		0.072		
Tyrosine....g	0.030		0		1		0.062		
Valine....g	0.038		0		1		0.078		
Arginine....g	0.049		0		1		0.100		
Histidine....g	0.017		0		1		0.035		
Alanine....g	0.037		0		1		0.076		
Aspartic acid....g	0.095		0		1		0.195		
Glutamic acid....g	0.155		0		1		0.318		
Glycine....g	0.033		0		1		0.068		
Proline....g	0.032		0		1		0.066		
Serine....g	0.035		0		1		0.072		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11863
Squash, winter, all varieties, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11644
Squash, winter, all varieties, cooked, baked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.21	0.394	11		1		182.89		
Energy kcal	37		0	NC	4		75		
Energy kJ	154		0	NC	4		315		
Protein (N x 6.25) g	0.89	0.073	9		1		1.83		
Total lipid (fat) g	0.35	0.116	10		1		0.72		
Ash g	0.69	0.051	10		1		1.41		
Carbohydrate, by difference g	8.85		0	NC	4		18.15		
Fiber, total dietary g	2.8		0		1		5.7		
Sugars, total g	3.30		0	T	4		6.77		
Starch g									
Minerals:									
Calcium, Ca mg	22	4.505	3		1		45		
Iron, Fe mg	0.44	0.076	10		1		0.89		
Magnesium, Mg mg	13	2.712	3		1		26		
Phosphorus, P mg	19	0.408	3		1		40		
Potassium, K mg	241	98.528	3		1		493		
Sodium, Na mg	1		2		1		3		
Zinc, Zn mg	0.22	0.028	9		1		0.46		
Copper, Cu mg	0.082	0.016	9		1		0.168		
Manganese, Mn mg	0.187	0.023	9		1		0.383		
Selenium, Se µg	0.4		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.6		0		1		19.7		
Thiamin mg	0.016		2		1		0.033		
Riboflavin mg	0.067		2		1		0.136		
Niacin mg	0.495		2		1		1.015		
Pantothenic acid mg	0.234		2		1		0.479		
Vitamin B-6 mg	0.161		2		1		0.329		
Folate, total µg	20		2		1		41		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	20		2		1		41		
Folate, DFE µg	20		0	NC	4		41		
Choline, total mg	10.6		0	AS	1		21.7		
Betaine mg	0.2		1	A	1		0.4		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	261		0	AS	1		535		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2793	661.606	12	A	1		5725		
Carotene, alpha µg	682	298.288	8	A	1		1399		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	5223		0	AS	1		10707		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	1415	785.000	7	A	1		2901		
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.25		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	4.4		0	O	4		9.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11644

Squash, winter, all varieties, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.072		0	NC	4		0.148		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		0		1		0.003		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.062		0		1		0.128		
17:0....g									
18:0....g	0.007		0		1		0.015		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.026		0	NC	4		0.052		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.003		
17:1....g									
18:1 undifferentiated....g	0.024		0		1		0.049		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.147		0	NC	4		0.301		
18:2 undifferentiated....g	0.055		0		1		0.113		
18:3 undifferentiated....g	0.092		0		1		0.188		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.027		
Threonine....g	0.027		0		1		0.055		
Isoleucine....g	0.035		0		1		0.072		
Leucine....g	0.050		0		1		0.103		
Lysine....g	0.033		0		1		0.068		
Methionine....g	0.011		0		1		0.023		
Cystine....g	0.008		0		1		0.016		
Phenylalanine....g	0.035		0		1		0.072		
Tyrosine....g	0.030		0		1		0.062		
Valine....g	0.038		0		1		0.078		
Arginine....g	0.049		0		1		0.100		
Histidine....g	0.017		0		1		0.035		
Alanine....g	0.037		0		1		0.076		
Aspartic acid....g	0.095		0		1		0.195		
Glutamic acid....g	0.155		0		1		0.318		
Glycine....g	0.033		0		1		0.068		
Proline....g	0.032		0		1		0.066		
Serine....g	0.035		0		1		0.072		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11644

Squash, winter, all varieties, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11643
Squash, winter, all varieties, raw
Cucurbita spp.

Refuse: 29% Seeds, rind and stem

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.76	0.763	13		1		104.12		
Energy kcal	34		0	NC	4		40		
Energy kJ	143		0	NC	4		166		
Protein (N x 6.25) g	0.95	0.105	5		1		1.10		
Total lipid (fat) g	0.13	0.010	5		1		0.16		
Ash g	0.57	0.027	5		1		0.66		
Carbohydrate, by difference g	8.59		0	NC	4		9.96		
Fiber, total dietary g	1.5		0		1		1.7		
Sugars, total g	2.20		0	T	4		2.55		
Starch g									
Minerals:									
Calcium, Ca mg	28	2.299	5		1		33		
Iron, Fe mg	0.58	0.069	5		1		0.68		
Magnesium, Mg mg	14	2.145	5		1		17		
Phosphorus, P mg	23	2.885	4		1		26		
Potassium, K mg	350		10		1		406		
Sodium, Na mg	4		9		1		5		
Zinc, Zn mg	0.21	0.019	3		1		0.25		
Copper, Cu mg	0.071	0.009	4		1		0.083		
Manganese, Mn mg	0.163	0.035	3		1		0.189		
Selenium, Se µg	0.4		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	12.3		4		1		14.3		
Thiamin mg	0.030	0.007	5		1		0.035		
Riboflavin mg	0.062	0.002	5		1		0.072		
Niacin mg	0.500	0.053	5		1		0.580		
Pantothenic acid mg	0.188	0.023	3		1		0.218		
Vitamin B-6 mg	0.156	0.006	3		1		0.181		
Folate, total µg	24	1.650	9		1		28		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	24	1.650	9		1		28		
Folate, DFE µg	24		0	NC	4		28		
Choline, total mg	10.0		0	BFSY	4		11.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	68		0	AS	1		79		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	820	0.000	6	A	1		951		
Carotene, alpha µg	0		2	A	1		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	1367		0	AS	1		1585		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	38		0	T	4		44		
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.14		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.1		0	T	4		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11643
Squash, winter, all varieties, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.027		0	NC	4		0.032		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		3		1		0.001		
13:0....g									
14:0....g	0.001		3		1		0.001		
15:0....g									
16:0....g	0.024		3		1		0.028		
17:0....g									
18:0....g	0.002		3		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0	NC	4		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		3		1		0.001		
17:1....g									
18:1 undifferentiated....g	0.010		3		1		0.011		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.056		0	NC	4		0.065		
18:2 undifferentiated....g	0.021		3		1		0.024		
18:3 undifferentiated....g	0.035		3		1		0.041		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		2		1		0.024		
Threonine....g	0.043		2		1		0.050		
Isoleucine....g	0.057		2		1		0.066		
Leucine....g	0.082		2		1		0.095		
Lysine....g	0.053		2		1		0.061		
Methionine....g	0.018		2		1		0.021		
Cystine....g	0.013		2		1		0.015		
Phenylalanine....g	0.057		2		1		0.066		
Tyrosine....g	0.049		2		1		0.057		
Valine....g	0.062		2		1		0.072		
Arginine....g	0.081		2		1		0.094		
Histidine....g	0.027		2		1		0.031		
Alanine....g	0.061		2		1		0.071		
Aspartic acid....g	0.156		2		1		0.181		
Glutamic acid....g	0.254		2		1		0.295		
Glycine....g	0.053		2		1		0.061		
Proline....g	0.052		2		1		0.060		
Serine....g	0.057		2		1		0.066		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11643
Squash, winter, all varieties, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11866
Squash, winter, butternut, cooked, baked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.80		0		1		179.99		
Energy kcal	40		0	NC	4		82		
Energy kJ	167		0		4		343		
Protein (N x 6.25) g	0.90		0		1		1.85		
Total lipid (fat) g	0.09		0		1		0.18		
Ash g	0.72		0		1		1.48		
Carbohydrate, by difference g	10.49		0	NC	4		21.50		
Fiber, total dietary g	3.2		0	BFSN	4		6.5		
Sugars, total g	1.97		0	BFZN	4		4.05		
Starch g									
Minerals:									
Calcium, Ca mg	41		0		1		84		
Iron, Fe mg	0.60		0		1		1.23		
Magnesium, Mg mg	29		0		1		59		
Phosphorus, P mg	27		0		1		55		
Potassium, K mg	284		0		1		582		
Sodium, Na mg	240		0		4		492		
Zinc, Zn mg	0.13		0		1		0.27		
Copper, Cu mg	0.065		0		1		0.133		
Manganese, Mn mg	0.172		0		4		0.353		
Selenium, Se µg	0.5		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		0		1		31.0		
Thiamin mg	0.072		0		1		0.148		
Riboflavin mg	0.017		0		1		0.035		
Niacin mg	0.969		1	A	1		1.986		
Pantothenic acid mg	0.359		1	A	1		0.736		
Vitamin B-6 mg	0.124		1	A	1		0.254		
Folate, total µg	19		1	A	1		39		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19		1	A	1		39		
Folate, DFE µg	19		0	NC	4		39		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	558		0	NC	4		1143		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4570		0	BFZN	4		9369		
Carotene, alpha µg	1130		0	BFZN	4		2317		
Cryptoxanthin, beta µg	3116		0	BFZN	4		6388		
Vitamin A, IU IU	11155		0	NC	4		22868		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) mg	1.29		0	BFZN	4		2.64		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.0		0	BFZN	4		2.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11866

Squash, winter, butternut, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.019		0		1		0.039		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.016		0		1		0.033		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.014		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.038		0		1		0.078		
18:2 undifferentiated....g	0.014		0		1		0.029		
18:3 undifferentiated....g	0.024		0		1		0.049		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.027		
Threonine....g	0.027		0		1		0.055		
Isoleucine....g	0.035		0		1		0.072		
Leucine....g	0.051		0		1		0.105		
Lysine....g	0.033		0		1		0.068		
Methionine....g	0.011		0		1		0.023		
Cystine....g	0.008		0		1		0.016		
Phenylalanine....g	0.035		0		1		0.072		
Tyrosine....g	0.030		0		1		0.062		
Valine....g	0.039		0		1		0.080		
Arginine....g	0.050		0		1		0.103		
Histidine....g	0.017		0		1		0.035		
Alanine....g	0.038		0		1		0.078		
Aspartic acid....g	0.097		0		1		0.199		
Glutamic acid....g	0.157		0		1		0.322		
Glycine....g	0.033		0		1		0.068		
Proline....g	0.032		0		1		0.066		
Serine....g	0.035		0		1		0.072		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11866
Squash, winter, butternut, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11486
Squash, winter, butternut, cooked, baked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.80		0		1		179.99		
Energy kcal	40		0	NC	4		82		
Energy kJ	167		0		4		343		
Protein (N x 6.25) g	0.90		0		1		1.85		
Total lipid (fat) g	0.09		0		1		0.18		
Ash g	0.72		0		1		1.48		
Carbohydrate, by difference g	10.49		0	NC	4		21.50		
Fiber, total dietary g	3.2		0	BFSN	4		6.5		
Sugars, total g	1.97		0	BFSN	4		4.05		
Starch g									
Minerals:									
Calcium, Ca mg	41		0		1		84		
Iron, Fe mg	0.60		0		1		1.23		
Magnesium, Mg mg	29		0		1		59		
Phosphorus, P mg	27		0		1		55		
Potassium, K mg	284		0		1		582		
Sodium, Na mg	4		0		1		8		
Zinc, Zn mg	0.13		0		1		0.27		
Copper, Cu mg	0.065		0		1		0.133		
Manganese, Mn mg	0.172		0		4		0.353		
Selenium, Se µg	0.5		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		0		1		31.0		
Thiamin mg	0.072		0		1		0.148		
Riboflavin mg	0.017		0		1		0.035		
Niacin mg	0.969		0		1		1.986		
Pantothenic acid mg	0.359		0		1		0.736		
Vitamin B-6 mg	0.124		0		1		0.254		
Folate, total µg	19		0		1		39		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19		0		1		39		
Folate, DFE µg	19		0	NC	4		39		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	558		0	NC	4		1143		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4570		0	T	4		9369		
Carotene, alpha µg	1130		0	T	4		2317		
Cryptoxanthin, beta µg	3116		0	BFSN	4		6388		
Vitamin A, IU IU	11155		0	NC	4		22868		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	1.29		0	BFSN	4		2.64		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.0		0	BFSN	4		2.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11486

Squash, winter, butternut, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.019		0		1		0.039		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.016		0		1		0.033		
17:0....g									
18:0....g	0.002		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.014		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.014		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.038		0		1		0.078		
18:2 undifferentiated....g	0.014		0		1		0.029		
18:3 undifferentiated....g	0.024		0		1		0.049		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.013		0		1		0.027		
Threonine....g	0.027		0		1		0.055		
Isoleucine....g	0.035		0		1		0.072		
Leucine....g	0.051		0		1		0.105		
Lysine....g	0.033		0		1		0.068		
Methionine....g	0.011		0		1		0.023		
Cystine....g	0.008		0		1		0.016		
Phenylalanine....g	0.035		0		1		0.072		
Tyrosine....g	0.030		0		1		0.062		
Valine....g	0.039		0		1		0.080		
Arginine....g	0.050		0		1		0.103		
Histidine....g	0.017		0		1		0.035		
Alanine....g	0.038		0		1		0.078		
Aspartic acid....g	0.097		0		1		0.199		
Glutamic acid....g	0.157		0		1		0.322		
Glycine....g	0.033		0		1		0.068		
Proline....g	0.032		0		1		0.066		
Serine....g	0.035		0		1		0.072		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11486

Squash, winter, butternut, cooked, baked, without salt

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11867
Squash, winter, butternut, frozen, cooked, boiled, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.80		0		1		210.72		
Energy kcal	39		0	NC	4		95		
Energy kJ	165		0	NC	4		396		
Protein (N x 6.25) g	1.23		0		1		2.95		
Total lipid (fat) g	0.07		0		1		0.17		
Ash g	0.86		0		1		2.06		
Carbohydrate, by difference g	10.04		0	NC	4		24.10		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1		46		
Iron, Fe mg	0.58		0		1		1.39		
Magnesium, Mg mg	9		0		1		22		
Phosphorus, P mg	14		0		1		34		
Potassium, K mg	133		0		1		319		
Sodium, Na mg	238		0		4		571		
Zinc, Zn mg	0.12		0		1		0.29		
Copper, Cu mg	0.036		0		1		0.086		
Manganese, Mn mg	0.173		0		4		0.415		
Selenium, Se µg	0.5		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5		0		1		8.4		
Thiamin mg	0.050		0		1		0.120		
Riboflavin mg	0.039		0		1		0.094		
Niacin mg	0.464		0		1		1.114		
Pantothenic acid mg	0.154		0		1		0.370		
Vitamin B-6 mg	0.069		0		1		0.166		
Folate, total µg	16		0		4		39		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		39		
Folate, DFE µg	16		0	NC	4		39		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	167		0		1		401		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3339		0		1		8014		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11867

Squash, winter, butternut, frozen, cooked, boiled, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.034		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.012		0		1		0.029		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		1		0.070		
18:2 undifferentiated....g	0.011		0		1		0.026		
18:3 undifferentiated....g	0.018		0		1		0.043		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.041		
Threonine....g	0.037		0		1		0.089		
Isoleucine....g	0.048		0		1		0.115		
Leucine....g	0.070		0		1		0.168		
Lysine....g	0.045		0		1		0.108		
Methionine....g	0.015		0		1		0.036		
Cystine....g	0.011		0		1		0.026		
Phenylalanine....g	0.048		0		1		0.115		
Tyrosine....g	0.041		0		1		0.098		
Valine....g	0.053		0		1		0.127		
Arginine....g	0.068		0		1		0.163		
Histidine....g	0.023		0		1		0.055		
Alanine....g	0.051		0		1		0.122		
Aspartic acid....g	0.132		0		1		0.317		
Glutamic acid....g	0.214		0		1		0.514		
Glycine....g	0.045		0		1		0.108		
Proline....g	0.044		0		1		0.106		
Serine....g	0.048		0		1		0.115		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11867

Squash, winter, butternut, frozen, cooked, boiled, with salt

Common Measures:

Measure 1 = 240g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11488
Squash, winter, butternut, frozen, cooked, boiled, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.80		0		1		210.72		
Energy kcal	39		0	NC	4		94		
Energy kJ	163				4		392		
Protein (N x 6.25) g	1.23		0		1		2.95		
Total lipid (fat) g	0.07		0		1		0.17		
Ash g	0.86		0		1		2.06		
Carbohydrate, by difference g	10.05		0	NC	4		24.12		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1		46		
Iron, Fe mg	0.58		0		1		1.39		
Magnesium, Mg mg	9		0		1		22		
Phosphorus, P mg	14		0		1		34		
Potassium, K mg	133		0		1		319		
Sodium, Na mg	2		0		1		5		
Zinc, Zn mg	0.12		0		1		0.29		
Copper, Cu mg	0.036		0		1		0.086		
Manganese, Mn mg	0.173		0		4		0.415		
Selenium, Se µg	0.5		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5		0		1		8.4		
Thiamin mg	0.050		0		1		0.120		
Riboflavin mg	0.039		0		1		0.094		
Niacin mg	0.464		0		1		1.114		
Pantothenic acid mg	0.154		0		1		0.370		
Vitamin B-6 mg	0.069		0		1		0.166		
Folate, total µg	16		0		4		39		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		4		39		
Folate, DFE µg	16		0	NC	4		39		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	167		0		1		401		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3339		0		1		8014		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11488

Squash, winter, butternut, frozen, cooked, boiled, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.014		0		1		0.034		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.012		0		1		0.029		
17:0....g									
18:0....g	0.001		0		1		0.002		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.029		0		1		0.070		
18:2 undifferentiated....g	0.011		0		1		0.026		
18:3 undifferentiated....g	0.018		0		1		0.043		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.041		
Threonine....g	0.037		0		1		0.089		
Isoleucine....g	0.048		0		1		0.115		
Leucine....g	0.070		0		1		0.168		
Lysine....g	0.045		0		1		0.108		
Methionine....g	0.015		0		1		0.036		
Cystine....g	0.011		0		1		0.026		
Phenylalanine....g	0.048		0		1		0.115		
Tyrosine....g	0.041		0		1		0.098		
Valine....g	0.053		0		1		0.127		
Arginine....g	0.068		0		1		0.163		
Histidine....g	0.023		0		1		0.055		
Alanine....g	0.051		0		1		0.122		
Aspartic acid....g	0.132		0		1		0.317		
Glutamic acid....g	0.214		0		1		0.514		
Glycine....g	0.045		0		1		0.108		
Proline....g	0.044		0		1		0.106		
Serine....g	0.048		0		1		0.115		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11488

Squash, winter, butternut, frozen, cooked, boiled, without salt

Common Measures:

Measure 1 = 240g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11487
Squash, winter, butternut, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.50		0		1		93.23	280.50	1496.55
Energy kcal	57		0	NC	4		64	192	1026
Energy kJ	237		0	NC	4		267	805	4294
Protein (N x 6.25) g	1.76		0		1		1.99	5.98	31.93
Total lipid (fat) g	0.10		0		1		0.11	0.34	1.81
Ash g	1.23		0		1		1.39	4.18	22.31
Carbohydrate, by difference g	14.41		0	NC	4		16.28	48.99	261.40
Fiber, total dietary g	1.3		0		4		1.5	4.4	23.6
Sugars, total g	2.83		0	BFSN	4		3.20	9.63	51.39
Starch g									
Minerals:									
Calcium, Ca mg	29		0		1		33	99	526
Iron, Fe mg	0.88		0		1		0.99	2.99	15.96
Magnesium, Mg mg	14		0		1		16	48	254
Phosphorus, P mg	22		0		1		25	75	399
Potassium, K mg	212		0		1		240	721	3846
Sodium, Na mg	2		0		1		2	7	36
Zinc, Zn mg	0.17		0		1		0.19	0.58	3.08
Copper, Cu mg	0.051		0		1		0.058	0.173	0.925
Manganese, Mn mg	0.248		0		4		0.280	0.843	4.499
Selenium, Se µg	0.7		0	BFSN	4		0.8	2.4	12.7
Vitamins:									
Vitamin C, total ascorbic acid mg	6.2		0		1		7.0	21.1	112.5
Thiamin mg	0.090		0		1		0.102	0.306	1.633
Riboflavin mg	0.059		0		1		0.067	0.201	1.070
Niacin mg	0.740		0		1		0.836	2.516	13.424
Pantothenic acid mg	0.221		0		1		0.250	0.751	4.009
Vitamin B-6 mg	0.110		0		1		0.124	0.374	1.995
Folate, total µg	24		0		4		27	80	428
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	24		0		4		27	80	428
Folate, DFE µg	24		0	NC	4		27	80	428
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	240		0	NC	4		271	814	4345
Retinol µg	0		0	BNA	4		0	0	0
Carotene, beta µg	1904		0	BNA	4		2152	6474	34542
Carotene, alpha µg	376		0	BNA	4		424	1277	6813
Cryptoxanthin, beta µg	1564		0	BNA	4		1767	5318	28371
Vitamin A, IU IU	4790		0	NC	4		5413	16286	86891
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol) mg	1.85		0	BFSN	4		2.09	6.29	33.55
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	1.4		0	BFSN	4		1.6	4.8	25.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11487

Squash, winter, butternut, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.021		0		1		0.024	0.071	0.381
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.018		0		1		0.020	0.061	0.327
17:0....g									
18:0....g	0.002		0		1		0.002	0.007	0.036
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.008	0.024	0.127
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.008	0.024	0.127
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.047	0.143	0.762
18:2 undifferentiated....g	0.016		0		1		0.018	0.054	0.290
18:3 undifferentiated....g	0.026		0		1		0.029	0.088	0.472
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.025		0		1		0.028	0.085	0.454
Threonine....g	0.053		0		1		0.060	0.180	0.961
Isoleucine....g	0.069		0		1		0.078	0.235	1.252
Leucine....g	0.100		0		1		0.113	0.340	1.814
Lysine....g	0.065		0		1		0.073	0.221	1.179
Methionine....g	0.022		0		1		0.025	0.075	0.399
Cystine....g	0.015		0		1		0.017	0.051	0.272
Phenylalanine....g	0.069		0		1		0.078	0.235	1.252
Tyrosine....g	0.059		0		1		0.067	0.201	1.070
Valine....g	0.076		0		1		0.086	0.258	1.379
Arginine....g	0.098		0		1		0.111	0.333	1.778
Histidine....g	0.033		0		1		0.037	0.112	0.599
Alanine....g	0.074		0		1		0.084	0.252	1.342
Aspartic acid....g	0.189		0		1		0.214	0.643	3.428
Glutamic acid....g	0.308		0		1		0.348	1.047	5.587
Glycine....g	0.065		0		1		0.073	0.221	1.179
Proline....g	0.063		0		1		0.071	0.214	1.143
Serine....g	0.069		0		1		0.078	0.235	1.252
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

NDB No. 11487
Squash, winter, butternut, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: .33 package (12 oz)

Measure 2 = 340g: 1 package (12 oz)

Measure 3 = 1814g: 1 package (4 lb)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11485
Squash, winter, butternut, raw
Cucurbita moschata

Refuse: 16% Seeds, rind and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.41	1.623	5		1		120.97		
Energy kcal	45		0	NC	4		63		
Energy kJ	188		0	NC	4		264		
Protein (N x 6.25) g	1.00		1		1		1.40		
Total lipid (fat) g	0.10		1		1		0.14		
Ash g	0.80		0		1		1.12		
Carbohydrate, by difference g	11.69		0	NC	4		16.37		
Fiber, total dietary g	2.0		0	BFSN	4		2.8		
Sugars, total g	2.20		0	T	4		3.08		
Sucrose g	0.22		0	T	4		0.31		
Glucose (dextrose) g	0.99		0	T	4		1.39		
Fructose g	0.99		0	T	4		1.39		
Lactose g	0.00		0	Z	7		0.00		
Maltose g	0.00		0	Z	7		0.00		
Galactose g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	48		1		1		67		
Iron, Fe mg	0.70		1		1		0.98		
Magnesium, Mg mg	34		1		1		48		
Phosphorus, P mg	33		1		1		46		
Potassium, K mg	352		2		1		493		
Sodium, Na mg	4		1		1		6		
Zinc, Zn mg	0.15		0		1		0.21		
Copper, Cu mg	0.072		0		1		0.101		
Manganese, Mn mg	0.202		0		4		0.283		
Selenium, Se µg	0.5		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	21.0		1		1		29.4		
Thiamin mg	0.100		1		1		0.140		
Riboflavin mg	0.020		1		1		0.028		
Niacin mg	1.200		1		1		1.680		
Pantothenic acid mg	0.400		0		1		0.560		
Vitamin B-6 mg	0.154		0		1		0.216		
Folate, total µg	27	5.163	3		1		37		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	27	5.163	3		1		37		
Folate, DFE µg	27		0	NC	4		37		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	532		0	NC	4		744		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4226	2125.514	9	A	1		5916		
Carotene, alpha µg	834	101.500	8	A	1		1167		
Cryptoxanthin, beta µg	3471		0	T	4		4859		
Vitamin A, IU IU	10630		0	NC	4		14883		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.44		0	BFSN	4		2.01		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11485
Squash, winter, butternut, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	1.1		1		1		1.5		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.021		0		1		0.029		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.018		0		1		0.025		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.010		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.010		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.059		
18:2 undifferentiated....g	0.016		0		1		0.022		
18:3 undifferentiated....g	0.026		0		1		0.036		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.014		0		1		0.020		
Threonine....g	0.030		0		1		0.042		
Isoleucine....g	0.039		0		1		0.055		
Leucine....g	0.057		0		1		0.080		
Lysine....g	0.037		0		1		0.052		
Methionine....g	0.012		0		1		0.017		
Cystine....g	0.009		0		1		0.013		
Phenylalanine....g	0.039		0		1		0.055		
Tyrosine....g	0.034		0		1		0.048		
Valine....g	0.043		0		1		0.060		
Arginine....g	0.056		0		1		0.078		
Histidine....g	0.019		0		1		0.027		
Alanine....g	0.042		0		1		0.059		
Aspartic acid....g	0.107		0		1		0.150		
Glutamic acid....g	0.175		0		1		0.245		
Glycine....g	0.037		0		1		0.052		
Proline....g	0.036		0		1		0.050		
Serine....g	0.039		0		1		0.055		

NDB No. 11485
Squash, winter, butternut, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11868
Squash, winter, hubbard, baked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.10		0		1		174.46		
Energy kcal	50		0	NC	4		103		
Energy kJ	209		0		4		429		
Protein (N x 6.25) g	2.48		0		1		5.08		
Total lipid (fat) g	0.62		0		1		1.27		
Ash g	0.99		0		1		2.03		
Carbohydrate, by difference g	10.81		0	NC	4		22.16		
Fiber, total dietary g	4.9		0	BFSN	4		10.0		
Sugars, total g	4.90		0	BFSN	4		10.05		
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		35		
Iron, Fe mg	0.47		0		1		0.96		
Magnesium, Mg mg	22		0		1		45		
Phosphorus, P mg	23		0		1		47		
Potassium, K mg	358		0		1		734		
Sodium, Na mg	244		0		4		500		
Zinc, Zn mg	0.15		0		1		0.31		
Copper, Cu mg	0.045		0		1		0.092		
Manganese, Mn mg	0.170		0		4		0.349		
Selenium, Se µg	0.6		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.5		0		1		19.5		
Thiamin mg	0.074		0		1		0.152		
Riboflavin mg	0.047		0		1		0.096		
Niacin mg	0.558		0		1		1.144		
Pantothenic acid mg	0.447		0		1		0.916		
Vitamin B-6 mg	0.172		0		1		0.353		
Folate, total µg	16		0		1		33		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		1		33		
Folate, DFE µg	16		0	NC	4		33		
Choline, total mg	14.6		0	BFSN	4		29.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	335		0	NC	4		687		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3580		0	BFSN	4		7340		
Carotene, alpha µg	885		0	BFSN	4		1815		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	6705		0	NC	4		13745		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.41		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		3.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11868
Squash, winter, hubbard, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.128		0		1		0.262		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.003		0		1		0.006		
13:0....g									
14:0....g	0.002		0		1		0.004		
15:0....g									
16:0....g	0.110		0		1		0.226		
17:0....g									
18:0....g	0.012		0		1		0.025		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.046		0		1		0.094		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	0.042		0		1		0.086		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0		1		0.533		
18:2 undifferentiated....g	0.097		0		1		0.199		
18:3 undifferentiated....g	0.162		0		1		0.332		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.043		
Threonine....g	0.044		0		1		0.090		
Isoleucine....g	0.058		0		1		0.119		
Leucine....g	0.084		0		1		0.172		
Lysine....g	0.055		0		1		0.113		
Methionine....g	0.018		0		1		0.037		
Cystine....g	0.013		0		1		0.027		
Phenylalanine....g	0.058		0		1		0.119		
Tyrosine....g	0.050		0		1		0.103		
Valine....g	0.064		0		1		0.131		
Arginine....g	0.082		0		1		0.168		
Histidine....g	0.028		0		1		0.057		
Alanine....g	0.062		0		1		0.127		
Aspartic acid....g	0.159		0		1		0.326		
Glutamic acid....g	0.259		0		1		0.531		
Glycine....g	0.055		0		1		0.113		
Proline....g	0.053		0		1		0.109		
Serine....g	0.058		0		1		0.119		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11868
Squash, winter, hubbard, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11490
Squash, winter, hubbard, baked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.10		0		1		174.46		
Energy kcal	50		0	NC	4		103		
Energy kJ	209		0		4		429		
Protein (N x 6.25) g	2.48		0		1		5.08		
Total lipid (fat) g	0.62		0		1		1.27		
Ash g	0.99		0		1		2.03		
Carbohydrate, by difference g	10.81		0	NC	4		22.16		
Fiber, total dietary g	4.9		0	BFSN	4		10.0		
Sugars, total g	4.90		0	BFSN	4		10.05		
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		35		
Iron, Fe mg	0.47		0		1		0.96		
Magnesium, Mg mg	22		0		1		45		
Phosphorus, P mg	23		0		1		47		
Potassium, K mg	358		0		1		734		
Sodium, Na mg	8		0		1		16		
Zinc, Zn mg	0.15		0		1		0.31		
Copper, Cu mg	0.045		0		1		0.092		
Manganese, Mn mg	0.170		0		4		0.349		
Selenium, Se µg	0.6		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.5		0		1		19.5		
Thiamin mg	0.074		0		1		0.152		
Riboflavin mg	0.047		0		1		0.096		
Niacin mg	0.558		0		1		1.144		
Pantothenic acid mg	0.447		0		1		0.916		
Vitamin B-6 mg	0.172		0		1		0.353		
Folate, total µg	16		0		1		33		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		1		33		
Folate, DFE µg	16		0	NC	4		33		
Choline, total mg	14.6		0	BFSN	4		29.9		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	335		0	NC	4		687		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	3580		0	BFSN	4		7340		
Carotene, alpha µg	885		0	BFSN	4		1815		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	6705		0	NC	4		13745		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.41		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.6		0	BFSN	4		3.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11490

Squash, winter, hubbard, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.128		0		1		0.262		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.003		0		1		0.006		
13:0....g									
14:0....g	0.002		0		1		0.004		
15:0....g									
16:0....g	0.110		0		1		0.226		
17:0....g									
18:0....g	0.012		0		1		0.025		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.046		0		1		0.094		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.006		
17:1....g									
18:1 undifferentiated....g	0.042		0		1		0.086		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0		1		0.533		
18:2 undifferentiated....g	0.097		0		1		0.199		
18:3 undifferentiated....g	0.162		0		1		0.332		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.043		
Threonine....g	0.044		0		1		0.090		
Isoleucine....g	0.058		0		1		0.119		
Leucine....g	0.084		0		1		0.172		
Lysine....g	0.055		0		1		0.113		
Methionine....g	0.018		0		1		0.037		
Cystine....g	0.013		0		1		0.027		
Phenylalanine....g	0.058		0		1		0.119		
Tyrosine....g	0.050		0		1		0.103		
Valine....g	0.064		0		1		0.131		
Arginine....g	0.082		0		1		0.168		
Histidine....g	0.028		0		1		0.057		
Alanine....g	0.062		0		1		0.127		
Aspartic acid....g	0.159		0		1		0.326		
Glutamic acid....g	0.259		0		1		0.531		
Glycine....g	0.055		0		1		0.113		
Proline....g	0.053		0		1		0.109		
Serine....g	0.058		0		1		0.119		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11490
Squash, winter, hubbard, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11869
Squash, winter, hubbard, cooked, boiled, mashed, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.10		0		1		215.00		
Energy kcal	30		0	NC	4		70		
Energy kJ	125		0	NC	4		294		
Protein (N x 6.25) g	1.48		0		1		3.49		
Total lipid (fat) g	0.37		0		1		0.87		
Ash g	0.59		0		1		1.39		
Carbohydrate, by difference g	6.46		0	NC	4		15.25		
Fiber, total dietary g	2.9		1	A	1		6.8		
Sugars, total g	2.93		0	BFZN	4		6.91		
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		24		
Iron, Fe mg	0.28		0		1		0.66		
Magnesium, Mg mg	13		0		1		31		
Phosphorus, P mg	14		0		1		33		
Potassium, K mg	214		0		1		505		
Sodium, Na mg	241		0		4		569		
Zinc, Zn mg	0.10		0		1		0.24		
Copper, Cu mg	0.047		0		1		0.111		
Manganese, Mn mg	0.126		0		4		0.297		
Selenium, Se µg	0.3		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.5		0		1		15.3		
Thiamin mg	0.042		0		1		0.099		
Riboflavin mg	0.028		0		1		0.066		
Niacin mg	0.334		0		1		0.788		
Pantothenic acid mg	0.297		0		1		0.701		
Vitamin B-6 mg	0.103		0		1		0.243		
Folate, total µg	10		0		1		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10		0		1		23		
Folate, DFE µg	10		0	NC	4		23		
Choline, total mg	8.7		0	BFZN	4		20.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	200		0	NC	4		473		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	2139		0	BFZN	4		5047		
Carotene, alpha µg	529		0	BFZN	4		1248		
Cryptoxanthin, beta µg	0		0	BFZN	4		0		
Vitamin A, IU IU	4005		0	NC	4		9452		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	BFZN	4		0.28		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.0		0	BFZN	4		2.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11869

Squash, winter, hubbard, cooked, boiled, mashed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.076		0		1		0.179		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.005		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.066		0		1		0.156		
17:0....g									
18:0....g	0.007		0		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.066		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.059		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.156		0		1		0.368		
18:2 undifferentiated....g	0.058		0		1		0.137		
18:3 undifferentiated....g	0.097		0		1		0.229		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.050		
Threonine....g	0.044		0		1		0.104		
Isoleucine....g	0.058		0		1		0.137		
Leucine....g	0.084		0		1		0.198		
Lysine....g	0.055		0		1		0.130		
Methionine....g	0.018		0		1		0.042		
Cystine....g	0.013		0		1		0.031		
Phenylalanine....g	0.058		0		1		0.137		
Tyrosine....g	0.050		0		1		0.118		
Valine....g	0.064		0		1		0.151		
Arginine....g	0.082		0		1		0.194		
Histidine....g	0.028		0		1		0.066		
Alanine....g	0.062		0		1		0.146		
Aspartic acid....g	0.159		0		1		0.375		
Glutamic acid....g	0.259		0		1		0.611		
Glycine....g	0.055		0		1		0.130		
Proline....g	0.053		0		1		0.125		
Serine....g	0.058		0		1		0.137		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11869
Squash, winter, hubbard, cooked, boiled, mashed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11491
Squash, winter, hubbard, cooked, boiled, mashed, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.10		0		1		215.00		
Energy kcal	30		0	NC	4		70		
Energy kJ	125		0	NC	4		295		
Protein (N x 6.25) g	1.48		0		1		3.49		
Total lipid (fat) g	0.37		0		1		0.87		
Ash g	0.59		0		1		1.39		
Carbohydrate, by difference g	6.46		0	NC	4		15.25		
Fiber, total dietary g	2.9		0		4		6.8		
Sugars, total g	2.93		0	BFSN	4		6.91		
Starch g									
Minerals:									
Calcium, Ca mg	10		0		1		24		
Iron, Fe mg	0.28		0		1		0.66		
Magnesium, Mg mg	13		0		1		31		
Phosphorus, P mg	14		0		1		33		
Potassium, K mg	214		0		1		505		
Sodium, Na mg	5		0		1		12		
Zinc, Zn mg	0.10		0		1		0.24		
Copper, Cu mg	0.047		0		1		0.111		
Manganese, Mn mg	0.126		0		4		0.297		
Selenium, Se µg	0.3		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.5		0		1		15.3		
Thiamin mg	0.042		0		1		0.099		
Riboflavin mg	0.028		0		1		0.066		
Niacin mg	0.334		0		1		0.788		
Pantothenic acid mg	0.297		0		1		0.701		
Vitamin B-6 mg	0.103		0		1		0.243		
Folate, total µg	10		0		1		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10		0		1		23		
Folate, DFE µg	10		0	NC	4		23		
Choline, total mg	8.7		0	BFSN	4		20.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	200		0	NC	4		473		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	1641		0	BNA	4		3872		
Carotene, alpha µg	406		0	BNA	4		957		
Cryptoxanthin, beta µg	1119		0	BNA	4		2640		
Vitamin A, IU IU	4005		0	NC	4		9452		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.28		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.0		0	BFSN	4		2.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11491

Squash, winter, hubbard, cooked, boiled, mashed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.076		0		1		0.179		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.002		0		1		0.005		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.066		0		1		0.156		
17:0....g									
18:0....g	0.007		0		1		0.017		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.066		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.025		0		1		0.059		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.156		0		1		0.368		
18:2 undifferentiated....g	0.058		0		1		0.137		
18:3 undifferentiated....g	0.097		0		1		0.229		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.050		
Threonine....g	0.044		0		1		0.104		
Isoleucine....g	0.058		0		1		0.137		
Leucine....g	0.084		0		1		0.198		
Lysine....g	0.055		0		1		0.130		
Methionine....g	0.018		0		1		0.042		
Cystine....g	0.013		0		1		0.031		
Phenylalanine....g	0.058		0		1		0.137		
Tyrosine....g	0.050		0		1		0.118		
Valine....g	0.064		0		1		0.151		
Arginine....g	0.082		0		1		0.194		
Histidine....g	0.028		0		1		0.066		
Alanine....g	0.062		0		1		0.146		
Aspartic acid....g	0.159		0		1		0.375		
Glutamic acid....g	0.259		0		1		0.611		
Glycine....g	0.055		0		1		0.130		
Proline....g	0.053		0		1		0.125		
Serine....g	0.058		0		1		0.137		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11491

Squash, winter, hubbard, cooked, boiled, mashed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 236g: 1 cup, mashed

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11489

Squash, winter, hubbard, raw

Cucurbita maxima

Refuse: 36% Seeds, rind, trimmings and cutting loss

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.00		1		1		102.08		
Energy kcal	40		0	NC	4		46		
Energy kJ	167		0		4		194		
Protein (N x 6.25) g	2.00		1		1		2.32		
Total lipid (fat) g	0.50		1		1		0.58		
Ash g	0.80		0		1		0.93		
Carbohydrate, by difference g	8.70		0	NC	4		10.09		
Fiber, total dietary g	3.9		0	BFSN	4		4.5		
Sugars, total g	3.95		0	BFSN	4		4.58		
Starch g									
Minerals:									
Calcium, Ca mg	14		1		1		16		
Iron, Fe mg	0.40		1		1		0.46		
Magnesium, Mg mg	19		1		1		22		
Phosphorus, P mg	21		1		1		24		
Potassium, K mg	320		1		1		371		
Sodium, Na mg	7		1		1		8		
Zinc, Zn mg	0.13		0		1		0.15		
Copper, Cu mg	0.064		0		1		0.074		
Manganese, Mn mg	0.179		0		4		0.208		
Selenium, Se µg	0.5		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	11.0		1		1		12.8		
Thiamin mg	0.070		1		1		0.081		
Riboflavin mg	0.040		1		1		0.046		
Niacin mg	0.500		1		1		0.580		
Pantothenic acid mg	0.400		0		1		0.464		
Vitamin B-6 mg	0.154		0		1		0.179		
Folate, total µg	16		0		1		19		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0		1		19		
Folate, DFE µg	16		0	NC	4		19		
Choline, total mg	11.8		0	BFSN	4		13.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	68		0	NC	4		79		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	820		6	A	1		951		
Carotene, alpha µg	0		2	A	1		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	1367		0	NC	4		1585		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.16		0	BFSN	4		0.19		
Vitamin E, added mg	0.00		0	BFSN	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.3		0	BFSN	4		1.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11489
Squash, winter, hubbard, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.103		0		1		0.119		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.002		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.002		
15:0....g									
16:0....g	0.089		0		1		0.103		
17:0....g									
18:0....g	0.010		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.043		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.034		0		1		0.039		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.210		0		1		0.244		
18:2 undifferentiated....g	0.079		0		1		0.092		
18:3 undifferentiated....g	0.131		0		1		0.152		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0		1		0.032		
Threonine....g	0.060		0		1		0.070		
Isoleucine....g	0.078		0		1		0.090		
Leucine....g	0.114		0		1		0.132		
Lysine....g	0.074		0		1		0.086		
Methionine....g	0.025		0		1		0.029		
Cystine....g	0.017		0		1		0.020		
Phenylalanine....g	0.078		0		1		0.090		
Tyrosine....g	0.067		0		1		0.078		
Valine....g	0.086		0		1		0.100		
Arginine....g	0.111		0		1		0.129		
Histidine....g	0.037		0		1		0.043		
Alanine....g	0.084		0		1		0.097		
Aspartic acid....g	0.215		0		1		0.249		
Glutamic acid....g	0.350		0		1		0.406		
Glycine....g	0.074		0		1		0.086		
Proline....g	0.071		0		1		0.082		
Serine....g	0.078		0		1		0.090		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11489
Squash, winter, hubbard, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11870

Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.30	1.520	3		1		143.07		
Energy kcal	27		0	NC	4		42		
Energy kJ	113		0		4		175		
Protein (N x 6.25) g	0.66	0.040	3		1		1.02		
Total lipid (fat) g	0.26	0.040	3		1		0.40		
Ash g	0.32	0.050	3		1		0.50		
Carbohydrate, by difference g	6.46		0	NC	4		10.01		
Fiber, total dietary g	1.4		1	A	1		2.2		
Sugars, total g	2.53		0	BFZN	4		3.93		
Starch g									
Minerals:									
Calcium, Ca mg	21	2.500	3		1		33		
Iron, Fe mg	0.34	0.031	3		1		0.53		
Magnesium, Mg mg	11	1.980	3		1		17		
Phosphorus, P mg									
Potassium, K mg	117	11.400	3		1		181		
Sodium, Na mg	254		0		4		394		
Zinc, Zn mg	0.20	0.028	3		1		0.31		
Copper, Cu mg	0.035	0.009	3		1		0.054		
Manganese, Mn mg	0.109		0		4		0.169		
Selenium, Se µg	0.3		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5	2.530	3		1		5.4		
Thiamin mg	0.038	0.006	3		1		0.059		
Riboflavin mg	0.022	0.001	3		1		0.034		
Niacin mg	0.810	0.020	3		1		1.256		
Pantothenic acid mg	0.355	0.003	3		1		0.550		
Vitamin B-6 mg	0.099	0.008	3		1		0.153		
Folate, total µg	8	2.000	3		1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8	2.000	3		1		12		
Folate, DFE µg	8		0	NC	4		12		
Choline, total mg	7.5		0	BFZN	4		11.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		9		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	59		0	BFZN	4		91		
Carotene, alpha µg	15		0	BFZN	4		23		
Cryptoxanthin, beta µg	0		0	BFZN	4		0		
Vitamin A, IU IU	110		0	NC	4		171		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	BFZN	4		0.19		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.8		0	BFZN	4		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11870

Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.062		0		1		0.096		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.053		0		1		0.082		
17:0....g									
18:0....g	0.006		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.028		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.126		0		1		0.195		
18:2 undifferentiated....g	0.047		0		1		0.073		
18:3 undifferentiated....g	0.078		0		1		0.121		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.014		
Threonine....g	0.018		0		1		0.028		
Isoleucine....g	0.024		0		1		0.037		
Leucine....g	0.034		0		1		0.053		
Lysine....g	0.022		0		1		0.034		
Methionine....g	0.007		0		1		0.011		
Cystine....g	0.005		0		1		0.008		
Phenylalanine....g	0.024		0		1		0.037		
Tyrosine....g	0.020		0		1		0.031		
Valine....g	0.026		0		1		0.040		
Arginine....g	0.033		0		1		0.051		
Histidine....g	0.011		0		1		0.017		
Alanine....g	0.025		0		1		0.039		
Aspartic acid....g	0.064		0		1		0.099		
Glutamic acid....g	0.105		0		1		0.163		
Glycine....g	0.022		0		1		0.034		
Proline....g	0.021		0		1		0.033		
Serine....g	0.024		0		1		0.037		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11870

Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11493

Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.30	1.520	3		1		143.07		
Energy kcal	27		0	NC	4		42		
Energy kJ	113		0		4		175		
Protein (N x 6.25) g	0.66	0.040	3		1		1.02		
Total lipid (fat) g	0.26	0.040	3		1		0.40		
Ash g	0.32	0.050	3		1		0.50		
Carbohydrate, by difference g	6.46		0	NC	4		10.01		
Fiber, total dietary g	1.4		1	A	1		2.2		
Sugars, total g	2.53		0	BFSN	4		3.93		
Starch g									
Minerals:									
Calcium, Ca mg	21	2.500	3		1		33		
Iron, Fe mg	0.34	0.031	3		1		0.53		
Magnesium, Mg mg	11	1.980	3		1		17		
Phosphorus, P mg	14	1.480	3		1		22		
Potassium, K mg	117	11.400	3		1		181		
Sodium, Na mg	18	1.190	3		1		28		
Zinc, Zn mg	0.20	0.028	3		1		0.31		
Copper, Cu mg	0.035	0.009	3		1		0.054		
Manganese, Mn mg	0.109		0		4		0.169		
Selenium, Se µg	0.3		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.5	2.530	3		1		5.4		
Thiamin mg	0.038	0.006	3		1		0.059		
Riboflavin mg	0.022	0.001	3		1		0.034		
Niacin mg	0.810	0.020	3		1		1.256		
Pantothenic acid mg	0.355	0.003	3		1		0.550		
Vitamin B-6 mg	0.099	0.008	3		1		0.153		
Folate, total µg	8	2.000	3		1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8	2.000	3		1		12		
Folate, DFE µg	8		0	NC	4		12		
Choline, total mg	7.5		0	BFSN	4		11.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		9		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	59		0	BNA	4		91		
Carotene, alpha µg	15		0	BNA	4		23		
Cryptoxanthin, beta µg	0		0	BNA	4		0		
Vitamin A, IU IU	110		0	NC	4		171		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	O	4		0.19		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.8		0	BFSN	4		1.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11493

Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.062		0		1		0.096		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.053		0		1		0.082		
17:0....g									
18:0....g	0.006		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		1		0.034		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.018		0		1		0.028		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.126		0		1		0.195		
18:2 undifferentiated....g	0.047		0		1		0.073		
18:3 undifferentiated....g	0.078		0		1		0.121		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.014		
Threonine....g	0.018		0		1		0.028		
Isoleucine....g	0.024		0		1		0.037		
Leucine....g	0.034		0		1		0.053		
Lysine....g	0.022		0		1		0.034		
Methionine....g	0.007		0		1		0.011		
Cystine....g	0.005		0		1		0.008		
Phenylalanine....g	0.024		0		1		0.037		
Tyrosine....g	0.020		0		1		0.031		
Valine....g	0.026		0		1		0.040		
Arginine....g	0.033		0		1		0.051		
Histidine....g	0.011		0		1		0.017		
Alanine....g	0.025		0		1		0.039		
Aspartic acid....g	0.064		0		1		0.099		
Glutamic acid....g	0.105		0		1		0.163		
Glycine....g	0.022		0		1		0.034		
Proline....g	0.021		0		1		0.033		
Serine....g	0.024		0		1		0.037		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11493

Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11492
Squash, winter, spaghetti, raw
Cucurbita spp.

Refuse: 29% Rind and seeds

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.60	0.560	3		1		92.52		
Energy kcal	31		0	NC	4		31		
Energy kJ	130		0		4		131		
Protein (N x 6.25) g	0.64	0.040	3		1		0.65		
Total lipid (fat) g	0.57	0.030	3		1		0.58		
Ash g	0.28	0.010	3		1		0.28		
Carbohydrate, by difference g	6.91		0	NC	4		6.98		
Fiber, total dietary g	1.5		0	BFSN	4		1.5		
Sugars, total g	2.76		0	BFSN	4		2.79		
Starch g									
Minerals:									
Calcium, Ca mg	23	2.100	3		1		23		
Iron, Fe mg	0.31	0.014	3		1		0.31		
Magnesium, Mg mg	12	0.600	3		1		12		
Phosphorus, P mg	12	1.390	3		1		12		
Potassium, K mg	108	6.900	3		1		109		
Sodium, Na mg	17	0.620	3		1		17		
Zinc, Zn mg	0.19	0.018	3		1		0.19		
Copper, Cu mg	0.037	0.009	3		1		0.037		
Manganese, Mn mg	0.125		0		4		0.126		
Selenium, Se µg	0.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.1	0.160	3		1		2.1		
Thiamin mg	0.037	0.003	3		1		0.037		
Riboflavin mg	0.018	0.001	3		1		0.018		
Niacin mg	0.950	0.040	3		1		0.960		
Pantothenic acid mg	0.360	0.002	3		1		0.364		
Vitamin B-6 mg	0.101	0.008	3		1		0.102		
Folate, total µg	12	2.000	3		1		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12	2.000	3		1		12		
Folate, DFE µg	12		0	NC	4		12		
Choline, total mg	8.2		0	BFSN	4		8.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	NC	4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	64		0	BFSN	4		65		
Carotene, alpha µg	16		0	BFSN	4		16		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	120		0	NC	4		121		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	BFSN	4		0.13		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.9		0	BFSN	4		0.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11492
Squash, winter, spaghetti, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.117		0		1		0.118		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.002		0		1		0.002		
13:0....g									
14:0....g	0.002		0		1		0.002		
15:0....g									
16:0....g	0.101		0		1		0.102		
17:0....g									
18:0....g	0.011		0		1		0.011		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.042		0		1		0.042		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.039		0		1		0.039		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.239		0		1		0.241		
18:2 undifferentiated....g	0.090		0		1		0.091		
18:3 undifferentiated....g	0.149		0		1		0.150		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.009		
Threonine....g	0.018		0		1		0.018		
Isoleucine....g	0.024		0		1		0.024		
Leucine....g	0.034		0		1		0.034		
Lysine....g	0.022		0		1		0.022		
Methionine....g	0.007		0		1		0.007		
Cystine....g	0.005		0		1		0.005		
Phenylalanine....g	0.024		0		1		0.024		
Tyrosine....g	0.020		0		1		0.020		
Valine....g	0.026		0		1		0.026		
Arginine....g	0.033		0		1		0.033		
Histidine....g	0.011		0		1		0.011		
Alanine....g	0.025		0		1		0.025		
Aspartic acid....g	0.064		0		1		0.065		
Glutamic acid....g	0.105		0		1		0.106		
Glycine....g	0.022		0		1		0.022		
Proline....g	0.021		0		1		0.021		
Serine....g	0.024		0		1		0.024		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11492
Squash, winter, spaghetti, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11953
Squash, zucchini, baby, raw
Cucurbita spp.

Refuse: 13% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.73		2		1		14.84	10.20	
Energy kcal	21		0	NC	4		3	2	
Energy kJ	88		0	NC	4		14	10	
Protein (N x 6.25) g	2.71		2		1		0.43	0.30	
Total lipid (fat) g	0.40		2		1		0.06	0.04	
Ash g	1.05		2		1		0.17	0.12	
Carbohydrate, by difference g	3.11		0	NC	4		0.50	0.34	
Fiber, total dietary g	1.1		1	A	1		0.2	0.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	21		2		1		3	2	
Iron, Fe mg	0.79		1		1		0.13	0.09	
Magnesium, Mg mg	33		2		1		5	4	
Phosphorus, P mg	93		2		1		15	10	
Potassium, K mg	459		2		1		73	50	
Sodium, Na mg	3		2		1		0	0	
Zinc, Zn mg	0.83		2		1		0.13	0.09	
Copper, Cu mg	0.097		2		1		0.016	0.011	
Manganese, Mn mg	0.196		2		1		0.031	0.022	
Selenium, Se µg	0.3		0	BFSN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	34.1		2		1		5.5	3.8	
Thiamin mg	0.042		2		1		0.007	0.005	
Riboflavin mg	0.036		2		1		0.006	0.004	
Niacin mg	0.705		2		1		0.113	0.078	
Pantothenic acid mg	0.367		2		1		0.059	0.040	
Vitamin B-6 mg	0.142		2		1		0.023	0.016	
Folate, total µg	20		2		1		3	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	20		2		1		3	2	
Folate, DFE µg	20		0	NC	4		3	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	25		0		1		4	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	490		0		1		78	54	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11953
Squash, zucchini, baby, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.083		0		4		0.013	0.009	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.003		1		1		0.000	0.000	
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.071		1		1		0.011	0.008	
17:0....g									
18:0....g	0.009		1		1		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		4		0.005	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		1		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.029		1		1		0.005	0.003	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.169		0		4		0.027	0.019	
18:2 undifferentiated....g	0.063		1		1		0.010	0.007	
18:3 undifferentiated....g	0.106		1		1		0.017	0.012	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.004	0.003	
Threonine....g	0.066		0		1		0.011	0.007	
Isoleucine....g	0.098		0		1		0.016	0.011	
Leucine....g	0.159		0		1		0.025	0.017	
Lysine....g	0.151		0		1		0.024	0.017	
Methionine....g	0.039		0		1		0.006	0.004	
Cystine....g	0.029		0		1		0.005	0.003	
Phenylalanine....g	0.096		0		1		0.015	0.011	
Tyrosine....g	0.073		0		1		0.012	0.008	
Valine....g	0.123		0		1		0.020	0.014	
Arginine....g	0.115		0		1		0.018	0.013	
Histidine....g	0.059		0		1		0.009	0.006	
Alanine....g	0.142		0		1		0.023	0.016	
Aspartic acid....g	0.332		0		1		0.053	0.037	
Glutamic acid....g	0.291		0		1		0.047	0.032	
Glycine....g	0.103		0		1		0.016	0.011	
Proline....g	0.085		0		1		0.014	0.009	
Serine....g	0.111		0		1		0.018	0.012	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11953
Squash, zucchini, baby, raw

Common Measures:

Measure 1 = 16g: 1 large

Measure 2 = 11.0g: 1 medium

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11497
Succotash, (corn and limas), canned, with cream style corn

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	78.17	0.160	23		1		207.93		
Energy kcal	77		0	NC	4		205		
Energy kJ	322				4		857		
Protein (N x 6.25) g	2.64	0.031	23		1		7.02		
Total lipid (fat) g	0.54	0.031	23		1		1.44		
Ash g	1.04	0.020	29		1		2.77		
Carbohydrate, by difference g	17.61		0	NC	4		46.84		
Fiber, total dietary g	3.0		0		4		8.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11	0.237	29		1		29		
Iron, Fe mg	0.55	0.019	29		1		1.46		
Magnesium, Mg mg	1		0		1		3		
Phosphorus, P mg	59	0.561	22		1		157		
Potassium, K mg	183	3.226	29		1		487		
Sodium, Na mg	245	10.507	29		1		652		
Zinc, Zn mg	0.43		0		4		1.14		
Copper, Cu mg	0.178		0		1		0.473		
Manganese, Mn mg	0.645		0		1		1.716		
Selenium, Se µg	0.6		0	RA	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.4	0.160	29		1		17.0		
Thiamin mg	0.027	0.001	23		1		0.072		
Riboflavin mg	0.065	0.003	23		1		0.173		
Niacin mg	0.607	0.029	23		1		1.615		
Pantothenic acid mg	0.218		0		1		0.580		
Vitamin B-6 mg	0.128		0		1		0.340		
Folate, total µg	44		0		1		118		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	44		0		1		118		
Folate, DFE µg	44		0	NC	4		118		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7	0.243	23		1		19		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	141	4.861	23		1		375		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11497

Succotash, (corn and limas), canned, with cream style corn

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.101		0		1		0.269		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.092		0		1		0.245		
17:0....g									
18:0....g	0.009		0		1		0.024		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.105		0		1		0.279		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.105		0		1		0.279		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.260		0		1		0.692		
18:2 undifferentiated....g	0.219		0		1		0.583		
18:3 undifferentiated....g	0.041		0		1		0.109		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		0		1		0.080		
Threonine....g	0.110		0		1		0.293		
Isoleucine....g	0.149		0		1		0.396		
Leucine....g	0.232		0		1		0.617		
Lysine....g	0.154		0		1		0.410		
Methionine....g	0.035		0		1		0.093		
Cystine....g	0.029		0		1		0.077		
Phenylalanine....g	0.127		0		1		0.338		
Tyrosine....g	0.090		0		1		0.239		
Valine....g	0.160		0		1		0.426		
Arginine....g	0.154		0		1		0.410		
Histidine....g	0.084		0		1		0.223		
Alanine....g	0.145		0		1		0.386		
Aspartic acid....g	0.257		0		1		0.684		
Glutamic acid....g	0.398		0		1		1.059		
Glycine....g	0.105		0		1		0.279		
Proline....g	0.103		0		1		0.274		
Serine....g	0.152		0		1		0.404		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11497

Succotash, (corn and limas), canned, with cream style corn

Common Measures:

Measure 1 = 266g: 1 cup

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11499

Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	81.96	0.137	18		1		209.00		
Energy kcal	63		0	NC	4		161		
Energy kJ	264				4		672		
Protein (N x 6.25) g	2.60	0.064	18		1		6.63		
Total lipid (fat) g	0.49		16		1		1.25		
Ash g	0.96	0.032	24		1		2.45		
Carbohydrate, by difference g	13.98		0	NC	4		35.65		
Fiber, total dietary g	2.6		0		4		6.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11	0.873	24		1		28		
Iron, Fe mg	0.53	0.016	24		1		1.35		
Magnesium, Mg mg	19	0.696	21		1		48		
Phosphorus, P mg	55	0.763	15		1		140		
Potassium, K mg	163	8.782	24		1		416		
Sodium, Na mg	221	15.481	24		1		564		
Zinc, Zn mg	0.50		0		1		1.28		
Copper, Cu mg	0.109		0		1		0.278		
Manganese, Mn mg	0.366		0		1		0.933		
Selenium, Se µg	0.6		0	RA	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.6	0.612	24		1		11.7		
Thiamin mg	0.029	0.002	18		1		0.074		
Riboflavin mg	0.058	0.002	18		1		0.148		
Niacin mg	0.640	0.034	18		1		1.632		
Pantothenic acid mg	0.309		0		1		0.788		
Vitamin B-6 mg	0.049		0		1		0.125		
Folate, total µg	32		0		1		81		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	32		0		1		81		
Folate, DFE µg	32		0	NC	4		81		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7	1.519	18		1		19		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	146	30.385	18		1		372		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11499

Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.092		0		1		0.235		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.001		0		1		0.003		
15:0....g									
16:0....g	0.083		0		1		0.212		
17:0....g									
18:0....g	0.008		0		1		0.020		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.096		0		1		0.245		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.096		0		1		0.245		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.236		0		1		0.602		
18:2 undifferentiated....g	0.200		0		1		0.510		
18:3 undifferentiated....g	0.037		0		1		0.094		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.074		
Threonine....g	0.108		0		1		0.275		
Isoleucine....g	0.147		0		1		0.375		
Leucine....g	0.229		0		1		0.584		
Lysine....g	0.152		0		1		0.388		
Methionine....g	0.035		0		1		0.089		
Cystine....g	0.028		0		1		0.071		
Phenylalanine....g	0.126		0		1		0.321		
Tyrosine....g	0.089		0		1		0.227		
Valine....g	0.158		0		1		0.403		
Arginine....g	0.152		0		1		0.388		
Histidine....g	0.083		0		1		0.212		
Alanine....g	0.143		0		1		0.365		
Aspartic acid....g	0.253		0		1		0.645		
Glutamic acid....g	0.392		0		1		1.000		
Glycine....g	0.104		0		1		0.265		
Proline....g	0.102		0		1		0.260		
Serine....g	0.150		0		1		0.383		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 11499

Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11871
Succotash, (corn and limas), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.37		0		1		131.27		
Energy kcal	111		0	NC	4		213		
Energy kJ	464		0	NC	4		891		
Protein (N x 6.25) g	5.07		0		1		9.73		
Total lipid (fat) g	0.80		0		1		1.54		
Ash g	1.39		0		1		2.67		
Carbohydrate, by difference g	24.37		0	NC	4		46.79		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		33		
Iron, Fe mg	1.52		0		1		2.92		
Magnesium, Mg mg	53		0		1		102		
Phosphorus, P mg	117		0		1		225		
Potassium, K mg	410		0		1		787		
Sodium, Na mg	253		0		4		486		
Zinc, Zn mg	0.63		0		1		1.21		
Copper, Cu mg	0.179		0		1		0.344		
Manganese, Mn mg	0.769		0		4		1.476		
Selenium, Se µg	0.6		0	RA	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.2		0		1		15.7		
Thiamin mg	0.168		2		1		0.323		
Riboflavin mg	0.096		2		1		0.184		
Niacin mg	1.327		0		1		2.548		
Pantothenic acid mg	0.567		0		1		1.089		
Vitamin B-6 mg	0.116		2		1		0.223		
Folate, total µg	33		0		4		63		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		4		63		
Folate, DFE µg	33		0	NC	4		63		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	15		0		1		29		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	294		0		1		564		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11871

Succotash, (corn and limas), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.148		0		1		0.284		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.134		0		1		0.257		
17:0....g									
18:0....g	0.013		0		1		0.025		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.155		0		1		0.298		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.155		0		1		0.298		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.381		0		1		0.732		
18:2 undifferentiated....g	0.321		0		1		0.616		
18:3 undifferentiated....g	0.060		0		1		0.115		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0		1		0.109		
Threonine....g	0.211		0		1		0.405		
Isoleucine....g	0.286		0		1		0.549		
Leucine....g	0.446		0		1		0.856		
Lysine....g	0.297		0		1		0.570		
Methionine....g	0.068		0		1		0.131		
Cystine....g	0.055		0		1		0.106		
Phenylalanine....g	0.245		0		1		0.470		
Tyrosine....g	0.173		0		1		0.332		
Valine....g	0.308		0		1		0.591		
Arginine....g	0.296		0		1		0.568		
Histidine....g	0.161		0		1		0.309		
Alanine....g	0.279		0		1		0.536		
Aspartic acid....g	0.493		0		1		0.947		
Glutamic acid....g	0.764		0		1		1.467		
Glycine....g	0.202		0		1		0.388		
Proline....g	0.198		0		1		0.380		
Serine....g	0.292		0		1		0.561		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11871

Succotash, (corn and limas), cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate**3.71

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11496

Succotash, (corn and limas), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.37		0		1		131.27		
Energy kcal	115		0	NC	4		221		
Energy kJ	481				4		924		
Protein (N x 6.25) g	5.07		0		1		9.73		
Total lipid (fat) g	0.80		0		1		1.54		
Ash g	1.39		0		1		2.67		
Carbohydrate, by difference g	24.38		0	NC	4		46.81		
Fiber, total dietary g	4.5		0	BFSN	4		8.6		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		33		
Iron, Fe mg	1.52		0		1		2.92		
Magnesium, Mg mg	53		0		1		102		
Phosphorus, P mg	117		0		1		225		
Potassium, K mg	410		0		1		787		
Sodium, Na mg	17		0		1		33		
Zinc, Zn mg	0.63		0		1		1.21		
Copper, Cu mg	0.179		0		1		0.344		
Manganese, Mn mg	0.769		0		4		1.476		
Selenium, Se µg	0.6		0	RA	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	8.2		0		1		15.7		
Thiamin mg	0.168		2		1		0.323		
Riboflavin mg	0.096		2		1		0.184		
Niacin mg	1.327		0		1		2.548		
Pantothenic acid mg	0.567		0		1		1.089		
Vitamin B-6 mg	0.116		2		1		0.223		
Folate, total µg	33		0		4		63		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		4		63		
Folate, DFE µg	33		0	NC	4		63		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	15		0		1		28		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	294		0		1		564		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11496

Succotash, (corn and limas), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.148		0		1		0.284		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.134		0		1		0.257		
17:0....g									
18:0....g	0.013		0		1		0.025		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.155		0		1		0.298		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.155		0		1		0.298		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.381		0		1		0.732		
18:2 undifferentiated....g	0.321		0		1		0.616		
18:3 undifferentiated....g	0.060		0		1		0.115		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.057		0		1		0.109		
Threonine....g	0.211		0		1		0.405		
Isoleucine....g	0.286		0		1		0.549		
Leucine....g	0.446		0		1		0.856		
Lysine....g	0.297		0		1		0.570		
Methionine....g	0.068		0		1		0.131		
Cystine....g	0.055		0		1		0.106		
Phenylalanine....g	0.245		0		1		0.470		
Tyrosine....g	0.173		0		1		0.332		
Valine....g	0.308		0		1		0.591		
Arginine....g	0.296		0		1		0.568		
Histidine....g	0.161		0		1		0.309		
Alanine....g	0.279		0		1		0.536		
Aspartic acid....g	0.493		0		1		0.947		
Glutamic acid....g	0.764		0		1		1.467		
Glycine....g	0.202		0		1		0.388		
Proline....g	0.198		0		1		0.380		
Serine....g	0.292		0		1		0.561		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11496

Succotash, (corn and limas), cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate**3.71

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11872

Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.10		0		1		125.97		
Energy kcal	93		0	NC	4		158		
Energy kJ	389		0		4		661		
Protein (N x 6.25) g	4.31		0		1		7.33		
Total lipid (fat) g	0.89		0		1		1.51		
Ash g	0.75		0		1		1.28		
Carbohydrate, by difference g	19.95		0	NC	4		33.92		
Fiber, total dietary g	4.1		0		4		7.0		
Sugars, total g	2.21		0	BFZN	4		3.75		
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		26		
Iron, Fe mg	0.89		0		1		1.51		
Magnesium, Mg mg	23		0		1		39		
Phosphorus, P mg	70		0		1		119		
Potassium, K mg	265		0		1		451		
Sodium, Na mg	281		0		4		478		
Zinc, Zn mg	0.45		0		1		0.77		
Copper, Cu mg	0.060		0		1		0.102		
Manganese, Mn mg	0.280		0		1		0.476		
Selenium, Se µg	0.6		0	RA	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.9		0		1		10.0		
Thiamin mg	0.074		0		1		0.126		
Riboflavin mg	0.068		0		1		0.116		
Niacin mg	1.306		0		1		2.220		
Pantothenic acid mg	0.232		0		1		0.394		
Vitamin B-6 mg	0.095		0		1		0.162		
Folate, total µg	33		0		1		56		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		1		56		
Folate, DFE µg	33		0	NC	4		56		
Choline, total mg	29.1		0	BFZN	4		49.5		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	10		0	NC	4		17		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	82		0	BFZN	4		139		
Carotene, alpha µg	9		0	BFZN	4		15		
Cryptoxanthin, beta µg	61		0	BFZN	4		103		
Vitamin A, IU IU	194		0	NC	4		330		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	342		0	BFZN	4		581		
Vitamin E (alpha-tocopherol) mg	0.18		0	BFZN	4		0.31		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.7		0	BFZN	4		4.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11872

Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.166		0		1		0.282		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.151		0		1		0.257		
17:0....g									
18:0....g	0.015		0		1		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.173		0		1		0.294		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.173		0		1		0.294		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.427		0		1		0.726		
18:2 undifferentiated....g	0.361		0		1		0.614		
18:3 undifferentiated....g	0.067		0		1		0.114		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.082		
Threonine....g	0.179		0		1		0.304		
Isoleucine....g	0.243		0		1		0.413		
Leucine....g	0.379		0		1		0.644		
Lysine....g	0.252		0		1		0.428		
Methionine....g	0.058		0		1		0.099		
Cystine....g	0.047		0		1		0.080		
Phenylalanine....g	0.208		0		1		0.354		
Tyrosine....g	0.147		0		1		0.250		
Valine....g	0.262		0		1		0.445		
Arginine....g	0.251		0		1		0.427		
Histidine....g	0.137		0		1		0.233		
Alanine....g	0.237		0		1		0.403		
Aspartic acid....g	0.419		0		1		0.712		
Glutamic acid....g	0.649		0		1		1.103		
Glycine....g	0.172		0		1		0.292		
Proline....g	0.168		0		1		0.286		
Serine....g	0.248		0		1		0.422		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11872
Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:
Measure 1 = 170g: 1 cup

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11502

Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.10		0		1		125.97		
Energy kcal	93		0	NC	4		158		
Energy kJ	389		0		4		661		
Protein (N x 6.25) g	4.31		0		1		7.33		
Total lipid (fat) g	0.89		0		1		1.51		
Ash g	0.75		0		1		1.28		
Carbohydrate, by difference g	19.95		0	NC	4		33.92		
Fiber, total dietary g	4.1		0		4		7.0		
Sugars, total g	2.21		0	RA	4		3.75		
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		26		
Iron, Fe mg	0.89		0		1		1.51		
Magnesium, Mg mg	23		0		1		39		
Phosphorus, P mg	70		0		1		119		
Potassium, K mg	265		0		1		451		
Sodium, Na mg	45		0		1		77		
Zinc, Zn mg	0.45		0		1		0.77		
Copper, Cu mg	0.060		0		1		0.102		
Manganese, Mn mg	0.280		0		1		0.476		
Selenium, Se µg	0.6		0	RA	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.9		0		1		10.0		
Thiamin mg	0.074		0		1		0.126		
Riboflavin mg	0.068		0		1		0.116		
Niacin mg	1.306		0		1		2.220		
Pantothenic acid mg	0.232		0		1		0.394		
Vitamin B-6 mg	0.095		0		1		0.162		
Folate, total µg	33		0		1		56		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		0		1		56		
Folate, DFE µg	33		0	NC	4		56		
Choline, total mg	29.1		0	RA	4		49.5		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	10		0	NC	4		17		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	82		0	RA	4		139		
Carotene, alpha µg	9		0	RA	4		15		
Cryptoxanthin, beta µg	61		0	RA	4		103		
Vitamin A, IU IU	194		0	NC	4		330		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	342		0	RA	4		581		
Vitamin E (alpha-tocopherol) mg	0.18		0	RA	4		0.31		
Vitamin E, added mg	0.00		0	RA	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.7		0	RA	4		4.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11502

Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.166		0		1		0.282		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.151		0		1		0.257		
17:0....g									
18:0....g	0.015		0		1		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.173		0		1		0.294		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.173		0		1		0.294		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.427		0		1		0.726		
18:2 undifferentiated....g	0.361		0		1		0.614		
18:3 undifferentiated....g	0.067		0		1		0.114		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.082		
Threonine....g	0.179		0		1		0.304		
Isoleucine....g	0.243		0		1		0.413		
Leucine....g	0.379		0		1		0.644		
Lysine....g	0.252		0		1		0.428		
Methionine....g	0.058		0		1		0.099		
Cystine....g	0.047		0		1		0.080		
Phenylalanine....g	0.208		0		1		0.354		
Tyrosine....g	0.147		0		1		0.250		
Valine....g	0.262		0		1		0.445		
Arginine....g	0.251		0		1		0.427		
Histidine....g	0.137		0		1		0.233		
Alanine....g	0.237		0		1		0.403		
Aspartic acid....g	0.419		0		1		0.712		
Glutamic acid....g	0.649		0		1		1.103		
Glycine....g	0.172		0		1		0.292		
Proline....g	0.168		0		1		0.286		
Serine....g	0.248		0		1		0.422		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11502

Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11501
Succotash, (corn and limas), frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.11	0.422	24		1		115.61	210.47	
Energy kcal	93		0	NC	4		145	264	
Energy kJ	389				4		607	1105	
Protein (N x 6.25) g	4.31	0.111	27		1		6.72	12.24	
Total lipid (fat) g	0.89	0.112	27		1		1.39	2.53	
Ash g	0.75	0.032	22		1		1.17	2.13	
Carbohydrate, by difference g	19.94		0	NC	4		31.11	56.63	
Fiber, total dietary g	4.0		0		4		6.2	11.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	16	0.694	27		1		25	45	
Iron, Fe mg	0.94	0.059	27		1		1.47	2.67	
Magnesium, Mg mg	24	2.922	4		1		37	68	
Phosphorus, P mg	78	1.668	16		1		122	222	
Potassium, K mg	295	10.413	5		1		460	838	
Sodium, Na mg	45	19.892	4		1		70	128	
Zinc, Zn mg	0.47	0.053	4		1		0.73	1.33	
Copper, Cu mg	0.063	0.018	4		1		0.098	0.179	
Manganese, Mn mg	0.295	0.027	4		1		0.460	0.838	
Selenium, Se µg	0.6		0	RA	4		0.9	1.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.5	0.967	23		1		13.3	24.1	
Thiamin mg	0.087	0.005	27		1		0.136	0.247	
Riboflavin mg	0.072	0.005	27		1		0.112	0.204	
Niacin mg	1.375	0.049	27		1		2.145	3.905	
Pantothenic acid mg	0.258		1		1		0.402	0.733	
Vitamin B-6 mg	0.100	0.008	14		1		0.156	0.284	
Folate, total µg	42		0		1		65	118	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	42		0		1		65	118	
Folate, DFE µg	42		0	NC	4		65	118	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	13	1.036	27		1		20	36	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	257	20.716	27		1		401	730	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11501
Succotash, (corn and limas), frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.166		0		1		0.259	0.471	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002	0.003	
15:0....g									
16:0....g	0.151		0		1		0.236	0.429	
17:0....g									
18:0....g	0.015		0		1		0.023	0.043	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.173		0		1		0.270	0.491	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.173		0		1		0.270	0.491	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.427		0		1		0.666	1.213	
18:2 undifferentiated....g	0.361		0		1		0.563	1.025	
18:3 undifferentiated....g	0.067		0		1		0.105	0.190	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		0		1		0.075	0.136	
Threonine....g	0.179		0		1		0.279	0.508	
Isoleucine....g	0.243		0		1		0.379	0.690	
Leucine....g	0.379		0		1		0.591	1.076	
Lysine....g	0.252		0		1		0.393	0.716	
Methionine....g	0.058		0		1		0.090	0.165	
Cystine....g	0.047		0		1		0.073	0.133	
Phenylalanine....g	0.208		0		1		0.324	0.591	
Tyrosine....g	0.147		0		1		0.229	0.417	
Valine....g	0.262		0		1		0.409	0.744	
Arginine....g	0.251		0		1		0.392	0.713	
Histidine....g	0.137		0		1		0.214	0.389	
Alanine....g	0.237		0		1		0.370	0.673	
Aspartic acid....g	0.419		0		1		0.654	1.190	
Glutamic acid....g	0.649		0		1		1.012	1.843	
Glycine....g	0.172		0		1		0.268	0.488	
Proline....g	0.168		0		1		0.262	0.477	
Serine....g	0.248		0		1		0.387	0.704	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11501

Succotash, (corn and limas), frozen, unprepared

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate**3.71

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11495
Succotash, (corn and limas), raw

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.10		0		1				
Energy kcal	99		0	NC	4				
Energy kJ	414				4				
Protein (N x 6.25) g	5.03		0		1				
Total lipid (fat) g	1.02		0		1				
Ash g	1.26		0		1				
Carbohydrate, by difference g	19.59		0	NC	4				
Fiber, total dietary g	3.8		0		4				
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1				
Iron, Fe mg	1.83		0		1				
Magnesium, Mg mg	48		0		1				
Phosphorus, P mg	113		0		1				
Potassium, K mg	369		0		1				
Sodium, Na mg	4		0		1				
Zinc, Zn mg	0.61		0		1				
Copper, Cu mg	0.186		0		1				
Manganese, Mn mg	0.688		0		1				
Selenium, Se µg	0.6		0	RA	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	15.1		0		1				
Thiamin mg	0.208		0		1				
Riboflavin mg	0.082		0		1				
Niacin mg	1.587		0		1				
Pantothenic acid mg	0.128		0		1				
Vitamin B-6 mg	0.130		0		1				
Folate, total µg	40		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	40		0		4				
Folate, DFE µg	40		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	15		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	292		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11495
Succotash, (corn and limas), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.190		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1				
15:0....g									
16:0....g	0.172		0		1				
17:0....g									
18:0....g	0.017		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.198		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.198		0		1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.489		0		1				
18:2 undifferentiated....g	0.412		0		1				
18:3 undifferentiated....g	0.076		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.056		0		1				
Threonine....g	0.209		0		1				
Isoleucine....g	0.284		0		1				
Leucine....g	0.443		0		1				
Lysine....g	0.295		0		1				
Methionine....g	0.068		0		1				
Cystine....g	0.055		0		1				
Phenylalanine....g	0.243		0		1				
Tyrosine....g	0.171		0		1				
Valine....g	0.306		0		1				
Arginine....g	0.294		0		1				
Histidine....g	0.160		0		1				
Alanine....g	0.277		0		1				
Aspartic acid....g	0.489		0		1				
Glutamic acid....g	0.758		0		1				
Glycine....g	0.200		0		1				
Proline....g	0.196		0		1				
Serine....g	0.290		0		1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg									
Theobromine....mg									

NDB No. 11495
Succotash, (corn and limas), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.72 **Fat** 8.37 **Carbohydrate** 3.71

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11504
Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.93		1		1		91.07		
Energy kcal	20		0	NC	4		20		
Energy kJ	85		0	NC	4		83		
Protein (N x 6.25) g	2.08		1		1		2.04		
Total lipid (fat) g	0.24		1		1		0.24		
Ash g	1.05		1		1		1.03		
Carbohydrate, by difference g	3.70		0	NC	4		3.63		
Fiber, total dietary g	1.9		0		4		1.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	54		1		1		53		
Iron, Fe mg	1.32		1		1		1.29		
Magnesium, Mg mg	30		1		1		29		
Phosphorus, P mg	42		1		1		41		
Potassium, K mg	284		1		1		278		
Sodium, Na mg	122		1		1		120		
Zinc, Zn mg	0.16		0		4		0.16		
Copper, Cu mg	0.021		0		4		0.021		
Manganese, Mn mg	0.143		0		4		0.140		
Selenium, Se µg	0.9		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		0		1		15.7		
Thiamin mg	0.050		0		1		0.049		
Riboflavin mg	0.080		0		1		0.078		
Niacin mg	0.500		0		1		0.490		
Pantothenic acid mg	0.126		0		4		0.123		
Vitamin B-6 mg	0.081		0		4		0.079		
Folate, total µg	35		0		4		34		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	35		0		4		34		
Folate, DFE µg	35		0	NC	4		34		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	260		0		1		255		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	5200		0		1		5096		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11504

Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0		4		0.038		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.006		0		4		0.006		
15:0....g									
16:0....g	0.029		0		4		0.028		
17:0....g									
18:0....g	0.003		0		4		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		4		0.007		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		4		0.003		
17:1....g									
18:1 undifferentiated....g	0.003		0		4		0.003		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.100		0		4		0.098		
18:2 undifferentiated....g	0.015		0		4		0.015		
18:3 undifferentiated....g	0.079		0		4		0.077		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.112		0		1		0.110		
Isoleucine....g	0.083		0		1		0.081		
Leucine....g	0.116		0		1		0.114		
Lysine....g	0.087		0		1		0.085		
Methionine....g	0.035		0		1		0.034		
Cystine....g	0.023		0		1		0.023		
Phenylalanine....g	0.102		0		1		0.100		
Tyrosine....g	0.064		0		1		0.063		
Valine....g	0.108		0		1		0.106		
Arginine....g	0.118		0		1		0.116		
Histidine....g	0.037		0		1		0.036		
Alanine....g	0.087		0		1		0.085		
Aspartic acid....g	0.519		0		1		0.509		
Glutamic acid....g	0.201		0		1		0.197		
Glycine....g	0.079		0		1		0.077		
Proline....g	0.070		0		1		0.069		
Serine....g	0.097		0		1		0.095		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 11504
Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11873
Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.93		1		1		91.07		
Energy kcal	20		0	NC	4		20		
Energy kJ	85		0	NC	4		83		
Protein (N x 6.25) g	2.08		1		1		2.04		
Total lipid (fat) g	0.24		1		1		0.24		
Ash g	1.05		1		1		1.03		
Carbohydrate, by difference g	3.70		0	NC	4		3.63		
Fiber, total dietary g	1.9		0	BFZN	4		1.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	54		1		1		53		
Iron, Fe mg	1.32		1		1		1.29		
Magnesium, Mg mg	30		1		1		29		
Phosphorus, P mg	42		1		1		41		
Potassium, K mg	284		1		1		278		
Sodium, Na mg	358		0		4		351		
Zinc, Zn mg	0.16		0		4		0.16		
Copper, Cu mg	0.021		0		4		0.021		
Manganese, Mn mg	0.143		0		4		0.140		
Selenium, Se µg	0.9		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		0		1		15.7		
Thiamin mg	0.050		0		1		0.049		
Riboflavin mg	0.080		0		1		0.078		
Niacin mg	0.500		0		1		0.490		
Pantothenic acid mg	0.126		0		4		0.123		
Vitamin B-6 mg	0.081		0		4		0.079		
Folate, total µg	35		0		4		34		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	35		0		4		34		
Folate, DFE µg	35		0	NC	4		34		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	260		0		1		255		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	5200		0		1		5096		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11873

Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.112		0		1		0.110		
Isoleucine....g	0.083		0		1		0.081		
Leucine....g	0.116		0		1		0.114		
Lysine....g	0.087		0		1		0.085		
Methionine....g	0.035		0		1		0.034		
Cystine....g	0.023		0		1		0.023		
Phenylalanine....g	0.102		0		1		0.100		
Tyrosine....g	0.064		0		1		0.063		
Valine....g	0.108		0		1		0.106		
Arginine....g	0.118		0		1		0.116		
Histidine....g	0.037		0		1		0.036		
Alanine....g	0.087		0		1		0.085		
Aspartic acid....g	0.519		0		1		0.509		
Glutamic acid....g	0.201		0		1		0.197		
Glycine....g	0.079		0		1		0.077		
Proline....g	0.070		0		1		0.069		
Serine....g	0.097		0		1		0.095		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11503

Swamp cabbage, (skunk cabbage), raw

Ipomoea aquatica

Refuse: 23% Tough stems

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.47		2		1		51.78	12.02	
Energy kcal	19		0	NC	4		11	2	
Energy kJ	79				4		45	10	
Protein (N x 6.25) g	2.60		1		1		1.46	0.34	
Total lipid (fat) g	0.20		1		1		0.11	0.03	
Ash g	1.60		0		1		0.90	0.21	
Carbohydrate, by difference g	3.14		0	NC	4		1.76	0.41	
Fiber, total dietary g	2.1		0		4		1.2	0.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	77		2		1		43	10	
Iron, Fe mg	1.67		2		1		0.94	0.22	
Magnesium, Mg mg	71		2		1		40	9	
Phosphorus, P mg	39		2		1		22	5	
Potassium, K mg	312		2		1		175	41	
Sodium, Na mg	113		0		1		63	15	
Zinc, Zn mg	0.18		0		4		0.10	0.02	
Copper, Cu mg	0.023		0		4		0.013	0.003	
Manganese, Mn mg	0.160		0		4		0.090	0.021	
Selenium, Se µg	0.9		0	CAZN	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	55.0		1		1		30.8	7.2	
Thiamin mg	0.030		1		1		0.017	0.004	
Riboflavin mg	0.100		1		1		0.056	0.013	
Niacin mg	0.900		1		1		0.504	0.117	
Pantothenic acid mg	0.141		0		4		0.079	0.018	
Vitamin B-6 mg	0.096		0		4		0.054	0.012	
Folate, total µg	57		0		4		32	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	57		0		4		32	7	
Folate, DFE µg	57		0	NC	4		32	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	315		1		1		176	41	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	6300		1		1		3528	819	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11503
Swamp cabbage, (skunk cabbage), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.140		1		1		0.078	0.018	
Isoleucine....g	0.104		1		1		0.058	0.014	
Leucine....g	0.146		1		1		0.082	0.019	
Lysine....g	0.109		1		1		0.061	0.014	
Methionine....g	0.044		1		1		0.025	0.006	
Cystine....g	0.028		1		1		0.016	0.004	
Phenylalanine....g	0.127		1		1		0.071	0.017	
Tyrosine....g	0.080		1		1		0.045	0.010	
Valine....g	0.135		1		1		0.076	0.018	
Arginine....g	0.148		1		1		0.083	0.019	
Histidine....g	0.047		1		1		0.026	0.006	
Alanine....g	0.109		1		1		0.061	0.014	
Aspartic acid....g	0.650		1		1		0.364	0.085	
Glutamic acid....g	0.252		1		1		0.141	0.033	
Glycine....g	0.099		1		1		0.055	0.013	
Proline....g	0.088		1		1		0.049	0.011	
Serine....g	0.122		1		1		0.068	0.016	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 cup, chopped

Measure 2 = 13.0g: 1 shoot

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31025
Sweet Potato puffs, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.02		1	A	1		53.57		
Energy kcal	161		0	NC	4		136		
Energy kJ	672		0	NC	4		571		
Protein (N x 6.25) g	1.36		1	A	1		1.16		
Total lipid (fat) g	3.58		1	A	1		3.04		
Ash g	1.32		1	A	1		1.12		
Carbohydrate, by difference g	30.72		0	NC	4		26.11		
Fiber, total dietary g	1.9		1	A	1		1.6		
Sugars, total g	7.65		1	A	1		6.50		
Starch g									
Minerals:									
Calcium, Ca mg	57		1	A	1		48		
Iron, Fe mg	0.40		1	A	1		0.34		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	248		1	A	1		211		
Sodium, Na mg	250		1	A	1		213		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	2.2		1	A	1		1.9		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	3000		1	MA	12		2550		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.310		1	A	1		0.264		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.070		1	A	1		0.060		
Cholesterol mg	0		1	A	1		0		
Phytosterols mg									

NDB No. 31025
Sweet Potato puffs, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31024
Sweet Potatoes, french fried, crosscut, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	60.59		1	A	1		51.50		
Energy kcal	209		0	NC	4		177		
Energy kJ	874		0	NC	4		743		
Protein (N x 6.25) g	1.70		1	A	1		1.45		
Total lipid (fat) g	11.10		1	A	1		9.44		
Ash g	1.09		1	A	1		0.93		
Carbohydrate, by difference g	25.52		0	NC	4		21.69		
Fiber, total dietary g	3.4		1	A	1		2.9		
Sugars, total g	6.46		1	A	1		5.49		
Starch g									
Minerals:									
Calcium, Ca mg	39		1	A	1		33		
Iron, Fe mg	0.44		1	A	1		0.37		
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg	244		1	A	1		207		
Sodium, Na mg	214		1	A	1		182		
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2		1	A	1		3.6		
Thiamin mg									
Riboflavin mg									
Niacin mg									
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU	3320		1	MA	12		2822		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.930		1	A	1		0.791		
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
Fatty acids, total trans g	0.210		1	A	1		0.179		
Cholesterol mg	0		1	A	1		0		
Phytosterols mg									

NDB No. 31024

Sweet Potatoes, french fried, crosscut, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31023

Sweet Potatoes, french fried, frozen as packaged, salt added in processing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	51.97	0.835	8	A	1		26.51		
Energy kcal	182		0	NC	4		93		
Energy kJ	762		0	NC	4		389		
Protein (N x 6.25) g	2.16	0.058	8	A	1		1.10		
Total lipid (fat) g	8.92	0.249	8	A	1		4.55		
Ash g	1.38	0.045	8	A	1		0.70		
Carbohydrate, by difference g	35.58		0	NC	4		18.14		
Fiber, total dietary g	5.7	0.249	4	A	1		2.9		
Sugars, total g	12.90	0.320	6	A	1		6.58		
Sucrose g	5.41	0.181	6	A	1		2.76		
Glucose (dextrose) g	0.81	0.049	6	A	1		0.42		
Fructose g	0.57	0.044	6	A	1		0.29		
Lactose g	0.00	0.000	6	A	1		0.00		
Maltose g	6.10	0.319	6	A	1		3.11		
Galactose g	0.00	0.000	6	A	1		0.00		
Starch g	13.22	0.879	4	A	1		6.74		
Minerals:									
Calcium, Ca mg	52	2.035	6	A	1		26		
Iron, Fe mg	0.77	0.045	6	A	1		0.39		
Magnesium, Mg mg	26	0.538	6	A	1		13		
Phosphorus, P mg	59	1.401	6	A	1		30		
Potassium, K mg	409	16.479	6	A	1		208		
Sodium, Na mg	146	3.067	6	A	1		74		
Zinc, Zn mg	0.38	0.021	6	A	1		0.19		
Copper, Cu mg	0.177	0.008	6	A	1		0.090		
Manganese, Mn mg	0.481	0.037	6	A	1		0.245		
Selenium, Se µg	0.4		2	A	1		0.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	7.5	0.708	4	A	1		3.8		
Thiamin mg	0.092	0.003	4	A	1		0.047		
Riboflavin mg	0.092	0.009	4	A	1		0.047		
Niacin mg	0.697	0.036	4	A	1		0.356		
Pantothenic acid mg	0.460	0.080	3	A	1		0.235		
Vitamin B-6 mg	0.177	0.013	4	A	1		0.091		
Folate, total µg	32	1.994	4	A	1		16		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	32	1.994	4	A	1		16		
Folate, DFE µg	32		0	NC	4		16		
Choline, total mg	26.0		0	BFSN	4		13.3		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	434		0	AS	1		221		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	5204		2	A	1		2654		
Carotene, alpha µg	0		2	A	1		0		
Cryptoxanthin, beta µg	0		2	A	1		0		
Vitamin A, IU IU	8674		0	AS	1		4424		
Lycopene µg	0		2	A	1		0		
Lutein + zeaxanthin µg	8		2	A	1		4		
Vitamin E (alpha-tocopherol) mg	1.49		2	A	1		0.76		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	1.04		2	A	1		0.53		
Tocopherol, delta mg	0.19		2	A	1		0.10		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		

NDB No. 31023

Sweet Potatoes, french fried, frozen as packaged, salt added in processing

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	4.6		0	BFSN	4		2.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.157		0	NC	4		0.590		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.006	0.000	3	A	1		0.003		
10:0....g	0.005	0.004	3	A	1		0.003		
12:0....g	0.002	0.002	3	A	1		0.001		
13:0....g									
14:0....g	0.017	0.001	3	A	1		0.009		
15:0....g	0.004	0.000	3	A	1		0.002		
16:0....g	0.814	0.006	3	A	1		0.415		
17:0....g	0.006	0.000	3	A	1		0.003		
18:0....g	0.228	0.002	3	A	1		0.116		
20:0....g	0.034	0.001	3	A	1		0.017		
22:0....g	0.026	0.001	3	A	1		0.013		
24:0....g	0.015	0.000	3	A	1		0.007		
Fatty acids, total monounsaturated....g	3.703		0	NC	4		1.889		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.001	0.001	3	A	1		0.000		
16:1 undifferentiated....g	0.018	0.000	3	AS	1		0.009		
16:1 c....g	0.018	0.000	3	A	1		0.009		
16:1 t....g	0.000	0.000	3	A	1		0.000		
17:1....g	0.004	0.000	3	A	1		0.002		
18:1 undifferentiated....g	3.598	0.053	3	AS	1		1.835		
18:1 c....g	3.580	0.053	3	A	1		1.826		
18:1 t....g	0.017	0.000	3	A	1		0.009		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.074	0.002	3	A	1		0.038		
22:1 undifferentiated....g	0.005	0.001	3	AS	1		0.003		
22:1 c....g	0.004	0.001	3	A	1		0.002		
22:1 t....g	0.001	0.000	3	A	1		0.001		
24:1 c....g	0.004	0.000	3	A	1		0.002		
Fatty acids, total polyunsaturated....g	2.863		0	NC	4		1.460		
18:2 undifferentiated....g	2.526	0.013	3	AS	1		1.288		
18:2 n-6 c,c....g	2.486	0.011	3	A	1		1.268		
18:2 CLAs....g	0.016	0.001	3	A	1		0.008		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024	0.001	3	A	1		0.012		
18:3 undifferentiated....g	0.325	0.006	3	AS	1		0.166		
18:3 n-3 c,c,c (ALA)....g	0.302	0.006	3	A	1		0.154		
18:3 n-6 c,c,c....g	0.024	0.000	3	A	1		0.012		
18:3i....g	0.000	0.000	3	A	1		0.000		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g	0.004	0.000	3	A	1		0.002		
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000		
20:3 n-3....g	0.000	0.000	3	A	1		0.000		
20:3 n-6....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated....g	0.004	0.001	3	A	1		0.002		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.002		
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000		
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		

NDB No. 31023

Sweet Potatoes, french fried, frozen as packaged, salt added in processing

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g	0.042		0	NC	4		0.021		
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.009		
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.012		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 12 fries

Calories Factors: Protein 4.03 **Fat** 8.37 **Carbohydrate** 2.78

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11874
Sweet potato leaves, cooked, steamed, with salt

Sweetpotato leaves
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.20		2	JA	6		57.09		
Energy kcal	35		0	NC	4		22		
Energy kJ	144		0	NC	4		92		
Protein (N x 6.25) g	2.18		2	JA	6		1.39		
Total lipid (fat) g	0.34		2	JA	6		0.22		
Ash g	0.89		2	JA	6		0.57		
Carbohydrate, by difference g	7.38		0	NC	4		4.73		
Fiber, total dietary g	1.9		0		4		1.2		
Sugars, total g	5.48		0	BFZN	4		3.51		
Starch g									
Minerals:									
Calcium, Ca mg	33		1	JA	6		21		
Iron, Fe mg	0.63		1	JA	6		0.40		
Magnesium, Mg mg	48		2	JA	6		30		
Phosphorus, P mg	40		1	JA	6		26		
Potassium, K mg	312		2	JA	6		200		
Sodium, Na mg	249		0		4		159		
Zinc, Zn mg	0.26		0		4		0.17		
Copper, Cu mg	0.033		0		4		0.021		
Manganese, Mn mg	0.229		0		4		0.147		
Selenium, Se µg	0.9		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.5		0		1		1.0		
Thiamin mg	0.112		0		1		0.072		
Riboflavin mg	0.267		0		1		0.171		
Niacin mg	1.003		0		1		0.642		
Pantothenic acid mg	0.200		0		4		0.128		
Vitamin B-6 mg	0.160		0		4		0.102		
Folate, total µg	49		0		4		31		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	49		0		4		31		
Folate, DFE µg	49		0	NC	4		31		
Choline, total mg	21.0		0	CAZN	4		13.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	147		0	NC	4		94		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1725		0	BFZN	4		1104		
Carotene, alpha µg	33		0	BFZN	4		21		
Cryptoxanthin, beta µg	45		0	BFZN	4		29		
Vitamin A, IU IU	2939		0	NC	4		1881		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	11449		0	BFZN	4		7328		
Vitamin E (alpha-tocopherol) mg	0.96		0	BFZN	4		0.61		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.6		0	BFZN	4		69.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11874

Sweet potato leaves, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.065		0		1		0.042		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.059		0		1		0.038		
17:0....g									
18:0....g	0.006		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.008		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0		1		0.086		
18:2 undifferentiated....g	0.113		0		1		0.072		
18:3 undifferentiated....g	0.021		0		1		0.013		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.013		
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.132		0		1		0.084		
Methionine....g	0.050		0		1		0.032		
Cystine....g	0.027		0		1		0.017		
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11874
Sweet potato leaves, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11506
Sweet potato leaves, cooked, steamed, without salt

Sweetpotato leaves
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.20		2	JA	6		57.09		
Energy kcal	41		0	NC	4		26		
Energy kJ	173		0	NC	4		111		
Protein g	2.18		2	JA	6		1.39		
Total lipid (fat) g	0.34		2	JA	6		0.22		
Ash g	0.89		2	JA	6		0.57		
Carbohydrate, by difference g	7.38		0	NC	4		4.73		
Fiber, total dietary g	1.9		0		4		1.2		
Sugars, total g	5.48		0	O	4		3.51		
Starch g									
Minerals:									
Calcium, Ca mg	33		1	JA	6		21		
Iron, Fe mg	0.63		1	JA	6		0.40		
Magnesium, Mg mg	48		2	JA	6		30		
Phosphorus, P mg	40		1	JA	6		26		
Potassium, K mg	312		2	JA	6		200		
Sodium, Na mg	7		2	JA	6		5		
Zinc, Zn mg	0.26		0		4		0.17		
Copper, Cu mg	0.033		0		4		0.021		
Manganese, Mn mg	0.229		0		4		0.147		
Selenium, Se µg	0.9		0	CAZN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	1.5		0		1		1.0		
Thiamin mg	0.112		0		1		0.072		
Riboflavin mg	0.267		0		1		0.171		
Niacin mg	1.003		0		1		0.642		
Pantothenic acid mg	0.200		0		4		0.128		
Vitamin B-6 mg	0.160		0		4		0.102		
Folate, total µg	49		0		4		31		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	49		0		4		31		
Folate, DFE µg	49		0	NC	4		31		
Choline, total mg	21.0		0	CAZN	4		13.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	147		0	NC	4		94		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	1725		0	BFSY	4		1104		
Carotene, alpha µg	33		0	BFSY	4		21		
Cryptoxanthin, beta µg	45		0	BFSY	4		29		
Vitamin A, IU IU	2939		0	NC	4		1881		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	11449		0	BFSY	4		7328		
Vitamin E (alpha-tocopherol) mg	0.96		0	O	4		0.61		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	108.6		0	O	4		69.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11506

Sweet potato leaves, cooked, steamed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.065		0		1		0.042		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.059		0		1		0.038		
17:0....g									
18:0....g	0.006		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.008		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.134		0		1		0.086		
18:2 undifferentiated....g	0.113		0		1		0.072		
18:3 undifferentiated....g	0.021		0		1		0.013		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.013		
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.132		0		1		0.084		
Methionine....g	0.050		0		1		0.032		
Cystine....g	0.027		0		1		0.017		
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11506

Sweet potato leaves, cooked, steamed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11505

Sweet potato leaves, raw

Ipomoea batatas

Sweetpotato leaves

Refuse: 6% Tough stems and bruised leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.81		2	A	1		30.38	13.89	
Energy kcal	42		0	NC	4		15	7	
Energy kJ	175		0	NC	4		61	28	
Protein (N x 6.25) g	2.49		1	A	1		0.87	0.40	
Total lipid (fat) g	0.51		1	A	1		0.18	0.08	
Ash g	1.36		2	A	1		0.48	0.22	
Carbohydrate, by difference g	8.82		0	NC	4		3.09	1.41	
Fiber, total dietary g	5.3		1	A	1		1.9	0.9	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	78		1	A	1		27	13	
Iron, Fe mg	0.97		1	A	1		0.34	0.16	
Magnesium, Mg mg	70		2	A	1		25	11	
Phosphorus, P mg	81		1	A	1		28	13	
Potassium, K mg	508		2	A	1		178	81	
Sodium, Na mg	6		2	A	1		2	1	
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.0		0	A	1		3.9	1.8	
Thiamin mg	0.156		0	A	1		0.055	0.025	
Riboflavin mg	0.345		0	A	1		0.121	0.055	
Niacin mg	1.130		0	A	1		0.396	0.181	
Pantothenic acid mg	0.225		0		4		0.079	0.036	
Vitamin B-6 mg	0.190		0		4		0.067	0.030	
Folate, total µg									
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	1		1	A	1		1	0	
Folate, DFE µg	1		0	NC	4		1	0	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	189		0	AS	1		66	30	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2217		1	A	1		776	355	
Carotene, alpha µg	42		1	A	1		15	7	
Cryptoxanthin, beta µg	58		1	A	1		20	9	
Vitamin A, IU IU	3778		0	AS	1		1322	605	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	14720		2	A	1		5152	2355	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	302.2		1	A	1		105.8	48.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11505
Sweet potato leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.111		0	NC	4		0.039	0.018	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.100		0	A	1		0.035	0.016	
17:0....g									
18:0....g	0.010		0	A	1		0.004	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0	NC	4		0.007	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.020		0	A	1		0.007	0.003	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.228		0	NC	4		0.080	0.036	
18:2 undifferentiated....g	0.192		0	A	1		0.067	0.031	
18:3 undifferentiated....g	0.036		0	A	1		0.013	0.006	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.035		1	A	1		0.012	0.006	
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.228		1	A	1		0.080	0.036	
Methionine....g	0.086		1	A	1		0.030	0.014	
Cystine....g	0.047		1	A	1		0.016	0.008	
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11505
Sweet potato leaves, raw

Common Measures:

Measure 1 = 35g: 1 cup, chopped

Measure 2 = 16g: 1 leaf (12-1/4" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11514
Sweet potato, canned, mashed

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.88	0.025	4		1		188.39	366.44	
Energy kcal	101		0	NC	4		257	499	
Energy kJ	421		0	NC	4		1074	2088	
Protein (N x 6.25) g	1.98	0.025	4		1		5.05	9.82	
Total lipid (fat) g	0.20	0.000	4		1		0.51	0.99	
Ash g	0.75	0.029	4		1		1.91	3.72	
Carbohydrate, by difference g	23.19		0	NC	4		59.13	115.02	
Fiber, total dietary g	1.7		0		4		4.3	8.4	
Sugars, total g	5.45		0	BFSN	4		13.89	27.01	
Starch g									
Minerals:									
Calcium, Ca mg	30	0.895	4		1		77	149	
Iron, Fe mg	1.33	0.127	4		1		3.39	6.60	
Magnesium, Mg mg	24	0.104	4		1		61	119	
Phosphorus, P mg	52	1.131	4		1		133	258	
Potassium, K mg	210	11.265	4		1		536	1042	
Sodium, Na mg	75	2.041	4		1		191	372	
Zinc, Zn mg	0.21	0.009	4		1		0.54	1.04	
Copper, Cu mg	0.278	0.009	4		1		0.709	1.379	
Manganese, Mn mg	0.988	0.098	4		1		2.519	4.900	
Selenium, Se µg	0.8		0	BFSN	4		2.0	4.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2	0.366	4		1		13.3	25.8	
Thiamin mg	0.027	0.003	4		1		0.069	0.134	
Riboflavin mg	0.090	0.007	3		1		0.230	0.446	
Niacin mg	0.955	0.028	4		1		2.435	4.737	
Pantothenic acid mg	0.512		0		4		1.306	2.540	
Vitamin B-6 mg	0.235		0		4		0.599	1.166	
Folate, total µg	11		0		4		27	53	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0		4		27	53	
Folate, DFE µg	11		0	NC	4		27	53	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	435		0	NC	4		1109	2157	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	5219		0	BFSN	4		13310	25888	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	8699		0	NC	4		22183	43147	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	1.09		0	BFSN	4		2.78	5.41	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.4		0	BFSN	4		6.2	12.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11514
Sweet potato, canned, mashed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.041		0	NC	4		0.103	0.201	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.037		0		1		0.094	0.182	
17:0....g									
18:0....g	0.004		0		1		0.010	0.019	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0	NC	4		0.019	0.037	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.019	0.037	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.084		0	NC	4		0.214	0.416	
18:2 undifferentiated....g	0.071		0		1		0.180	0.351	
18:3 undifferentiated....g	0.013		0		1		0.034	0.065	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.024		0		1		0.061	0.119	
Threonine....g	0.098		0		1		0.250	0.486	
Isoleucine....g	0.099		0		1		0.252	0.491	
Leucine....g	0.145		0		1		0.370	0.719	
Lysine....g	0.097		0		1		0.247	0.481	
Methionine....g	0.049		0		1		0.125	0.243	
Cystine....g	0.016		0		1		0.041	0.079	
Phenylalanine....g	0.119		0		1		0.303	0.590	
Tyrosine....g	0.081		0		1		0.207	0.402	
Valine....g	0.129		0		1		0.329	0.640	
Arginine....g	0.092		0		1		0.235	0.456	
Histidine....g	0.037		0		1		0.094	0.184	
Alanine....g	0.108		0		1		0.275	0.536	
Aspartic acid....g	0.338		0		1		0.862	1.676	
Glutamic acid....g	0.194		0		1		0.495	0.962	
Glycine....g	0.089		0		1		0.227	0.441	
Proline....g	0.087		0		1		0.222	0.432	
Serine....g	0.102		0		1		0.260	0.506	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

NDB No. 11514
Sweet potato, canned, mashed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup

Measure 2 = 496g: 1 can (404 x 307)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11647
Sweet potato, canned, syrup pack, drained solids

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.47	0.625	29		1		142.04		
Energy kcal	108		0	NC	4		213		
Energy kJ	454		0	NC	4		889		
Protein (N x 6.25) g	1.28	0.049	29		1		2.51		
Total lipid (fat) g	0.32	0.013	29		1		0.63		
Ash g	0.57	0.060	29		1		1.12		
Carbohydrate, by difference g	25.36		0	NC	4		49.71		
Fiber, total dietary g	3.0		0		4		5.9		
Sugars, total g	5.74		0	BFSN	4		11.25		
Starch g									
Minerals:									
Calcium, Ca mg	17	1.307	29		1		33		
Iron, Fe mg	0.95	0.074	29		1		1.86		
Magnesium, Mg mg	12	0.969	10		1		24		
Phosphorus, P mg	25	2.273	10		1		49		
Potassium, K mg	193	5.562	10		1		378		
Sodium, Na mg	39	4.888	10		1		76		
Zinc, Zn mg	0.16	0.009	10		1		0.31		
Copper, Cu mg	0.167	0.022	10		1		0.327		
Manganese, Mn mg	0.615	0.094	10		1		1.205		
Selenium, Se µg	0.8		0	BFSN	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.8	0.532	29		1		21.2		
Thiamin mg	0.025	0.001	29		1		0.049		
Riboflavin mg	0.038	0.001	29		1		0.074		
Niacin mg	0.340	0.022	29		1		0.666		
Pantothenic acid mg	0.402		0		1		0.788		
Vitamin B-6 mg	0.062		0		1		0.122		
Folate, total µg	8		0		4		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		4		15		
Folate, DFE µg	8		0	NC	4		15		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	458		0	NC	4		899		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	5501		0	BFSN	4		10782		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	9169		0	NC	4		17971		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	1.15		0	BFSN	4		2.25		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.6		0	BFSN	4		5.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11647

Sweet potato, canned, syrup pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.069		0		1		0.135		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.062		0		1		0.122		
17:0....g									
18:0....g	0.007		0		1		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.024		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.012		0		1		0.024		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.141		0		1		0.276		
18:2 undifferentiated....g	0.119		0		1		0.233		
18:3 undifferentiated....g	0.022		0		1		0.043		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.031		
Threonine....g	0.064		0		1		0.125		
Isoleucine....g	0.064		0		1		0.125		
Leucine....g	0.094		0		1		0.184		
Lysine....g	0.063		0		1		0.123		
Methionine....g	0.032		0		1		0.063		
Cystine....g	0.010		0		1		0.020		
Phenylalanine....g	0.077		0		1		0.151		
Tyrosine....g	0.053		0		1		0.104		
Valine....g	0.084		0		1		0.165		
Arginine....g	0.060		0		1		0.118		
Histidine....g	0.024		0		1		0.047		
Alanine....g	0.070		0		1		0.137		
Aspartic acid....g	0.220		0		1		0.431		
Glutamic acid....g	0.126		0		1		0.247		
Glycine....g	0.058		0		1		0.114		
Proline....g	0.056		0		1		0.110		
Serine....g	0.066		0		1		0.129		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11647
Sweet potato, canned, syrup pack, drained solids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 196g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11645

Sweet potato, canned, syrup pack, solids and liquids

Sweetpotato

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.39	0.586	26		1		176.45	493.75	
Energy kcal	89		0	NC	4		203	568	
Energy kJ	372		0		4		849	2376	
Protein (N x 6.25) g	0.98	0.038	26		1		2.23	6.25	
Total lipid (fat) g	0.20	0.000	16		1		0.46	1.28	
Ash g	0.50	0.012	26		1		1.14	3.19	
Carbohydrate, by difference g	20.93		0	NC	4		47.72	133.53	
Fiber, total dietary g	2.5		0		4		5.7	16.0	
Sugars, total g	15.40		0	T	4		35.11	98.25	
Starch g									
Minerals:									
Calcium, Ca mg	15	0.782	36		1		34	96	
Iron, Fe mg	0.80	0.059	36		1		1.82	5.10	
Magnesium, Mg mg	13	0.503	36		1		30	83	
Phosphorus, P mg	27	1.235	36		1		62	172	
Potassium, K mg	185	4.275	27		1		422	1180	
Sodium, Na mg	29	6.239	6	LC	8		66	184	
Zinc, Zn mg	0.19	0.011	36		1		0.43	1.21	
Copper, Cu mg	0.124	0.013	36		1		0.283	0.791	
Manganese, Mn mg	0.507	0.051	36		1		1.156	3.235	
Selenium, Se µg	0.7		0	BFSN	4		1.6	4.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.5	0.674	25		1		23.9	67.0	
Thiamin mg	0.024	0.001	25		1		0.055	0.153	
Riboflavin mg	0.046	0.003	24		1		0.105	0.293	
Niacin mg	0.456	0.016	25		1		1.040	2.909	
Pantothenic acid mg	0.330		0		1		0.752	2.105	
Vitamin B-6 mg	0.051		0		1		0.116	0.325	
Folate, total µg	7		0		4		15	41	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		15	41	
Folate, DFE µg	7		0	NC	4		15	41	
Choline, total mg	12.2		0	BFSN	4		27.9	78.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	377		0	NC	4		858	2402	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4518		0	BFSN	4		10301	28825	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	7530		0	NC	4		17169	48042	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.94		0	BFSN	4		2.15	6.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.1		0	BFSN	4		4.8	13.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11645

Sweet potato, canned, syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0	NC	4		0.092	0.259	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.037		0		1		0.084	0.235	
17:0....g									
18:0....g	0.004		0		1		0.009	0.024	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0	NC	4		0.017	0.048	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.017	0.048	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.084		0	NC	4		0.191	0.535	
18:2 undifferentiated....g	0.071		0		1		0.161	0.451	
18:3 undifferentiated....g	0.013		0		1		0.030	0.084	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0	NR	4		0.045	0.125	
Threonine....g	0.052		0	NR	4		0.119	0.332	
Isoleucine....g	0.034		0	NR	4		0.078	0.217	
Leucine....g	0.057		0	NR	4		0.131	0.366	
Lysine....g	0.041		0	NR	4		0.094	0.262	
Methionine....g	0.018		0	NR	4		0.041	0.115	
Cystine....g	0.013		0	NR	4		0.031	0.086	
Phenylalanine....g	0.056		0	NR	4		0.127	0.356	
Tyrosine....g	0.021		0	NR	4		0.049	0.137	
Valine....g	0.054		0	NR	4		0.122	0.341	
Arginine....g	0.034		0	NR	4		0.078	0.220	
Histidine....g	0.019		0	NR	4		0.044	0.123	
Alanine....g	0.048		0	NR	4		0.110	0.307	
Aspartic acid....g	0.238		0	NR	4		0.544	1.521	
Glutamic acid....g	0.097		0	NR	4		0.220	0.616	
Glycine....g	0.039		0	NR	4		0.090	0.252	
Proline....g	0.033		0	NR	4		0.075	0.209	
Serine....g	0.055		0	NR	4		0.126	0.352	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11645

Sweet potato, canned, syrup pack, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 228g: 1 cup

Measure 2 = 638g: 1 can (404 x 307)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11512
Sweet potato, canned, vacuum pack

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.03	0.510	8		1		193.88	152.06	
Energy kcal	91		0	NC	4		233	183	
Energy kJ	382		0	NC	4		975	765	
Protein (N x 6.25) g	1.65	0.065	8		1		4.21	3.30	
Total lipid (fat) g	0.20	0.000	8		1		0.51	0.40	
Ash g	1.00	0.050	8		1		2.55	2.00	
Carbohydrate, by difference g	21.12		0	NC	4		53.86	42.24	
Fiber, total dietary g	1.8		0		4		4.6	3.6	
Sugars, total g	5.00		0	BFSN	4		12.74	10.00	
Starch g									
Minerals:									
Calcium, Ca mg	22	0.339	8		1		56	44	
Iron, Fe mg	0.89	0.141	8		1		2.27	1.78	
Magnesium, Mg mg	22	0.306	8		1		56	44	
Phosphorus, P mg	49	0.553	8		1		125	98	
Potassium, K mg	312	10.222	8		1		796	624	
Sodium, Na mg	53	7.531	8		1		135	106	
Zinc, Zn mg	0.18	0.010	8		1		0.46	0.36	
Copper, Cu mg	0.139	0.012	8		1		0.354	0.278	
Manganese, Mn mg	0.455	0.028	8		1		1.160	0.910	
Selenium, Se µg	0.7	0.225	4	A	1		1.8	1.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	26.4	2.485	8		1		67.3	52.8	
Thiamin mg	0.037	0.004	8		1		0.094	0.074	
Riboflavin mg	0.057	0.005	8		1		0.145	0.114	
Niacin mg	0.741	0.026	8		1		1.890	1.482	
Pantothenic acid mg	0.523		0		1		1.334	1.046	
Vitamin B-6 mg	0.190		0		1		0.485	0.380	
Folate, total µg	17		0		1		42	33	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		0		1		42	33	
Folate, DFE µg	17		0	NC	4		42	33	
Choline, total mg	13.0		0	BFSN	4		33.1	26.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	399		0	NC	4		1018	798	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	4790		0	O	4		12215	9580	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	7983		0	NC	4		20357	15967	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	1.00		0	BFSN	4		2.55	2.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.2		0	BFSN	4		5.7	4.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11512
Sweet potato, canned, vacuum pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0	NC	4		0.103	0.081	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.037		0		1		0.094	0.074	
17:0....g									
18:0....g	0.004		0		1		0.010	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0	NC	4		0.019	0.015	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.008		0		1		0.019	0.015	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.084		0	NC	4		0.214	0.168	
18:2 undifferentiated....g	0.071		0		1		0.180	0.141	
18:3 undifferentiated....g	0.013		0		1		0.034	0.026	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.033		0	NR	4		0.084	0.066	
Threonine....g	0.088		0	NR	4		0.223	0.175	
Isoleucine....g	0.057		0	NR	4		0.146	0.115	
Leucine....g	0.097		0	NR	4		0.247	0.193	
Lysine....g	0.069		0	NR	4		0.177	0.139	
Methionine....g	0.030		0	NR	4		0.077	0.060	
Cystine....g	0.023		0	NR	4		0.058	0.045	
Phenylalanine....g	0.094		0	NR	4		0.239	0.188	
Tyrosine....g	0.036		0	NR	4		0.092	0.072	
Valine....g	0.090		0	NR	4		0.230	0.180	
Arginine....g	0.058		0	NR	4		0.148	0.116	
Histidine....g	0.032		0	NR	4		0.083	0.065	
Alanine....g	0.081		0	NR	4		0.206	0.162	
Aspartic acid....g	0.401		0	NR	4		1.024	0.803	
Glutamic acid....g	0.162		0	NR	4		0.414	0.325	
Glycine....g	0.066		0	NR	4		0.169	0.133	
Proline....g	0.055		0	NR	4		0.141	0.110	
Serine....g	0.093		0	NR	4		0.237	0.186	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11512
Sweet potato, canned, vacuum pack

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup, mashed

Measure 2 = 200g: 1 cup pieces

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11875
Sweet potato, cooked, baked in skin, flesh, with salt

Sweetpotato
Refuse: 22% Skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.78	2.487	8	JO	11		86.39	75.78	
Energy kcal	92		0	NC	4		105	92	
Energy kJ	386		0	NC	4		440	386	
Protein g	2.01	0.169	4	A	1		2.29	2.01	
Total lipid (fat) g	0.15	0.009	5	JO	11		0.17	0.15	
Ash g	1.35	0.093	4	A	1		1.54	1.35	
Carbohydrate, by difference g	20.71		0	NC	4		23.61	20.71	
Fiber, total dietary g	3.3	0.160	4	A	1		3.8	3.3	
Sugars, total g	6.48	0.627	3		1		7.39	6.48	
Sucrose g	2.28	0.352	12	JA	6		2.60	2.28	
Glucose (dextrose) g	0.57	0.126	12	JA	6		0.65	0.57	
Fructose g	0.50	0.107	12	JA	6		0.57	0.50	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	3.12		0	BFSN	4		3.56	3.12	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	7.05	2.607	4	A	1		8.04	7.05	
Minerals:									
Calcium, Ca mg	38	2.126	67	JA	6		43	38	
Iron, Fe mg	0.69	0.031	68	JA	6		0.79	0.69	
Magnesium, Mg mg	27	0.775	68	JA	6		30	27	
Phosphorus, P mg	54	1.517	67	JA	6		62	54	
Potassium, K mg	475	9.306	68	JA	6		542	475	
Sodium, Na mg	246		0		4		280	246	
Zinc, Zn mg	0.32	0.013	68	JA	6		0.36	0.32	
Copper, Cu mg	0.161	0.007	68	JA	6		0.184	0.161	
Manganese, Mn mg	0.497	0.038	68	JA	6		0.567	0.497	
Selenium, Se µg	0.2	0.114	58	JO	11		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	19.6	8.543	4	A	1		22.3	19.6	
Thiamin mg	0.107	0.018	3	A	1		0.122	0.107	
Riboflavin mg	0.106	0.005	4	A	1		0.121	0.106	
Niacin mg	1.487	0.284	4	A	1		1.696	1.487	
Pantothenic acid mg	0.884	0.130	4	A	1		1.007	0.884	
Vitamin B-6 mg	0.286	0.056	4	A	1		0.327	0.286	
Folate, total µg	6	2.319	4	A	1		6	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6	2.319	4	A	1		6	6	
Folate, DFE µg	6		0	NC	4		6	6	
Choline, total mg	13.1		0	AS	1		14.9	13.1	
Betaine mg	34.6		2	A	1		39.5	34.6	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.71	0.453	3	JO	11		0.81	0.71	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.005	3	JO	11		0.01	0.00	
Tocopherol, gamma mg	0.01	0.000	3	JO	11		0.02	0.01	
Tocopherol, delta mg	0.00	0.000	3	JO	11		0.00	0.00	
Tocotrienol, alpha mg	0.02	0.005	3	JO	11		0.02	0.02	

NDB No. 11875
Sweet potato, cooked, baked in skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, beta....mg	0.00	0.000	3	JO	11		0.00	0.00	
Tocotrienol, gamma....mg	0.00	0.000	3	JO	11		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.3	0.467	3	JO	11		2.7	2.3	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.052		0	NC	4		0.059	0.052	
4:0....g									
6:0....g									
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.050		2	A	1		0.057	0.050	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.002		2	A	1		0.002	0.002	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.002		0	NC	4		0.002	0.002	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.002		2	A	1		0.002	0.002	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.092		0	NC	4		0.104	0.092	
18:2 undifferentiated....g	0.090		2	A	1		0.103	0.090	
18:3 undifferentiated....g	0.006		2	A	1		0.007	0.006	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.046	0.040	
Threonine....g	0.107		0	A	1		0.121	0.107	
Isoleucine....g	0.070		0	A	1		0.079	0.070	
Leucine....g	0.118		0	A	1		0.134	0.118	
Lysine....g	0.084		0	A	1		0.096	0.084	
Methionine....g	0.037		0	A	1		0.042	0.037	
Cystine....g	0.028		0	A	1		0.031	0.028	
Phenylalanine....g	0.114		0	A	1		0.130	0.114	
Tyrosine....g	0.044		0	A	1		0.050	0.044	
Valine....g	0.110		0	A	1		0.125	0.110	

NDB No. 11875
Sweet potato, cooked, baked in skin, flesh, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Arginine....g	0.070		0	A	1		0.080	0.070	
Histidine....g	0.039		0	A	1		0.045	0.039	
Alanine....g	0.099		0	A	1		0.112	0.099	
Aspartic acid....g	0.488		0	A	1		0.557	0.488	
Glutamic acid....g	0.198		0	A	1		0.225	0.198	
Glycine....g	0.081		0	A	1		0.092	0.081	
Proline....g	0.067		0	A	1		0.076	0.067	
Serine....g	0.113		0	A	1		0.129	0.113	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 1 medium (2" dia, 5" long, raw)

Measure 2 = 100g: .5 cup, mashed

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11508

Sweet potato, cooked, baked in skin, flesh, without salt

Sweetpotato

Refuse: 22% Skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.78	2.487	8	JO	11		151.56	136.41	86.39
Energy kcal	90		0	NC	4		181	163	103
Energy kJ	378		0	NC	4		756	680	431
Protein (N x 6.25) g	2.01	0.169	4	A	1		4.01	3.61	2.29
Total lipid (fat) g	0.15	0.009	5	JO	11		0.30	0.27	0.17
Ash g	1.35	0.093	4	A	1		2.71	2.44	1.54
Carbohydrate, by difference g	20.71		0	NC	4		41.41	37.27	23.61
Fiber, total dietary g	3.3	0.160	4	A	1		6.6	6.0	3.8
Sugars, total g	6.48	0.627	3		1		12.96	11.66	7.39
Sucrose g	2.28	0.352	12	JA	6		4.57	4.11	2.60
Glucose (dextrose) g	0.57	0.126	12	JA	6		1.14	1.02	0.65
Fructose g	0.50	0.107	12	JA	6		1.01	0.91	0.57
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	3.12		0	BFSN	4		6.25	5.62	3.56
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	7.05	2.607	4	A	1		14.10	12.69	8.04
Minerals:									
Calcium, Ca mg	38	2.126	67	JA	6		76	68	43
Iron, Fe mg	0.69	0.031	68	JA	6		1.38	1.24	0.79
Magnesium, Mg mg	27	0.775	68	JA	6		53	48	30
Phosphorus, P mg	54	1.517	67	JA	6		108	97	62
Potassium, K mg	475	9.306	68	JA	6		950	855	542
Sodium, Na mg	36	3.770	68	JA	6		72	65	41
Zinc, Zn mg	0.32	0.013	68	JA	6		0.63	0.57	0.36
Copper, Cu mg	0.161	0.007	68	JA	6		0.323	0.290	0.184
Manganese, Mn mg	0.497	0.038	68	JA	6		0.994	0.895	0.567
Selenium, Se µg	0.2	0.114	58	JO	11		0.4	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	19.6	8.543	4	A	1		39.2	35.3	22.3
Thiamin mg	0.107	0.018	3	A	1		0.215	0.193	0.122
Riboflavin mg	0.106	0.005	4	A	1		0.212	0.191	0.121
Niacin mg	1.487	0.284	4	A	1		2.975	2.677	1.696
Pantothenic acid mg	0.884	0.130	4	A	1		1.767	1.591	1.007
Vitamin B-6 mg	0.286	0.056	4	A	1		0.573	0.516	0.327
Folate, total µg	6	2.319	4	A	1		11	10	6
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6	2.319	4	A	1		11	10	6
Folate, DFE µg	6		0	NC	4		11	10	6
Choline, total mg	13.1		0	AS	1		26.2	23.6	14.9
Betaine mg	34.6		2	A	1		69.2	62.3	39.5
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	961		0	NC	4		1922	1730	1095
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	11509		0	BFSN	4		23019	20717	13121
Carotene, alpha µg	43		0	BFSN	4		87	78	49
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	19218		0	NC	4		38437	34593	21909
Lycopene µg	0		0	BFSN	4		0	0	0
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.71	0.453	3	JO	11		1.41	1.27	0.81
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.005	3	JO	11		0.01	0.01	0.01
Tocopherol, gamma mg	0.01	0.000	3	JO	11		0.03	0.02	0.02
Tocopherol, delta mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02	0.005	3	JO	11		0.04	0.03	0.02
Tocotrienol, beta mg	0.00	0.000	3	JO	11		0.00	0.00	0.00

NDB No. 11508

Sweet potato, cooked, baked in skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.3	0.467	3	JO	11		4.7	4.2	2.7
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.052		0	NC	4		0.103	0.093	0.059
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		2	A	1		0.000	0.000	0.000
10:0....g	0.000		2	A	1		0.000	0.000	0.000
12:0....g	0.000		2	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	0.000
15:0....g	0.000		2	A	1		0.000	0.000	0.000
16:0....g	0.050		2	A	1		0.100	0.090	0.057
17:0....g	0.000		2	A	1		0.000	0.000	0.000
18:0....g	0.002		2	A	1		0.003	0.003	0.002
20:0....g	0.000		2	A	1		0.000	0.000	0.000
22:0....g	0.000		2	A	1		0.000	0.000	0.000
24:0....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.002		0	NC	4		0.003	0.003	0.002
14:1....g	0.000		2	A	1		0.000	0.000	0.000
15:1....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
17:1....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.002		2	A	1		0.003	0.003	0.002
20:1....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.092		0	NC	4		0.183	0.165	0.104
18:2 undifferentiated....g	0.090		2	A	1		0.180	0.162	0.103
18:3 undifferentiated....g	0.006		2	A	1		0.012	0.010	0.007
18:4....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.040		0	A	1		0.080	0.072	0.046
Threonine....g	0.107		0	A	1		0.213	0.192	0.121
Isoleucine....g	0.070		0	A	1		0.139	0.125	0.079
Leucine....g	0.118		0	A	1		0.235	0.212	0.134
Lysine....g	0.084		0	A	1		0.169	0.152	0.096
Methionine....g	0.037		0	A	1		0.074	0.066	0.042
Cystine....g	0.028		0	A	1		0.055	0.050	0.031
Phenylalanine....g	0.114		0	A	1		0.228	0.206	0.130
Tyrosine....g	0.044		0	A	1		0.088	0.079	0.050
Valine....g	0.110		0	A	1		0.219	0.197	0.125
Arginine....g	0.070		0	A	1		0.141	0.127	0.080
Histidine....g	0.039		0	A	1		0.079	0.071	0.045
Alanine....g	0.099		0	A	1		0.197	0.177	0.112

NDB No. 11508

Sweet potato, cooked, baked in skin, flesh, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.488		0	A	1		0.977	0.879	0.557
Glutamic acid....g	0.198		0	A	1		0.395	0.356	0.225
Glycine....g	0.081		0	A	1		0.162	0.145	0.092
Proline....g	0.067		0	A	1		0.134	0.121	0.076
Serine....g	0.113		0	A	1		0.226	0.204	0.129
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 200g: 1 cup

Measure 2 = 180g: 1 large

Measure 3 = 114g: 1 medium (2" dia, 5" long, raw)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11510
Sweet potato, cooked, boiled, without skin

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.13	2.204	4	A	1		262.82	120.99	
Energy kcal	76		0	NC	4		251	115	
Energy kJ	320		0	NC	4		1049	483	
Protein (N x 6.25) g	1.37	0.096	4	A	1		4.51	2.08	
Total lipid (fat) g	0.14	0.053	4	A	1		0.46	0.21	
Ash g	0.63	0.049	4	A	1		2.08	0.96	
Carbohydrate, by difference g	17.72		0	NC	4		58.13	26.76	
Fiber, total dietary g	2.5	0.100	4	A	1		8.2	3.8	
Sugars, total g	5.74		0	AS	1		18.82	8.66	
Sucrose g	1.43	0.119	4	A	1		4.70	2.16	
Glucose (dextrose) g	0.54	0.189	4	A	1		1.77	0.81	
Fructose g	0.43	0.142	4	A	1		1.40	0.64	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	3.34	0.790	4	A	1		10.96	5.04	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	5.22	1.612	4	A	1		17.14	7.89	
Minerals:									
Calcium, Ca mg	27	6.688	4	A	1		89	41	
Iron, Fe mg	0.72	0.062	4	A	1		2.36	1.08	
Magnesium, Mg mg	18	2.161	4	A	1		58	27	
Phosphorus, P mg	32	5.352	4	A	1		106	49	
Potassium, K mg	230	25.437	4	A	1		755	348	
Sodium, Na mg	27	5.331	4	A	1		88	41	
Zinc, Zn mg	0.20	0.005	4	A	1		0.66	0.31	
Copper, Cu mg	0.094	0.011	4	A	1		0.308	0.142	
Manganese, Mn mg	0.266	0.064	4	A	1		0.874	0.402	
Selenium, Se µg	0.2		2	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.8	3.000	4	A	1		42.1	19.4	
Thiamin mg	0.056	0.004	4	A	1		0.182	0.084	
Riboflavin mg	0.047	0.004	4	A	1		0.154	0.071	
Niacin mg	0.538	0.036	4	A	1		1.766	0.813	
Pantothenic acid mg	0.581	0.028	4	A	1		1.907	0.878	
Vitamin B-6 mg	0.165	0.025	4	A	1		0.541	0.249	
Folate, total µg	6	2.549	4	A	1		20	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6	2.549	4	A	1		20	9	
Folate, DFE µg	6		0	NC	4		20	9	
Choline, total mg	10.8		0	BFSN	4		35.3	16.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	787		0	AS	1		2581	1188	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	9444	804.100	10	A	1		30976	14260	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	15740		0	AS	1		51627	23767	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol) mg	0.94		2	A	1		3.08	1.42	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		2	A	1		0.05	0.02	
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11510
Sweet potato, cooked, boiled, without skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.1		2	A	1		6.9	3.2	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.031		0	NC	4		0.100	0.046	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.031		2	A	1		0.100	0.046	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.000		2	A	1		0.000	0.000	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.000		0	NC	4		0.000	0.000	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.061		0	NC	4		0.201	0.092	
18:2 undifferentiated....g	0.061		2	A	1		0.201	0.092	
18:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		0	A	1		0.090	0.042	
Threonine....g	0.073		0	A	1		0.239	0.110	
Isoleucine....g	0.048		0	A	1		0.157	0.072	
Leucine....g	0.081		0	A	1		0.264	0.122	
Lysine....g	0.058		0	A	1		0.189	0.087	
Methionine....g	0.025		0	A	1		0.083	0.038	
Cystine....g	0.019		0	A	1		0.062	0.029	
Phenylalanine....g	0.078		0	A	1		0.257	0.118	
Tyrosine....g	0.030		0	A	1		0.099	0.046	
Valine....g	0.075		0	A	1		0.246	0.113	
Arginine....g	0.048		0	A	1		0.158	0.073	
Histidine....g	0.027		0	A	1		0.089	0.041	
Alanine....g	0.067		0	A	1		0.221	0.102	

NDB No. 11510
Sweet potato, cooked, boiled, without skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.335		0	A	1		1.097	0.505	
Glutamic acid....g	0.135		0	A	1		0.444	0.204	
Glycine....g	0.055		0	A	1		0.182	0.084	
Proline....g	0.046		0	A	1		0.151	0.069	
Serine....g	0.077		0	A	1		0.254	0.117	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 328g: 1 cup, mashed

Measure 2 = 151g: 1 medium

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11876
Sweet potato, cooked, boiled, without skin, with salt

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.13	2.204	4	A	1		262.82	120.99	
Energy kcal	76		0	NC	4		251	115	
Energy kJ	320		0	NC	4		1049	483	
Protein (N x 6.25) g	1.37	0.096	4	A	1		4.51	2.08	
Total lipid (fat) g	0.14	0.053	4	A	1		0.46	0.21	
Ash g	0.63	0.049	4	A	1		2.08	0.96	
Carbohydrate, by difference g	17.72		0	NC	4		58.13	26.76	
Fiber, total dietary g	2.5	0.100	4	A	1		8.2	3.8	
Sugars, total g	5.74		0	AS	1		18.82	8.66	
Sucrose g	1.43	0.119	4	A	1		4.70	2.16	
Glucose (dextrose) g	0.54	0.189	4	A	1		1.77	0.81	
Fructose g	0.43	0.142	4	A	1		1.40	0.64	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	3.34	0.790	4	A	1		10.96	5.04	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	5.22	1.612	4	A	1		17.14	7.89	
Minerals:									
Calcium, Ca mg	27	6.688	4	A	1		89	41	
Iron, Fe mg	0.72	0.062	4	A	1		2.36	1.08	
Magnesium, Mg mg	18	2.161	4	A	1		58	27	
Phosphorus, P mg	32	5.352	4	A	1		106	49	
Potassium, K mg	230	25.437	4	A	1		755	348	
Sodium, Na mg	263		0	O	4		862	397	
Zinc, Zn mg	0.20	0.005	4	A	1		0.66	0.31	
Copper, Cu mg	0.094	0.011	4	A	1		0.308	0.142	
Manganese, Mn mg	0.266	0.064	4	A	1		0.874	0.402	
Selenium, Se µg	0.2		2	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.8	3.000	4	A	1		42.1	19.4	
Thiamin mg	0.056	0.004	4	A	1		0.182	0.084	
Riboflavin mg	0.047	0.004	4	A	1		0.154	0.071	
Niacin mg	0.538	0.036	4	A	1		1.766	0.813	
Pantothenic acid mg	0.581	0.028	4	A	1		1.907	0.878	
Vitamin B-6 mg	0.165	0.025	4	A	1		0.541	0.249	
Folate, total µg	6	2.549	4	A	1		20	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6	2.549	4	A	1		20	9	
Folate, DFE µg	6		0	NC	4		20	9	
Choline, total mg	10.8		0	BFSN	4		35.3	16.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	787		0	AS	1		2581	1188	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	9444	804.100	10	A	1		30976	14260	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	15740		0	AS	1		51627	23767	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol) mg	0.94		2	A	1		3.08	1.42	
Tocopherol, beta mg	0.01		2	A	1		0.05	0.02	
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11876

Sweet potato, cooked, boiled, without skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.1		2	A	1		6.9	3.2	
Dihydrophylloquinone µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.040		0	NC	4		0.131	0.060	
4:0 g	0.000		0	Z	7		0.000	0.000	
6:0 g	0.000		0	Z	7		0.000	0.000	
8:0 g	0.000		2	A	1		0.000	0.000	
10:0 g	0.000		2	A	1		0.000	0.000	
12:0 g	0.000		2	A	1		0.000	0.000	
13:0 g									
14:0 g	0.000		2	A	1		0.000	0.000	
15:0 g	0.000		2	A	1		0.000	0.000	
16:0 g	0.040		2	A	1		0.131	0.060	
17:0 g	0.000		2	A	1		0.000	0.000	
18:0 g	0.000		2	A	1		0.000	0.000	
20:0 g	0.000		2	A	1		0.000	0.000	
22:0 g	0.000		2	A	1		0.000	0.000	
24:0 g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	0.000		0	NC	4		0.000	0.000	
14:1 g	0.000		2	A	1		0.000	0.000	
15:1 g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
17:1 g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:1 g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated g	0.000		2	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	0.080		0	NC	4		0.262	0.121	
18:2 undifferentiated g	0.080		2	A	1		0.262	0.121	
18:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
18:4 g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA) g	0.000		2	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA) g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	Z	7		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.020		0		1		0.066	0.030	
Threonine g	0.082		0		1		0.269	0.124	
Isoleucine g	0.082		0		1		0.269	0.124	
Leucine g	0.121		0		1		0.397	0.183	
Lysine g	0.081		0		1		0.266	0.122	
Methionine g	0.041		0		1		0.134	0.062	
Cystine g	0.013		0		1		0.043	0.020	
Phenylalanine g	0.099		0		1		0.325	0.149	
Tyrosine g	0.068		0		1		0.223	0.103	
Valine g	0.108		0		1		0.354	0.163	
Arginine g	0.077		0		1		0.253	0.116	
Histidine g	0.031		0		1		0.102	0.047	
Alanine g	0.090		0		1		0.295	0.136	
Aspartic acid g	0.282		0		1		0.925	0.426	
Glutamic acid g	0.161		0		1		0.528	0.243	

NDB No. 11876
Sweet potato, cooked, boiled, without skin, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.074		0		1		0.243	0.112	
Proline....g	0.072		0		1		0.236	0.109	
Serine....g	0.085		0		1		0.279	0.128	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 328g: 1 cup, mashed

Measure 2 = 151g: 1 medium

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11659
Sweet potato, cooked, candied, home-prepared

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.75		0	RC	4		65.89		
Energy kcal	164		0	RC	4		172		
Energy kJ	686		0	RC	4		720		
Protein (N x 0) g	0.89		0	RC	4		0.93		
Total lipid (fat) g	3.54		0	RC	4		3.72		
Ash g	0.69		0	RC	4		0.73		
Carbohydrate, by difference g	32.12		0	RC	4		33.73		
Fiber, total dietary g	2.1		0	RC	4		2.2		
Sugars, total g	27.25		0	RC	4		28.62		
Sucrose g	26.56		0	RC	4		27.89		
Glucose (dextrose) g	0.38		0	RC	4		0.40		
Fructose g	0.31		0	RC	4		0.33		
Lactose g	0.00		0	RC	4		0.00		
Maltose g	0.00		0	RC	4		0.00		
Galactose g	0.00		0	RC	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	26		0	RC	4		27		
Iron, Fe mg	0.79		0	RC	4		0.83		
Magnesium, Mg mg	13		0	RC	4		13		
Phosphorus, P mg	25		0	RC	4		26		
Potassium, K mg	178		0	RC	4		187		
Sodium, Na mg	119		0	RC	4		124		
Zinc, Zn mg	0.17		0	RC	4		0.18		
Copper, Cu mg	0.113		0	RC	4		0.119		
Manganese, Mn mg	0.442		0	RC	4		0.464		
Selenium, Se µg	0.8		0	RC	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.0		0	RC	4		9.4		
Thiamin mg	0.021		0	RC	4		0.022		
Riboflavin mg	0.041		0	RC	4		0.043		
Niacin mg	0.406		0	RC	4		0.427		
Pantothenic acid mg	0.305		0	RC	4		0.320		
Vitamin B-6 mg	0.050		0	RC	4		0.052		
Folate, total µg	6		0	RC	4		6		
Folic acid µg	0		0	RC	4		0		
Folate, food µg	6		0	RC	4		6		
Folate, DFE µg	6		0	NC	4		6		
Choline, total mg	11.6		0	RC	4		12.1		
Betaine mg	0.0		0	RC	4		0.0		
Vitamin B-12 µg	0.01		0	RC	4		0.01		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	349		0	NC	4		367		
Retinol µg	28		0	RC	4		29		
Carotene, beta µg	3858		0	RC	4		4051		
Carotene, alpha µg	0		0	RC	4		0		
Cryptoxanthin, beta µg	0		0	RC	4		0		
Vitamin A, IU IU	6524		0	NC	4		6850		
Lycopene µg	0		0	RC	4		0		
Lutein + zeaxanthin µg	0		0	RC	4		0		
Vitamin E (alpha-tocopherol) mg	0.90		0	RC	4		0.95		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		0	RC	4		0.00		
Tocopherol, gamma mg	0.00		0	RC	4		0.00		
Tocopherol, delta mg	0.00		0	RC	4		0.00		
Tocotrienol, alpha mg	0.00		0	RC	4		0.00		
Tocotrienol, beta mg	0.00		0	RC	4		0.00		

NDB No. 11659

Sweet potato, cooked, candied, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		0	RC	4		0.00		
Tocotrienol, delta....mg	0.00		0	RC	4		0.00		
Vitamin D (D2 + D3)....µg	0.1		0	AS	1		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		0	RC	4		0.1		
Vitamin D....IU	2		0	RC	4		3		
Vitamin K (phylloquinone)....µg	2.1		0	RC	4		2.2		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.171		0	RC	4		2.279		
4:0....g	0.134		0	RC	4		0.141		
6:0....g	0.083		0	RC	4		0.088		
8:0....g	0.049		0	RC	4		0.052		
10:0....g	0.105		0	RC	4		0.110		
12:0....g	0.108		0	RC	4		0.113		
13:0....g									
14:0....g	0.309		0	RC	4		0.325		
15:0....g									
16:0....g	0.934		0	RC	4		0.980		
17:0....g	0.023		0	RC	4		0.024		
18:0....g	0.419		0	RC	4		0.440		
20:0....g	0.006		0	RC	4		0.006		
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.881		0	RC	4		0.925		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.040		0	RC	4		0.042		
17:1....g									
18:1 undifferentiated....g	0.837		0	RC	4		0.878		
20:1....g	0.004		0	RC	4		0.004		
22:1 undifferentiated....g	0.000		0	RC	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.198		0	RC	4		0.208		
18:2 undifferentiated....g	0.174		0	RC	4		0.182		
18:3 undifferentiated....g	0.024		0	RC	4		0.026		
18:4....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RC	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RC	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RC	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RC	4		0.000		
Fatty acids, total trans....g	0.136		0	RC	4		0.143		
Cholesterol....mg	9		0	RC	4		9		
Phytosterols....mg	0		0	RC	4		0		
Stigmasterol....mg	0		0	RC	4		0		
Campesterol....mg	0		0	RC	4		0		
Beta-sitosterol....mg	0		0	RC	4		0		
Amino Acids:									
Tryptophan....g	0.017		0	RC	4		0.018		
Threonine....g	0.046		0	RC	4		0.048		
Isoleucine....g	0.031		0	RC	4		0.033		
Leucine....g	0.052		0	RC	4		0.055		
Lysine....g	0.038		0	RC	4		0.040		
Methionine....g	0.016		0	RC	4		0.017		
Cystine....g	0.012		0	RC	4		0.012		
Phenylalanine....g	0.049		0	RC	4		0.052		
Tyrosine....g	0.020		0	RC	4		0.021		
Valine....g	0.048		0	RC	4		0.050		

NDB No. 11659

Sweet potato, cooked, candied, home-prepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Arginine....g	0.031		0	RC	4		0.032		
Histidine....g	0.017		0	RC	4		0.018		
Alanine....g	0.042		0	RC	4		0.044		
Aspartic acid....g	0.206		0	RC	4		0.216		
Glutamic acid....g	0.090		0	RC	4		0.094		
Glycine....g	0.034		0	RC	4		0.036		
Proline....g	0.031		0	RC	4		0.033		
Serine....g	0.049		0	RC	4		0.051		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 piece (2-1/2" x 2" dia)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11877
Sweet potato, frozen, cooked, baked, with salt

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.70	0.665	6		1		129.71		
Energy kcal	100		0	NC	4		176		
Energy kJ	419		0	NC	4		737		
Protein (N x 6.25) g	1.71	0.206	6		1		3.01		
Total lipid (fat) g	0.12		1		1		0.21		
Ash g	1.07	0.023	6		1		1.88		
Carbohydrate, by difference g	23.40		0	NC	4		41.18		
Fiber, total dietary g	1.8		0	BFZN	4		3.2		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	35	3.358	6		1		62		
Iron, Fe mg	0.54	0.047	6		1		0.95		
Magnesium, Mg mg	21	0.961	6		1		37		
Phosphorus, P mg	44	1.719	6		1		77		
Potassium, K mg	377	18.771	6		1		664		
Sodium, Na mg	244		0		4		429		
Zinc, Zn mg	0.30	0.027	6		1		0.53		
Copper, Cu mg	0.183	0.017	6		1		0.322		
Manganese, Mn mg	0.665	0.035	6		1		1.170		
Selenium, Se µg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.1	1.007	6		1		16.0		
Thiamin mg	0.066	0.006	6		1		0.116		
Riboflavin mg	0.056	0.003	6		1		0.099		
Niacin mg	0.555	0.029	6		1		0.977		
Pantothenic acid mg	0.560	0.083	6		1		0.986		
Vitamin B-6 mg	0.186	0.020	6		1		0.327		
Folate, total µg	22	3.614	6		1		39		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	22	3.614	6		1		39		
Folate, DFE µg	22		0	NC	4		39		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	821	44.053	6		1		1445		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	16410	881.063	6		1		28882		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11877

Sweet potato, frozen, cooked, baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.046		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.024		0		1		0.042		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.009		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.009		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.053		0		1		0.093		
18:2 undifferentiated....g	0.045		0		1		0.079		
18:3 undifferentiated....g	0.008		0		1		0.014		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.037		
Threonine....g	0.085		0		1		0.150		
Isoleucine....g	0.086		0		1		0.151		
Leucine....g	0.126		0		1		0.222		
Lysine....g	0.084		0		1		0.148		
Methionine....g	0.042		0		1		0.074		
Cystine....g	0.014		0		1		0.025		
Phenylalanine....g	0.103		0		1		0.181		
Tyrosine....g	0.070		0		1		0.123		
Valine....g	0.112		0		1		0.197		
Arginine....g	0.080		0		1		0.141		
Histidine....g	0.032		0		1		0.056		
Alanine....g	0.094		0		1		0.165		
Aspartic acid....g	0.293		0		1		0.516		
Glutamic acid....g	0.168		0		1		0.296		
Glycine....g	0.078		0		1		0.137		
Proline....g	0.075		0		1		0.132		
Serine....g	0.089		0		1		0.157		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11877

Sweet potato, frozen, cooked, baked, with salt

Common Measures:

Measure 1 = 176g: 1 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11517
Sweet potato, frozen, cooked, baked, without salt

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.70	0.665	6		1		129.71		
Energy kcal	100		0	NC	4		176		
Energy kJ	419		0	NC	4		737		
Protein (N x 6.25) g	1.71	0.206	6		1		3.01		
Total lipid (fat) g	0.12		1		1		0.21		
Ash g	1.07	0.023	6		1		1.88		
Carbohydrate, by difference g	23.40		0	NC	4		41.18		
Fiber, total dietary g	1.8		0		4		3.2		
Sugars, total g	9.17		0	BFSN	4		16.13		
Starch g									
Minerals:									
Calcium, Ca mg	35	3.358	6		1		62		
Iron, Fe mg	0.54	0.047	6		1		0.95		
Magnesium, Mg mg	21	0.961	6		1		37		
Phosphorus, P mg	44	1.719	6		1		77		
Potassium, K mg	377	18.771	6		1		664		
Sodium, Na mg	8	2.508	6		1		14		
Zinc, Zn mg	0.30	0.027	6		1		0.53		
Copper, Cu mg	0.183	0.017	6		1		0.322		
Manganese, Mn mg	0.665	0.035	6		1		1.170		
Selenium, Se µg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.1	1.007	6		1		16.0		
Thiamin mg	0.066	0.006	6		1		0.116		
Riboflavin mg	0.056	0.003	6		1		0.099		
Niacin mg	0.555	0.029	6		1		0.977		
Pantothenic acid mg	0.560	0.083	6		1		0.986		
Vitamin B-6 mg	0.186	0.020	6		1		0.327		
Folate, total µg	22	3.614	6		1		39		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	22	3.614	6		1		39		
Folate, DFE µg	22		0	NC	4		39		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1043		0	NC	4		1837		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	12498		0	BFSN	4		21997		
Carotene, alpha µg	47		0	BFSN	4		83		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	20870		0	NC	4		36731		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.77		0	BFSN	4		1.35		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.5		0	BFSN	4		4.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11517

Sweet potato, frozen, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.025		0	NC	4		0.044		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.022		0		1		0.039		
17:0....g									
18:0....g	0.003		0		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.008		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.049		0	NC	4		0.087		
18:2 undifferentiated....g	0.042		0		1		0.074		
18:3 undifferentiated....g	0.007		0		1		0.013		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.037		
Threonine....g	0.085		0		1		0.150		
Isoleucine....g	0.086		0		1		0.151		
Leucine....g	0.126		0		1		0.222		
Lysine....g	0.084		0		1		0.148		
Methionine....g	0.042		0		1		0.074		
Cystine....g	0.014		0		1		0.025		
Phenylalanine....g	0.103		0		1		0.181		
Tyrosine....g	0.070		0		1		0.123		
Valine....g	0.112		0		1		0.197		
Arginine....g	0.080		0		1		0.141		
Histidine....g	0.032		0		1		0.056		
Alanine....g	0.094		0		1		0.165		
Aspartic acid....g	0.293		0		1		0.516		
Glutamic acid....g	0.168		0		1		0.296		
Glycine....g	0.078		0		1		0.137		
Proline....g	0.075		0		1		0.132		
Serine....g	0.089		0		1		0.157		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

NDB No. 11517
Sweet potato, frozen, cooked, baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 176g: 1 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11516
Sweet potato, frozen, unprepared

Sweetpotato
Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.89	0.745	6		1		131.81		
Energy kcal	96		0	NC	4		169		
Energy kJ	401		0	NC	4		706		
Protein (N x 6.25) g	1.71	0.209	6		1		3.01		
Total lipid (fat) g	0.18		2		1		0.32		
Ash g	1.00	0.022	6		1		1.76		
Carbohydrate, by difference g	22.22		0	NC	4		39.11		
Fiber, total dietary g	1.7		0	BFSN	4		3.0		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	37	2.725	6		1		65		
Iron, Fe mg	0.53	0.062	6		1		0.93		
Magnesium, Mg mg	22	2.091	6		1		39		
Phosphorus, P mg	45	3.196	6		1		79		
Potassium, K mg	365	23.116	6		1		642		
Sodium, Na mg	6	1.768	6		1		11		
Zinc, Zn mg	0.31	0.039	6		1		0.55		
Copper, Cu mg	0.177	0.015	6		1		0.312		
Manganese, Mn mg	0.665	0.058	6		1		1.170		
Selenium, Se µg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	13.3	1.268	6		1		23.4		
Thiamin mg	0.067	0.009	6		1		0.118		
Riboflavin mg	0.051	0.003	6		1		0.090		
Niacin mg	0.597	0.033	6		1		1.051		
Pantothenic acid mg	0.515	0.065	6		1		0.906		
Vitamin B-6 mg	0.177	0.019	6		1		0.312		
Folate, total µg	21	3.434	6		1		37		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	21	3.434	6		1		37		
Folate, DFE µg	21		0	NC	4		37		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	518		0	AS	1		912		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6220		6	A	1		10947		
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	10367		0	AS	1		18245		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11516
Sweet potato, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.039		0		1		0.069		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.035		0		1		0.062		
17:0....g									
18:0....g	0.004		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.080		0		1		0.141		
18:2 undifferentiated....g	0.067		0		1		0.118		
18:3 undifferentiated....g	0.013		0		1		0.023		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.037		
Threonine....g	0.085		0		1		0.150		
Isoleucine....g	0.085		0		1		0.150		
Leucine....g	0.125		0		1		0.220		
Lysine....g	0.084		0		1		0.148		
Methionine....g	0.042		0		1		0.074		
Cystine....g	0.014		0		1		0.025		
Phenylalanine....g	0.102		0		1		0.180		
Tyrosine....g	0.070		0		1		0.123		
Valine....g	0.112		0		1		0.197		
Arginine....g	0.079		0		1		0.139		
Histidine....g	0.032		0		1		0.056		
Alanine....g	0.093		0		1		0.164		
Aspartic acid....g	0.292		0		1		0.514		
Glutamic acid....g	0.167		0		1		0.294		
Glycine....g	0.077		0		1		0.136		
Proline....g	0.075		0		1		0.132		
Serine....g	0.088		0		1		0.155		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11516
Sweet potato, frozen, unprepared

Common Measures:
Measure 1 = 176g: 1 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11507

Sweet potato, raw, unprepared

Ipomoea batatas

Includes USDA commodity food A230, Sweetpotato

Refuse: 28% Parings and trimmings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.28	0.650	7	JA	6		102.78	100.46	
Energy kcal	86		0	NC	4		114	112	
Energy kJ	359		0	NC	4		478	467	
Protein (N x 6.25) g	1.57	0.145	4	A	1		2.09	2.04	
Total lipid (fat) g	0.05	0.033	4	A	1		0.07	0.06	
Ash g	0.99	0.056	4	A	1		1.31	1.28	
Carbohydrate, by difference g	20.12		0	NC	4		26.76	26.15	
Fiber, total dietary g	3.0		1		1		4.0	3.9	
Sugars, total g	4.18		0	NC	4		5.56	5.44	
Sucrose g	2.52	0.126	6	JA	6		3.35	3.28	
Glucose (dextrose) g	0.96	0.269	6	JA	6		1.28	1.25	
Fructose g	0.70	0.171	6	JA	6		0.93	0.91	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	12.65	2.709	4	A	1		16.82	16.44	
Minerals:									
Calcium, Ca mg	30	4.632	3	A	1		41	40	
Iron, Fe mg	0.61	0.070	3	A	1		0.81	0.80	
Magnesium, Mg mg	25	3.180	3	A	1		33	32	
Phosphorus, P mg	47	7.413	3	A	1		62	61	
Potassium, K mg	337	27.552	3	A	1		448	438	
Sodium, Na mg	55	26.394	3	A	1		73	72	
Zinc, Zn mg	0.30	0.033	3	A	1		0.40	0.39	
Copper, Cu mg	0.151	0.015	3	A	1		0.201	0.196	
Manganese, Mn mg	0.258	0.052	3	A	1		0.343	0.335	
Selenium, Se µg	0.6		1	A	1		0.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.4	1.038	4	A	1		3.2	3.1	
Thiamin mg	0.078	0.007	4	A	1		0.104	0.102	
Riboflavin mg	0.061	0.005	4	A	1		0.081	0.079	
Niacin mg	0.557	0.076	4	A	1		0.741	0.724	
Pantothenic acid mg	0.800	0.152	4	A	1		1.064	1.040	
Vitamin B-6 mg	0.209	0.014	4	A	1		0.279	0.272	
Folate, total µg	11	1.685	4	A	1		14	14	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11	1.685	4	A	1		14	14	
Folate, DFE µg	11		0	NC	4		14	14	
Choline, total mg	12.3		0	BFSN	4		16.4	16.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	709		0	AS	1		943	922	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	8509	224.125	43	A	1		11317	11061	
Carotene, alpha µg	7	3.110	41	A	1		10	9	
Cryptoxanthin, beta µg	0	0.000	38	A	1		0	0	
Vitamin A, IU IU	14187		0	AS	1		18869	18443	
Lycopene µg	0	0.000	5	A	1		0	0	
Lutein + zeaxanthin µg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol) mg	0.26		2	A	1		0.35	0.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		2	A	1		0.01	0.01	
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		2	A	1		0.01	0.01	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 11507
Sweet potato, raw, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	1.8		2	A	1		2.3	2.3	
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.018		0	NC	4		0.024	0.024	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		2	A	1		0.000	0.000	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	0.018		2	A	1		0.023	0.023	
17:0....g	0.000		2	A	1		0.000	0.000	
18:0....g	0.001		2	A	1		0.001	0.001	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.001		0	NC	4		0.001	0.001	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated....g	0.001		2	A	1		0.001	0.001	
20:1....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.014		0	NC	4		0.019	0.018	
18:2 undifferentiated....g	0.013		2	A	1		0.018	0.017	
18:3 undifferentiated....g	0.001		2	A	1		0.001	0.001	
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		2	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	12		0		1		16	16	
Amino Acids:									
Tryptophan....g	0.031		0	A	1		0.042	0.041	
Threonine....g	0.083		0	A	1		0.111	0.108	
Isoleucine....g	0.055		0	A	1		0.073	0.071	
Leucine....g	0.092		0	A	1		0.122	0.120	
Lysine....g	0.066		0	A	1		0.088	0.086	
Methionine....g	0.029		0	A	1		0.038	0.037	
Cystine....g	0.022		0	A	1		0.029	0.028	
Phenylalanine....g	0.089		0	A	1		0.119	0.116	
Tyrosine....g	0.034		0	A	1		0.046	0.045	
Valine....g	0.086		0	A	1		0.114	0.111	
Arginine....g	0.055		0	A	1		0.073	0.072	
Histidine....g	0.031		0	A	1		0.041	0.040	
Alanine....g	0.077		0	A	1		0.102	0.100	

NDB No. 11507
Sweet potato, raw, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.382		0	A	1		0.508	0.497	
Glutamic acid....g	0.155		0	A	1		0.206	0.201	
Glycine....g	0.063		0	A	1		0.084	0.082	
Proline....g	0.052		0	A	1		0.070	0.068	
Serine....g	0.088		0	A	1		0.118	0.115	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 cup, cubes

Measure 2 = 130g: 1 sweetpotato, 5" long

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11521
Taro leaves, cooked, steamed, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.15	3.410	3		1		133.62		
Energy kcal	24		0	NC	4		35		
Energy kJ	100		0		4		146		
Protein (N x 6.25) g	2.72		0		1		3.94		
Total lipid (fat) g	0.41		0		1		0.59		
Ash g	0.70		1		1		1.02		
Carbohydrate, by difference g	4.02		0	NC	4		5.83		
Fiber, total dietary g	2.0		0	BFSN	4		2.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	86		2		1		125		
Iron, Fe mg	1.18		2		1		1.71		
Magnesium, Mg mg	20	12.017	3		1		29		
Phosphorus, P mg	27		2		1		39		
Potassium, K mg	460	122.746	3		1		667		
Sodium, Na mg	2	0.753	3		1		3		
Zinc, Zn mg	0.21		0		4		0.30		
Copper, Cu mg	0.140		0		4		0.203		
Manganese, Mn mg	0.371		0		4		0.538		
Selenium, Se µg	0.9		0	CAZN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	35.5		0		1		51.5		
Thiamin mg	0.139		0		1		0.202		
Riboflavin mg	0.380		0		1		0.551		
Niacin mg	1.267		0		1		1.837		
Pantothenic acid mg	0.044		0		4		0.064		
Vitamin B-6 mg	0.072		0		4		0.104		
Folate, total µg	48		0		4		70		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	48		0		4		70		
Folate, DFE µg	48		0	NC	4		70		
Choline, total mg	21.0		0	CAZN	4		30.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	212		0		1		307		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4238		0		1		6145		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11521
Taro leaves, cooked, steamed, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.083		0		1		0.120		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.072		0		1		0.104		
17:0....g									
18:0....g	0.011		0		1		0.016		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0		1		0.048		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.033		0		1		0.048		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.168		0		1		0.244		
18:2 undifferentiated....g	0.117		0		1		0.170		
18:3 undifferentiated....g	0.051		0		1		0.074		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		0		1		0.038		
Threonine....g	0.091		0		1		0.132		
Isoleucine....g	0.142		0		1		0.206		
Leucine....g	0.214		0		1		0.310		
Lysine....g	0.134		0		1		0.194		
Methionine....g	0.043		0		1		0.062		
Cystine....g	0.035		0		1		0.051		
Phenylalanine....g	0.107		0		1		0.155		
Tyrosine....g	0.097		0		1		0.141		
Valine....g	0.140		0		1		0.203		
Arginine....g	0.120		0		1		0.174		
Histidine....g	0.062		0		1		0.090		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11521
Taro leaves, cooked, steamed, without salt

Common Measures:
Measure 1 = 145g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11520
Taro leaves, raw
Colocasia esculenta

Refuse: 40% Stem, midrib and tough leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	85.66		2		1		23.98	8.57	
Energy kcal	42		0	NC	4		12	4	
Energy kJ	177		0	NC	4		50	18	
Protein (N x 6.25) g	4.98		1		1		1.39	0.50	
Total lipid (fat) g	0.74		1		1		0.21	0.07	
Ash g	1.92		1		1		0.54	0.19	
Carbohydrate, by difference g	6.70		0	NC	4		1.88	0.67	
Fiber, total dietary g	3.7		0		4		1.0	0.4	
Sugars, total g	3.01		0	O	4		0.84	0.30	
Starch g									
Minerals:									
Calcium, Ca mg	107		1		1		30	11	
Iron, Fe mg	2.25		1		1		0.63	0.23	
Magnesium, Mg mg	45		1		1		13	5	
Phosphorus, P mg	60		1		1		17	6	
Potassium, K mg	648		0		1		181	65	
Sodium, Na mg	3		0		1		1	0	
Zinc, Zn mg	0.41		0		4		0.11	0.04	
Copper, Cu mg	0.270		0		4		0.076	0.027	
Manganese, Mn mg	0.714		0		4		0.200	0.071	
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	52.0		0		1		14.6	5.2	
Thiamin mg	0.209		0		1		0.059	0.021	
Riboflavin mg	0.456		0		1		0.128	0.046	
Niacin mg	1.513		0		1		0.424	0.151	
Pantothenic acid mg	0.084		0		4		0.024	0.008	
Vitamin B-6 mg	0.146		0		4		0.041	0.015	
Folate, total µg	126		0		4		35	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	126		0		4		35	13	
Folate, DFE µg	126		0	NC	4		35	13	
Choline, total mg	12.8		0	CAZN	4		3.6	1.3	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	241		0	NC	4		68	24	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	2895		0	BNA	4		811	290	
Carotene, alpha µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	4825		0	NC	4		1351	483	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	1932		0	O	4		541	193	
Vitamin E (alpha-tocopherol) mg	2.02		0	O	4		0.56	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	108.6		0	O	4		30.4	10.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11520
Taro leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.151		0		1		0.042	0.015	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.131		0		1		0.037	0.013	
17:0....g									
18:0....g	0.020		0		1		0.006	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.060		0		1		0.017	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.060		0		1		0.017	0.006	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.307		0		1		0.086	0.031	
18:2 undifferentiated....g	0.214		0		1		0.060	0.021	
18:3 undifferentiated....g	0.093		0		1		0.026	0.009	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.048		3		1		0.013	0.005	
Threonine....g	0.167		2		1		0.047	0.017	
Isoleucine....g	0.260		2		1		0.073	0.026	
Leucine....g	0.392		2		1		0.110	0.039	
Lysine....g	0.246		3		1		0.069	0.025	
Methionine....g	0.079		3		1		0.022	0.008	
Cystine....g	0.064		2		1		0.018	0.006	
Phenylalanine....g	0.195		2		1		0.055	0.020	
Tyrosine....g	0.178		1		1		0.050	0.018	
Valine....g	0.256		2		1		0.072	0.026	
Arginine....g	0.220		2		1		0.062	0.022	
Histidine....g	0.114		2		1		0.032	0.011	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11520
Taro leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 cup

Measure 2 = 10.0g: 1 leaf (11" x 6-1/2")

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11523
Taro shoots, cooked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.30		1		1		133.42		
Energy kcal	14		0	NC	4		20		
Energy kJ	59				4		82		
Protein (N x 6.25) g	0.73		1		1		1.02		
Total lipid (fat) g	0.08		1		1		0.11		
Ash g	0.70		1		1		0.98		
Carbohydrate, by difference g	3.20		0	NC	4		4.48		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	14		1		1		20		
Iron, Fe mg	0.41		1		1		0.57		
Magnesium, Mg mg	8		1		1		11		
Phosphorus, P mg	26		1		1		36		
Potassium, K mg	344		1		1		482		
Sodium, Na mg	2		1		1		3		
Zinc, Zn mg	0.54		0		4		0.76		
Copper, Cu mg	0.094		0		4		0.132		
Manganese, Mn mg	0.130		0		4		0.182		
Selenium, Se µg	1.0		0	BFSN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.9		0		4		26.5		
Thiamin mg	0.038		0		4		0.053		
Riboflavin mg	0.053		0		4		0.074		
Niacin mg	0.810		0		4		1.134		
Pantothenic acid mg	0.076		0		4		0.106		
Vitamin B-6 mg	0.112		0		4		0.157		
Folate, total µg	3		0		4		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3		0		4		4		
Folate, DFE µg	3		0	NC	4		4		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0		4		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	51		0		4		71		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11523
Taro shoots, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.016		0		1		0.022		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.014		0		1		0.020		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.008		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0		1		0.046		
18:2 undifferentiated....g	0.023		0		1		0.032		
18:3 undifferentiated....g	0.010		0		1		0.014		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11522
Taro shoots, raw
Colocasia esculenta

Refuse: 12% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.82		1		1		41.20	79.53	
Energy kcal	11		0	NC	4		5	9	
Energy kJ	46				4		20	38	
Protein (N x 6.25) g	0.92		0		1		0.40	0.76	
Total lipid (fat) g	0.09		0		1		0.04	0.07	
Ash g	0.85		0		1		0.37	0.71	
Carbohydrate, by difference g	2.32		0	NC	4		1.00	1.93	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	12		1		1		5	10	
Iron, Fe mg	0.60		1		1		0.26	0.50	
Magnesium, Mg mg	8		1		1		3	7	
Phosphorus, P mg	28		1		1		12	23	
Potassium, K mg	332		1		1		143	276	
Sodium, Na mg	1		1		1		0	1	
Zinc, Zn mg	0.51		0		4		0.22	0.42	
Copper, Cu mg	0.088		0		4		0.038	0.073	
Manganese, Mn mg	0.122		0		4		0.052	0.101	
Selenium, Se µg	0.9		0	CAZN	4		0.4	0.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	21.0		0		1		9.0	17.4	
Thiamin mg	0.040		0		1		0.017	0.033	
Riboflavin mg	0.050		0		1		0.022	0.042	
Niacin mg	0.800		0		1		0.344	0.664	
Pantothenic acid mg	0.075		0		4		0.032	0.062	
Vitamin B-6 mg	0.111		0		4		0.048	0.092	
Folate, total µg	3		0		4		1	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		4		1	3	
Folate, DFE µg	3		0	NC	4		1	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0		1		1	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	50		0		1		22	42	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11522
Taro shoots, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.018		0		1		0.008	0.015	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.016		0		1		0.007	0.013	
17:0....g									
18:0....g	0.002		0		1		0.001	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.007		0		1		0.003	0.006	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.003	0.006	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.037		0		1		0.016	0.031	
18:2 undifferentiated....g	0.026		0		1		0.011	0.022	
18:3 undifferentiated....g	0.011		0		1		0.005	0.009	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: .5 cup slices

Measure 2 = 83g: 1 shoot

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11878
Taro, cooked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.80		1		1		84.22		
Energy kcal	142		0	NC	4		187		
Energy kJ	594		0		4		784		
Protein (N x 6.25) g	0.52		1		1		0.69		
Total lipid (fat) g	0.11		1		1		0.15		
Ash g	0.97		1		1		1.28		
Carbohydrate, by difference g	34.60		0	NC	4		45.67		
Fiber, total dietary g	5.1		0	BFZN	4		6.7		
Sugars, total g	0.49		0	BFZN	4		0.65		
Starch g									
Minerals:									
Calcium, Ca mg	18		1		1		24		
Iron, Fe mg	0.72		1		1		0.95		
Magnesium, Mg mg	30		1		1		40		
Phosphorus, P mg	76		1		1		100		
Potassium, K mg	484		1		1		639		
Sodium, Na mg	251		0		4		331		
Zinc, Zn mg	0.27		0		4		0.36		
Copper, Cu mg	0.201		0		4		0.265		
Manganese, Mn mg	0.449		0		4		0.593		
Selenium, Se µg	0.9		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		1		6.6		
Thiamin mg	0.107		0		1		0.141		
Riboflavin mg	0.028		0		1		0.037		
Niacin mg	0.510		0		1		0.673		
Pantothenic acid mg	0.336		0		4		0.444		
Vitamin B-6 mg	0.331		0		4		0.437		
Folate, total µg	19		0		4		25		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19		0		4		25		
Folate, DFE µg	19		0	NC	4		25		
Choline, total mg	21.3		0	BFSN	4		28.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	NC	4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	39		0	BFZN	4		52		
Carotene, alpha µg	0		0	BFZN	4		0		
Cryptoxanthin, beta µg	22		0	BFZN	4		29		
Vitamin A, IU IU	84		0	NC	4		111		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol) mg	2.93		0	BFZN	4		3.87		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.2		0	BFZN	4		1.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11878
Taro, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.030		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.019		0		1		0.025		
17:0....g									
18:0....g	0.003		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.012		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0		1		0.061		
18:2 undifferentiated....g	0.032		0		1		0.042		
18:3 undifferentiated....g	0.014		0		1		0.018		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.011		
Threonine....g	0.024		0		1		0.032		
Isoleucine....g	0.019		0		1		0.025		
Leucine....g	0.038		0		1		0.050		
Lysine....g	0.023		0		1		0.030		
Methionine....g	0.007		0		1		0.009		
Cystine....g	0.011		0		1		0.015		
Phenylalanine....g	0.028		0		1		0.037		
Tyrosine....g	0.019		0		1		0.025		
Valine....g	0.028		0		1		0.037		
Arginine....g	0.036		0		1		0.048		
Histidine....g	0.012		0		1		0.016		
Alanine....g	0.025		0		1		0.033		
Aspartic acid....g	0.066		0		1		0.087		
Glutamic acid....g	0.060		0		1		0.079		
Glycine....g	0.026		0		1		0.034		
Proline....g	0.021		0		1		0.028		
Serine....g	0.032		0		1		0.042		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11878
Taro, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11519
Taro, cooked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.80		1		1		84.22		
Energy kcal	142		0	NC	4		187		
Energy kJ	594		0		4		784		
Protein (N x 6.25) g	0.52		1		1		0.69		
Total lipid (fat) g	0.11		1		1		0.15		
Ash g	0.97		1		1		1.28		
Carbohydrate, by difference g	34.60		0	NC	4		45.67		
Fiber, total dietary g	5.1		0		4		6.7		
Sugars, total g	0.49		0	BFSN	4		0.65		
Starch g									
Minerals:									
Calcium, Ca mg	18		1		1		24		
Iron, Fe mg	0.72		1		1		0.95		
Magnesium, Mg mg	30		1		1		40		
Phosphorus, P mg	76		1		1		100		
Potassium, K mg	484		1		1		639		
Sodium, Na mg	15		1		1		20		
Zinc, Zn mg	0.27		0		4		0.36		
Copper, Cu mg	0.201		0		4		0.265		
Manganese, Mn mg	0.449		0		4		0.593		
Selenium, Se µg	0.9		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		1		6.6		
Thiamin mg	0.107		0		1		0.141		
Riboflavin mg	0.028		0		1		0.037		
Niacin mg	0.510		0		1		0.673		
Pantothenic acid mg	0.336		0		4		0.444		
Vitamin B-6 mg	0.331		0		4		0.437		
Folate, total µg	19		0		4		25		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	19		0		4		25		
Folate, DFE µg	19		0	NC	4		25		
Choline, total mg	21.3		0	BFSN	4		28.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	NC	4		6		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	39		0	BFSY	4		52		
Carotene, alpha µg	0		0	BFSY	4		0		
Cryptoxanthin, beta µg	22		0	BFSY	4		29		
Vitamin A, IU IU	84		0	NC	4		111		
Lycopene µg	0		0	BFSY	4		0		
Lutein + zeaxanthin µg	0		0	BFSY	4		0		
Vitamin E (alpha-tocopherol) mg	2.93		0	BFSN	4		3.87		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.2		0	BFSN	4		1.6		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11519
Taro, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.023		0		1		0.030		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.019		0		1		0.025		
17:0....g									
18:0....g	0.003		0		1		0.004		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.012		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.012		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.046		0		1		0.061		
18:2 undifferentiated....g	0.032		0		1		0.042		
18:3 undifferentiated....g	0.014		0		1		0.018		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.011		
Threonine....g	0.024		0		1		0.032		
Isoleucine....g	0.019		0		1		0.025		
Leucine....g	0.038		0		1		0.050		
Lysine....g	0.023		0		1		0.030		
Methionine....g	0.007		0		1		0.009		
Cystine....g	0.011		0		1		0.015		
Phenylalanine....g	0.028		0		1		0.037		
Tyrosine....g	0.019		0		1		0.025		
Valine....g	0.028		0		1		0.037		
Arginine....g	0.036		0		1		0.048		
Histidine....g	0.012		0		1		0.016		
Alanine....g	0.025		0		1		0.033		
Aspartic acid....g	0.066		0		1		0.087		
Glutamic acid....g	0.060		0		1		0.079		
Glycine....g	0.026		0		1		0.034		
Proline....g	0.021		0		1		0.028		
Serine....g	0.032		0		1		0.042		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11519
Taro, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 cup, sliced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11879
Taro, leaves, cooked, steamed, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.15	3.410	3		1		133.62		
Energy kcal	24		0	NC	4		35		
Energy kJ	100		0	NC	4		145		
Protein (N x 6.25) g	2.72		0		1		3.94		
Total lipid (fat) g	0.41		0		1		0.59		
Ash g	0.83		0	O	4		1.21		
Carbohydrate, by difference g	3.89		0	NC	4		5.64		
Fiber, total dietary g	2.0		0	BFSN	4		2.9		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	86		2		1		125		
Iron, Fe mg	1.18		2		1		1.71		
Magnesium, Mg mg	20	12.017	3		1		29		
Phosphorus, P mg	27		2		1		39		
Potassium, K mg	460	122.746	3		1		667		
Sodium, Na mg	238		0		4		345		
Zinc, Zn mg	0.21		0		4		0.30		
Copper, Cu mg	0.140		0		4		0.203		
Manganese, Mn mg	0.371		0		4		0.538		
Selenium, Se µg	0.9		0	CAZN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	35.5		0		1		51.5		
Thiamin mg	0.139		0		1		0.202		
Riboflavin mg	0.380		0		1		0.551		
Niacin mg	1.267		0		1		1.837		
Pantothenic acid mg	0.044		0		4		0.064		
Vitamin B-6 mg	0.072		0		4		0.104		
Folate, total µg	48		0		4		70		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	48		0		4		70		
Folate, DFE µg	48		0	NC	4		70		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	212		0		1		307		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	4238		0		1		6145		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11879

Taro, leaves, cooked, steamed, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.083		0		1		0.120		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.072		0		1		0.104		
17:0....g									
18:0....g	0.011		0		1		0.016		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.033		0		1		0.048		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.033		0		1		0.048		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.168		0		1		0.244		
18:2 undifferentiated....g	0.117		0		1		0.170		
18:3 undifferentiated....g	0.051		0		1		0.074		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		0		1		0.038		
Threonine....g	0.091		0		1		0.132		
Isoleucine....g	0.142		0		1		0.206		
Leucine....g	0.214		0		1		0.310		
Lysine....g	0.134		0		1		0.194		
Methionine....g	0.043		0		1		0.062		
Cystine....g	0.035		0		1		0.051		
Phenylalanine....g	0.107		0		1		0.155		
Tyrosine....g	0.097		0		1		0.141		
Valine....g	0.140		0		1		0.203		
Arginine....g	0.120		0		1		0.174		
Histidine....g	0.062		0		1		0.090		
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11879
Taro, leaves, cooked, steamed, with salt

Common Measures:
Measure 1 = 145g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11518
Taro, raw
Colocasia esculenta

Refuse: 14% Ends and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.64	4.587	8		1		73.47		
Energy kcal	112		0	NC	4		116		
Energy kJ	469		0		4		487		
Protein (N x 6.25) g	1.50		2		1		1.56		
Total lipid (fat) g	0.20		2		1		0.21		
Ash g	1.20		0		1		1.25		
Carbohydrate, by difference g	26.46		0	NC	4		27.52		
Fiber, total dietary g	4.1		0		4		4.3		
Sugars, total g	0.40		0	O	4		0.42		
Starch g									
Minerals:									
Calcium, Ca mg	43		2		1		45		
Iron, Fe mg	0.55		2		1		0.57		
Magnesium, Mg mg	33	6.583	3		1		34		
Phosphorus, P mg	84		2		1		87		
Potassium, K mg	591	47.946	5		1		615		
Sodium, Na mg	11	3.098	8		1		11		
Zinc, Zn mg	0.23		0		4		0.24		
Copper, Cu mg	0.172		0		4		0.179		
Manganese, Mn mg	0.383		0		4		0.398		
Selenium, Se µg	0.7		0	CAZN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	4.5		2		1		4.7		
Thiamin mg	0.095		2		1		0.099		
Riboflavin mg	0.025		2		1		0.026		
Niacin mg	0.600		2		1		0.624		
Pantothenic acid mg	0.303		0		4		0.315		
Vitamin B-6 mg	0.283		0		4		0.294		
Folate, total µg	22		0		4		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	22		0		4		23		
Folate, DFE µg	22		0	NC	4		23		
Choline, total mg	17.3		0	BFSN	4		18.0		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0	NC	4		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	35		0	T	4		37		
Carotene, alpha µg	0		0	T	4		0		
Cryptoxanthin, beta µg	20		0	T	4		21		
Vitamin A, IU IU	76		0	NC	4		79		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	2.38		0	O	4		2.48		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	1.0		0	O	4		1.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11518
Taro, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.041		0		1		0.043		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.035		0		1		0.036		
17:0....g									
18:0....g	0.006		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.017		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.017		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.083		0		1		0.086		
18:2 undifferentiated....g	0.058		0		1		0.060		
18:3 undifferentiated....g	0.025		0		1		0.026		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	19		0		1		20		
Amino Acids:									
Tryptophan....g	0.023		8		1		0.024		
Threonine....g	0.069		9		1		0.072		
Isoleucine....g	0.054		9		1		0.056		
Leucine....g	0.111		9		1		0.115		
Lysine....g	0.067		11		1		0.070		
Methionine....g	0.020		11		1		0.021		
Cystine....g	0.032		4		1		0.033		
Phenylalanine....g	0.082		9		1		0.085		
Tyrosine....g	0.055		9		1		0.057		
Valine....g	0.082		9		1		0.085		
Arginine....g	0.103		9		1		0.107		
Histidine....g	0.034		9		1		0.035		
Alanine....g	0.073		8		1		0.076		
Aspartic acid....g	0.192		8		1		0.200		
Glutamic acid....g	0.174		8		1		0.181		
Glycine....g	0.074		8		1		0.077		
Proline....g	0.060		8		1		0.062		
Serine....g	0.092		8		1		0.096		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11518
Taro, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 104g: 1 cup, sliced

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11880
Taro, shoots, cooked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.30		1		1		133.42		
Energy kcal	14		0	NC	4		19		
Energy kJ	58		0	NC	4		81		
Protein (N x 6.25) g	0.73		1		1		1.02		
Total lipid (fat) g	0.08		1		1		0.11		
Ash g	0.70		1		1		0.98		
Carbohydrate, by difference g	3.19		0	NC	4		4.47		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	14		1		1		20		
Iron, Fe mg	0.41		1		1		0.57		
Magnesium, Mg mg	8		1		1		11		
Phosphorus, P mg	26		1		1		36		
Potassium, K mg	344		1		1		482		
Sodium, Na mg	238		0		4		333		
Zinc, Zn mg	0.54		0		4		0.76		
Copper, Cu mg	0.094		0		4		0.132		
Manganese, Mn mg	0.130		0		4		0.182		
Selenium, Se µg	1.0		0	BFSN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.9		0		4		26.5		
Thiamin mg	0.038		0		4		0.053		
Riboflavin mg	0.053		0		4		0.074		
Niacin mg	0.810		0		4		1.134		
Pantothenic acid mg	0.076		0		4		0.106		
Vitamin B-6 mg	0.112		0		4		0.157		
Folate, total µg	3		0		4		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	3		0		4		4		
Folate, DFE µg	3		0	NC	4		4		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0		4		4		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	51		0		4		71		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11880
Taro, shoots, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.016		0		1		0.022		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.014		0		1		0.020		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.008		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.008		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.033		0		1		0.046		
18:2 undifferentiated....g	0.023		0		1		0.032		
18:3 undifferentiated....g	0.010		0		1		0.014		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup slices

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11881
Taro, tahitian, cooked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.46		1		1		118.45		
Energy kcal	44		0	NC	4		60		
Energy kJ	182		0	NC	4		250		
Protein (N x 6.25) g	4.16		1		1		5.70		
Total lipid (fat) g	0.68		1		1		0.93		
Ash g	1.85		1		1		2.53		
Carbohydrate, by difference g	6.85		0	NC	4		9.38		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	149		1		1		204		
Iron, Fe mg	1.56		1		1		2.14		
Magnesium, Mg mg	51		1		1		70		
Phosphorus, P mg	67		1		1		92		
Potassium, K mg	623		1		1		854		
Sodium, Na mg	290		0		4		397		
Zinc, Zn mg	0.10		0		4		0.14		
Copper, Cu mg	0.076		0		4		0.104		
Manganese, Mn mg	0.168		0		4		0.230		
Selenium, Se µg	0.8		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	38.0		0		1		52.1		
Thiamin mg	0.044		0		1		0.060		
Riboflavin mg	0.198		0		1		0.271		
Niacin mg	0.480		0		1		0.658		
Pantothenic acid mg	0.126		0		4		0.173		
Vitamin B-6 mg	0.117		0		4		0.160		
Folate, total µg	7		0		4		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0		4		10		
Folate, DFE µg	7		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	88		0		1		121		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1764		0		1		2417		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11881
Taro, tahitian, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.139		0		1		0.190		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.120		0		1		0.164		
17:0....g									
18:0....g	0.019		0		1		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.055		0		1		0.075		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.055		0		1		0.075		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0		1		0.386		
18:2 undifferentiated....g	0.196		0		1		0.269		
18:3 undifferentiated....g	0.085		0		1		0.116		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11526
Taro, tahitian, cooked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.46		1		1		118.45		
Energy kcal	44		0	NC	4		60		
Energy kJ	184				4		252		
Protein (N x 6.25) g	4.16		1		1		5.70		
Total lipid (fat) g	0.68		1		1		0.93		
Ash g	1.85		1		1		2.53		
Carbohydrate, by difference g	6.85		0	NC	4		9.38		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	149		1		1		204		
Iron, Fe mg	1.56		1		1		2.14		
Magnesium, Mg mg	51		1		1		70		
Phosphorus, P mg	67		1		1		92		
Potassium, K mg	623		1		1		854		
Sodium, Na mg	54		1		1		74		
Zinc, Zn mg	0.10		0		4		0.14		
Copper, Cu mg	0.076		0		4		0.104		
Manganese, Mn mg	0.168		0		4		0.230		
Selenium, Se µg	0.8		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	38.0		0		1		52.1		
Thiamin mg	0.044		0		1		0.060		
Riboflavin mg	0.198		0		1		0.271		
Niacin mg	0.480		0		1		0.658		
Pantothenic acid mg	0.126		0		4		0.173		
Vitamin B-6 mg	0.117		0		4		0.160		
Folate, total µg	7		0		4		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0		4		10		
Folate, DFE µg	7		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	88		0		1		121		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1764		0		1		2417		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11526
Taro, tahitian, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.139		0		1		0.190		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.120		0		1		0.164		
17:0....g									
18:0....g	0.019		0		1		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.055		0		1		0.075		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.055		0		1		0.075		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.282		0		1		0.386		
18:2 undifferentiated....g	0.196		0		1		0.269		
18:3 undifferentiated....g	0.085		0		1		0.116		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11525
Taro, tahitian, raw
Colocasia esculenta

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.96		1		1		109.95		
Energy kcal	44		0	NC	4		55		
Energy kJ	184				4		230		
Protein (N x 6.25) g	2.79		0		1		3.49		
Total lipid (fat) g	0.97		0		1		1.21		
Ash g	1.38		0		1		1.73		
Carbohydrate, by difference g	6.91		0	NC	4		8.64		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	129		0		1		161		
Iron, Fe mg	1.30		0		1		1.63		
Magnesium, Mg mg	47		1		1		59		
Phosphorus, P mg	45		0		1		56		
Potassium, K mg	606		1		1		758		
Sodium, Na mg	50		1		1		63		
Zinc, Zn mg	0.09		0		4		0.11		
Copper, Cu mg	0.071		0		4		0.089		
Manganese, Mn mg	0.157		0		4		0.196		
Selenium, Se µg	0.7		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	96.0		0		1		120.0		
Thiamin mg	0.062		0		1		0.078		
Riboflavin mg	0.244		0		1		0.305		
Niacin mg	0.995		0		1		1.244		
Pantothenic acid mg	0.124		0		4		0.155		
Vitamin B-6 mg	0.116		0		4		0.145		
Folate, total µg	9		0		4		11		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		11		
Folate, DFE µg	9		0	NC	4		11		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	102		0		1		128		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	2045		0		1		2556		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11525
Taro, tahitian, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.197		0		1		0.246		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.171		0		1		0.214		
17:0....g									
18:0....g	0.027		0		1		0.034		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.078		0		1		0.098		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.078		0		1		0.098		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.400		0		1		0.500		
18:2 undifferentiated....g	0.279		0		1		0.349		
18:3 undifferentiated....g	0.121		0		1		0.151		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 125g: 1 cup slices

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11954
Tomatillos, raw
Physalis philadelphica

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.63		2		1		31.15	60.48	
Energy kcal	32		0	NC	4		11	21	
Energy kJ	133		0	NC	4		45	88	
Protein (N x 6.25) g	0.96		2		1		0.33	0.63	
Total lipid (fat) g	1.02		2		1		0.35	0.67	
Ash g	0.55		2		1		0.19	0.36	
Carbohydrate, by difference g	5.84		0	NC	4		1.99	3.85	
Fiber, total dietary g	1.9		0		1		0.6	1.3	
Sugars, total g	3.93		0	O	4		1.34	2.59	
Starch g									
Minerals:									
Calcium, Ca mg	7		2		1		2	5	
Iron, Fe mg	0.62		1		1		0.21	0.41	
Magnesium, Mg mg	20		2		1		7	13	
Phosphorus, P mg	39		2		1		13	26	
Potassium, K mg	268		2		1		91	177	
Sodium, Na mg	1		2		1		0	1	
Zinc, Zn mg	0.22		2		1		0.07	0.15	
Copper, Cu mg	0.079		2		1		0.027	0.052	
Manganese, Mn mg	0.153		2		1		0.052	0.101	
Selenium, Se µg	0.5		0	BFSN	4		0.2	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.7		2		1		4.0	7.7	
Thiamin mg	0.044		2		1		0.015	0.029	
Riboflavin mg	0.035		2		1		0.012	0.023	
Niacin mg	1.850		2		1		0.629	1.221	
Pantothenic acid mg	0.150		2		1		0.051	0.099	
Vitamin B-6 mg	0.056		2		1		0.019	0.037	
Folate, total µg	7		2		1		2	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		2		1		2	5	
Folate, DFE µg	7		0	NC	4		2	5	
Choline, total mg	7.6		0	BFSN	4		2.6	5.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		2	4	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	63		0	BNA	4		22	42	
Carotene, alpha µg	10		0	BNA	4		3	7	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	114		0	NC	4		39	75	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	467		0	BFSN	4		159	309	
Vitamin E (alpha-tocopherol) mg	0.38		0	O	4		0.13	0.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	10.1		0	BFSN	4		3.4	6.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11954
Tomatillos, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.139		0		1		0.047	0.092	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.102		0		4		0.035	0.067	
17:0....g									
18:0....g	0.040		0		4		0.014	0.026	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.155		0		1		0.053	0.102	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.006		0		4		0.002	0.004	
17:1....g									
18:1 undifferentiated....g	0.152		0		4		0.052	0.100	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.417		0		1		0.142	0.275	
18:2 undifferentiated....g	0.402		0		4		0.137	0.265	
18:3 undifferentiated....g	0.016		0		4		0.005	0.011	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 medium

Measure 2 = 66g: .5 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43365
Tomato and vegetable juice, low sodium

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.50		1		1		226.27	28.24	
Energy kcal	22		0	NC	4		52	7	
Energy kJ	91		0	NC	4		220	27	
Protein g	0.60		1		1		1.45	0.18	
Total lipid (fat) g	0.10		1		1		0.24	0.03	
Ash g	1.21		0	BFSN	4		2.93	0.37	
Carbohydrate, by difference g	4.59		0	NC	4		11.11	1.39	
Fiber, total dietary g	0.8		0		4		1.9	0.2	
Sugars, total g	3.28		0	MC	9		7.94	0.99	
Starch g									
Minerals:									
Calcium, Ca mg	11		1		1		27	3	
Iron, Fe mg	0.42		1		1		1.02	0.13	
Magnesium, Mg mg	11		1		1		27	3	
Phosphorus, P mg	17		1		1		41	5	
Potassium, K mg	193		1		1		467	58	
Sodium, Na mg	58		0	MC	9		140	18	
Zinc, Zn mg	0.20		1		1		0.48	0.06	
Copper, Cu mg	0.200		1		1		0.484	0.060	
Manganese, Mn mg									
Selenium, Se µg	0.5		0	BFSN	4		1.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	27.7		1		1		67.0	8.4	
Thiamin mg	0.040		1		1		0.097	0.012	
Riboflavin mg	0.030		1		1		0.073	0.009	
Niacin mg	0.730		1		1		1.767	0.220	
Pantothenic acid mg									
Vitamin B-6 mg	0.140		1		1		0.339	0.042	
Folate, total µg	21		0		4		51	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		4		51	6	
Folate, DFE µg	21		0	NC	4		51	6	
Choline, total mg	7.2		0	BFZN	4		17.4	2.2	
Betaine mg									
Vitamin B-12 µg	0.00		0		7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	78		0	NC	4		189	24	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	830		0	BFZN	4		2009	251	
Carotene, alpha µg	210		0	BFZN	4		508	63	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	1558		0	NC	4		3771	471	
Lycopene µg	9660		0	BFZN	4		23377	2917	
Lutein + zeaxanthin µg	80		0	BFZN	4		194	24	
Vitamin E (alpha-tocopherol) mg	0.32		1	O	4		0.77	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	5.3		0	BFZN	4		12.8	1.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43365
Tomato and vegetable juice, low sodium

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.014		0		4		0.034	0.004	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.010		0		4		0.024	0.003	
17:0....g									
18:0....g	0.003		0		4		0.007	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		4		0.039	0.005	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.016		0		4		0.039	0.005	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		4		0.102	0.013	
18:2 undifferentiated....g	0.040		0		4		0.097	0.012	
18:3 undifferentiated....g	0.001		0		4		0.002	0.000	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0		7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 242g: 1 cup

Measure 2 = 30.2g: 1 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11540
Tomato juice, canned, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.24	0.197	12	A	1		229.01	171.52	
Energy kcal	17		0	NC	4		42	31	
Energy kJ	72		0	NC	4		175	131	
Protein (N x 6.25) g	0.85	0.065	12	A	1		2.07	1.55	
Total lipid (fat) g	0.29	0.038	12	A	1		0.72	0.54	
Ash g	1.09	0.018	12	A	1		2.64	1.98	
Carbohydrate, by difference g	3.53		0	NC	4		8.57	6.42	
Fiber, total dietary g	0.4		2		1		1.0	0.7	
Sugars, total g	2.58	0.053	6	A	1		6.28	4.70	
Sucrose g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose) g	1.25	0.037	6	A	1		3.04	2.28	
Fructose g	1.33	0.013	6	A	1		3.23	2.42	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	0.00	0.000	6	A	1		0.00	0.00	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	10	0.709	12	A	1		25	18	
Iron, Fe mg	0.39	0.050	12	A	1		0.95	0.71	
Magnesium, Mg mg	11	0.374	12	A	1		26	19	
Phosphorus, P mg	19	0.488	12	A	1		45	34	
Potassium, K mg	217	8.005	12	A	1		527	395	
Sodium, Na mg	253	4.082	12	A	1		615	460	
Zinc, Zn mg	0.11	0.006	12	A	1		0.27	0.20	
Copper, Cu mg	0.042	0.002	12	A	1		0.102	0.076	
Manganese, Mn mg	0.068	0.002	12	A	1		0.164	0.123	
Selenium, Se µg	0.5	0.110	7	A	1		1.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	70.1	3.033	3	A	1		170.4	127.6	
Thiamin mg	0.100	0.012	3	A	1		0.243	0.182	
Riboflavin mg	0.078	0.003	3	A	1		0.189	0.141	
Niacin mg	0.673	0.019	3	A	1		1.636	1.225	
Pantothenic acid mg									
Vitamin B-6 mg	0.070	0.006	3	A	1		0.170	0.127	
Folate, total µg	20	0.640	3		1		48	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	20	0.640	3		1		48	36	
Folate, DFE µg	20		0	NC	4		48	36	
Choline, total mg	6.8		0	BFSN	4		16.5	12.3	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	23		0	AS	1		55	41	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	270		6	A	1		656	491	
Carotene, alpha µg	0		6	A	1		0	0	
Cryptoxanthin, beta µg	0		6	A	1		0	0	
Vitamin A, IU IU	450		0	AS	1		1094	819	
Lycopene µg	9037		18	A	1		21960	16448	
Lutein + zeaxanthin µg	60		6	A	1		146	109	
Vitamin E (alpha-tocopherol) mg	0.32	0.011	6	A	1		0.77	0.58	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		6	A	1		0.02	0.01	
Tocopherol, gamma mg	0.02	0.003	6	A	1		0.04	0.03	
Tocopherol, delta mg	0.00		6	A	1		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11540
Tomato juice, canned, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.3		1		1		5.6	4.2	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.019		0	NC	4		0.047	0.035	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.000	0.000	3	A	1		0.000	0.000	
12:0....g	0.000	0.000	3	A	1		0.000	0.000	
13:0....g									
14:0....g	0.001	0.000	3	A	1		0.003	0.002	
15:0....g	0.001	0.000	3	A	1		0.002	0.002	
16:0....g	0.014	0.001	3	A	1		0.033	0.025	
17:0....g	0.000	0.000	3	A	1		0.000	0.000	
18:0....g	0.003	0.000	3	A	1		0.008	0.006	
20:0....g	0.000	0.000	3	A	1		0.000	0.000	
22:0....g	0.000	0.000	3	A	1		0.000	0.000	
24:0....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.011	0.008	
14:1....g	0.000	0.000	3	A	1		0.000	0.000	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
16:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
17:1....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated....g	0.005	0.000	3	AS	1		0.011	0.008	
18:1 c....g	0.005	0.000	3	A	1		0.011	0.008	
18:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.027		0	NC	4		0.066	0.050	
18:2 undifferentiated....g	0.022	0.001	3	AS	1		0.053	0.040	
18:2 n-6 c,c....g	0.022	0.001	3	A	1		0.053	0.040	
18:2 CLAs....g	0.000	0.000	3	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	3	A	1		0.000	0.000	
18:3 undifferentiated....g	0.005	0.001	3	AS	1		0.013	0.010	
18:3 n-3 c,c,c (ALA)....g	0.005	0.001	3	A	1		0.013	0.010	
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	

NDB No. 11540
Tomato juice, canned, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: 6 fl oz

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11886
Tomato juice, canned, without salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.24	0.197	12	A	1		229.01	28.65	171.52
Energy kcal	17		0	NC	4		42	5	31
Energy kJ	72		0	NC	4		175	22	131
Protein (N x 6.25) g	0.85	0.065	12	A	1		2.07	0.26	1.55
Total lipid (fat) g	0.29	0.038	12	A	1		0.72	0.09	0.54
Ash g	1.09	0.018	12	A	1		2.64	0.33	1.98
Carbohydrate, by difference g	3.53		0	NC	4		8.57	1.07	6.42
Fiber, total dietary g	0.4		2		1		1.0	0.1	0.7
Sugars, total g	2.58	0.053	6	A	1		6.28	0.79	4.70
Sucrose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.25	0.037	6	A	1		3.04	0.38	2.28
Fructose g	1.33	0.013	6	A	1		3.23	0.40	2.42
Lactose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	6	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	10	0.709	12	A	1		25	3	18
Iron, Fe mg	0.39	0.050	12	A	1		0.95	0.12	0.71
Magnesium, Mg mg	11	0.374	12	A	1		26	3	19
Phosphorus, P mg	19	0.488	12	A	1		45	6	34
Potassium, K mg	217	8.005	12	A	1		527	66	395
Sodium, Na mg	10		0		1		24	3	18
Zinc, Zn mg	0.11	0.006	12	A	1		0.27	0.03	0.20
Copper, Cu mg	0.042	0.002	12	A	1		0.102	0.013	0.076
Manganese, Mn mg	0.068	0.002	12	A	1		0.164	0.021	0.123
Selenium, Se µg	0.5	0.110	7	A	1		1.2	0.2	0.9
Vitamins:									
Vitamin C, total ascorbic acid mg	70.1	3.033	3	A	1		170.4	21.3	127.6
Thiamin mg	0.100	0.012	3	A	1		0.243	0.030	0.182
Riboflavin mg	0.078	0.003	3	A	1		0.189	0.024	0.141
Niacin mg	0.673	0.019	3	A	1		1.636	0.205	1.225
Pantothenic acid mg									
Vitamin B-6 mg	0.070	0.006	3	A	1		0.170	0.021	0.127
Folate, total µg	20	0.640	3		1		48	6	36
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	20	0.640	3		1		48	6	36
Folate, DFE µg	20		0	NC	4		48	6	36
Choline, total mg	6.8		0	BFSN	4		16.5	2.1	12.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	23		0	AS	1		55	7	41
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	270		6	A	1		656	82	491
Carotene, alpha µg	0		6	A	1		0	0	0
Cryptoxanthin, beta µg	0		6	A	1		0	0	0
Vitamin A, IU IU	450		0	AS	1		1094	137	819
Lycopene µg	9037		18	A	1		21960	2747	16448
Lutein + zeaxanthin µg	60		6	A	1		146	18	109
Vitamin E (alpha-tocopherol) mg	0.32	0.011	6	A	1		0.77	0.10	0.58
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01		6	A	1		0.02	0.00	0.01
Tocopherol, gamma mg	0.02	0.003	6	A	1		0.04	0.01	0.03
Tocopherol, delta mg	0.00		6	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11886
Tomato juice, canned, without salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.3		1	A	1		5.6	0.7	4.2
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.019		0	NC	4		0.047	0.006	0.035
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.001	0.000	3	A	1		0.003	0.000	0.002
15:0....g	0.001	0.000	3	A	1		0.002	0.000	0.002
16:0....g	0.014	0.001	3	A	1		0.033	0.004	0.025
17:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0....g	0.003	0.000	3	A	1		0.008	0.001	0.006
20:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.005		0	NC	4		0.011	0.001	0.008
14:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
16:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.005	0.000	3	AS	1		0.011	0.001	0.008
18:1 c....g	0.005	0.000	3	A	1		0.011	0.001	0.008
18:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.027		0	NC	4		0.066	0.008	0.050
18:2 undifferentiated....g	0.022	0.001	3	AS	1		0.053	0.007	0.040
18:2 n-6 c,c....g	0.022	0.001	3	A	1		0.053	0.007	0.040
18:2 CLAs....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.005	0.001	3	AS	1		0.013	0.002	0.010
18:3 n-3 c,c,c (ALA)....g	0.005	0.001	3	A	1		0.013	0.002	0.010
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.000
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-6....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	NC	4		0.000	0.000	0.000

NDB No. 11886
Tomato juice, canned, without salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.006		0	A	1		0.015	0.002	0.011
Threonine....g	0.026		0	A	1		0.064	0.008	0.048
Isoleucine....g	0.017		0	A	1		0.042	0.005	0.032
Leucine....g	0.024		0	A	1		0.059	0.007	0.044
Lysine....g	0.026		0	A	1		0.064	0.008	0.048
Methionine....g	0.005		0	A	1		0.013	0.002	0.010
Cystine....g	0.009		0	A	1		0.022	0.003	0.016
Phenylalanine....g	0.026		0	A	1		0.062	0.008	0.047
Tyrosine....g	0.013		0	A	1		0.032	0.004	0.024
Valine....g	0.017		0	A	1		0.042	0.005	0.032
Arginine....g	0.020		0	A	1		0.049	0.006	0.037
Histidine....g	0.014		0	A	1		0.034	0.004	0.025
Alanine....g	0.026		0	A	1		0.064	0.008	0.048
Aspartic acid....g	0.130		0	A	1		0.316	0.040	0.237
Glutamic acid....g	0.416		0	A	1		1.010	0.126	0.757
Glycine....g	0.019		0	A	1		0.046	0.006	0.034
Proline....g	0.015		0	A	1		0.036	0.004	0.027
Serine....g	0.025		0	A	1		0.061	0.008	0.045
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 30.4g: 1 fl oz

Measure 3 = 182g: 6 fl oz

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11548
Tomato powder

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	3.06		1		1				
Energy kcal	302		0	NC	4				
Energy kJ	1263		0	NC	4				
Protein (N x 6.25) g	12.91		1		1				
Total lipid (fat) g	0.44		1		1				
Ash g	8.91		1		1				
Carbohydrate, by difference g	74.68		0	NC	4				
Fiber, total dietary g	16.5		0		4				
Sugars, total g	43.90		0	BFSN	4				
Starch g									
Minerals:									
Calcium, Ca mg	166		1		1				
Iron, Fe mg	4.56		1		1				
Magnesium, Mg mg	178		0		1				
Phosphorus, P mg	295		1		1				
Potassium, K mg	1927		1		1				
Sodium, Na mg	134		0		1				
Zinc, Zn mg	1.71		0		1				
Copper, Cu mg	1.241		0		1				
Manganese, Mn mg	1.951		0		1				
Selenium, Se µg	5.3		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	116.7		1		1				
Thiamin mg	0.913		0		1				
Riboflavin mg	0.761		0		1				
Niacin mg	9.133		0		1				
Pantothenic acid mg	3.760		0		1				
Vitamin B-6 mg	0.457		0		1				
Folate, total µg	120		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	120		0		1				
Folate, DFE µg	120		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin B-12, added µg	0.00		0	Z	7				
Vitamin A, RAE µg	862		0	NC	4				
Retinol µg	0		0	BNA	4				
Carotene, beta µg	10348		0	BNA	4				
Carotene, alpha µg	0		0	BNA	4				
Cryptoxanthin, beta µg	0		0	BNA	4				
Vitamin A, IU IU	17247		0	NC	4				
Lycopene µg	46260		0	BFSN	4				
Lutein + zeaxanthin µg	1370		0	BFSN	4				
Vitamin E (alpha-tocopherol) mg	12.25		0	BFSN	4				
Vitamin E, added mg	0.00		0	Z	7				
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg	48.8		0	BFSN	4				
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11548
Tomato powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.062		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1				
15:0....g									
16:0....g	0.044		0		1				
17:0....g									
18:0....g	0.016		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.066		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1				
17:1....g									
18:1 undifferentiated....g	0.065		0		1				
20:1....g	0.001		0		1				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.179		0		1				
18:2 undifferentiated....g	0.171		0		1				
18:3 undifferentiated....g	0.007		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.089		0		1				
Threonine....g	0.295		0		1				
Isoleucine....g	0.250		0		1				
Leucine....g	0.359		0		1				
Lysine....g	0.370		0		1				
Methionine....g	0.066		0		1				
Cystine....g	0.076		0		1				
Phenylalanine....g	0.273		0		1				
Tyrosine....g	0.173		0		1				
Valine....g	0.264		0		1				
Arginine....g	0.258		0		1				
Histidine....g	0.204		0		1				
Alanine....g	0.405		0		1				
Aspartic acid....g	1.617		0		1				
Glutamic acid....g	5.163		0		1				
Glycine....g	0.213		0		1				
Proline....g	0.283		0		1				
Serine....g	0.308		0		1				
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg									

NDB No. 11548
Tomato powder

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11546
Tomato products, canned, paste, without salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.50	0.255	46	JO	11		48.51	192.58	11.76
Energy kcal	82		0	NC	4		54	215	13
Energy kJ	343		0	NC	4		226	898	55
Protein (N x 6.25) g	4.32	0.066	33	JO	11		2.85	11.33	0.69
Total lipid (fat) g	0.47	0.017	33	JA	6		0.31	1.22	0.07
Ash g	2.80	0.065	33	JA	6		1.85	7.33	0.45
Carbohydrate, by difference g	18.91		0	NC	4		12.48	49.55	3.03
Fiber, total dietary g	4.1	0.083	31	JA	6		2.7	10.8	0.7
Sugars, total g	12.18		0	AS	1		8.04	31.92	1.95
Sucrose g	0.30	0.015	3	A	1		0.20	0.78	0.05
Glucose (dextrose) g	5.75	0.109	3	A	1		3.80	15.08	0.92
Fructose g	5.85	0.076	3	A	1		3.86	15.32	0.94
Lactose g	0.00		0	Z	7		0.00	0.00	0.00
Maltose g	0.28		1	A	1		0.19	0.74	0.04
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g	0.22	0.035	3	A	1		0.15	0.58	0.04
Minerals:									
Calcium, Ca mg	36	1.620	30	JA	6		24	94	6
Iron, Fe mg	2.98	0.314	32	JA	6		1.97	7.81	0.48
Magnesium, Mg mg	42	2.242	6	A	1		28	110	7
Phosphorus, P mg	83	2.875	6	A	1		55	218	13
Potassium, K mg	1014	15.200	16	JA	6		669	2656	162
Sodium, Na mg	59		0	LC	8		39	155	9
Zinc, Zn mg	0.63	0.042	6	A	1		0.41	1.64	0.10
Copper, Cu mg	0.365	0.047	5	A	1		0.241	0.957	0.058
Manganese, Mn mg	0.302	0.012	6	A	1		0.200	0.792	0.048
Selenium, Se µg	5.3	0.882	3	A	1		3.5	14.0	0.9
Vitamins:									
Vitamin C, total ascorbic acid mg	21.9	1.567	41	JA	6		14.4	57.3	3.5
Thiamin mg	0.060	0.007	6	A	1		0.039	0.156	0.010
Riboflavin mg	0.153	0.003	6	A	1		0.101	0.402	0.025
Niacin mg	3.076	0.055	6	A	1		2.030	8.058	0.492
Pantothenic acid mg	0.142		2	A	1		0.094	0.372	0.023
Vitamin B-6 mg	0.216	0.010	6	A	1		0.143	0.566	0.035
Folate, total µg	12	0.344	6	A	1		8	31	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	12	0.344	6	A	1		8	31	2
Folate, DFE µg	12		0	NC	4		8	31	2
Choline, total mg	38.5		0	AS	1		25.4	101.0	6.2
Betaine mg	0.4		1	A	1		0.2	1.0	0.1
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	76		0	NC	4		50	200	12
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	901	45.881	9	JO	11		594	2359	144
Carotene, alpha µg	29	28.571	7	JO	11		19	75	5
Cryptoxanthin, beta µg	0	0.000	6	JO	11		0	0	0
Vitamin A, IU IU	1525		0	NC	4		1006	3995	244
Lycopene µg	28764	556.449	13	JO	11		18984	75362	4602
Lutein + zeaxanthin µg	0	0.000	6	JO	11		0	0	0
Vitamin E (alpha-tocopherol) mg	4.30		2	A	1		2.84	11.27	0.69
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.52		2	A	1		0.34	1.36	0.08
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11546

Tomato products, canned, paste, without salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	11.4	1.033	3	A	1		7.5	30.0	1.8
Dihydrophylloquinone....µg	0.0		2	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.100		0	NC	4		0.066	0.262	0.016
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.001		0	BFFN	4		0.001	0.002	0.000
15:0....g									
16:0....g	0.083		2	A	1		0.055	0.218	0.013
17:0....g									
18:0....g	0.016		0	BFFN	4		0.011	0.042	0.003
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.067		0	NC	4		0.044	0.175	0.011
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.001	0.004	0.000
17:1....g									
18:1 undifferentiated....g	0.064		0	BFFN	4		0.043	0.169	0.010
20:1....g	0.001		0	BFFN	4		0.001	0.002	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0	NC	4		0.105	0.418	0.026
18:2 undifferentiated....g	0.152	0.010	3	A	1		0.101	0.399	0.024
18:3 undifferentiated....g	0.007		0	BFFN	4		0.005	0.019	0.001
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.031		0	JO	11		0.021	0.082	0.005
Threonine....g	0.133		0	JO	11		0.088	0.350	0.021
Isoleucine....g	0.089		0	JO	11		0.058	0.232	0.014
Leucine....g	0.124		0	JO	11		0.082	0.324	0.020
Lysine....g	0.134		0	JO	11		0.089	0.352	0.022
Methionine....g	0.027		0	JO	11		0.018	0.072	0.004
Cystine....g	0.046		0	JO	11		0.030	0.120	0.007
Phenylalanine....g	0.130		0	JO	11		0.086	0.341	0.021
Tyrosine....g	0.066		0	JO	11		0.044	0.173	0.011
Valine....g	0.088		0	JO	11		0.058	0.232	0.014
Arginine....g	0.102		0	JO	11		0.067	0.267	0.016
Histidine....g	0.071		0	JO	11		0.047	0.186	0.011
Alanine....g	0.133		0	JO	11		0.088	0.348	0.021
Aspartic acid....g	0.661		0	JO	11		0.436	1.731	0.106
Glutamic acid....g	2.110		0	JO	11		1.393	5.529	0.338

NDB No. 11546
Tomato products, canned, paste, without salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.095		0	JO	11		0.063	0.249	0.015
Proline....g	0.075		0	JO	11		0.049	0.196	0.012
Serine....g	0.126		0	JO	11		0.083	0.331	0.020
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 66g: .25 cup

Measure 2 = 262g: 1 cup

Measure 3 = 16g: 1 tbsp

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11888
Tomato products, canned, puree, with salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.88	0.278	48	JA	6		219.71	722.40	
Energy kcal	38		0	NC	4		95	311	
Energy kJ	158		0	NC	4		395	1299	
Protein (N x 6.25) g	1.65	0.068	36	JO	11		4.11	13.53	
Total lipid (fat) g	0.21	0.027	36	JA	6		0.52	1.72	
Ash g	1.28	0.050	36	JA	6		3.21	10.54	
Carbohydrate, by difference g	8.98		0	NC	4		22.45	73.81	
Fiber, total dietary g	1.9	0.060	33	JA	6		4.8	15.8	
Sugars, total g	4.83		0	NC	4		12.07	39.70	
Sucrose g	0.00		0	BFSN	4		0.00	0.00	
Glucose (dextrose) g	2.45	0.055	3	A	1		6.13	20.14	
Fructose g	2.38	0.054	3	A	1		5.95	19.56	
Lactose g	0.00		0	BFSN	4		0.00	0.00	
Maltose g	0.00		0	BFSN	4		0.00	0.00	
Galactose g	0.00		0	BFSN	4		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18	0.788	36	JA	6		46	151	
Iron, Fe mg	1.78	0.174	35	JA	6		4.44	14.61	
Magnesium, Mg mg	23	0.614	6	A	1		57	187	
Phosphorus, P mg	40	0.770	6	A	1		101	333	
Potassium, K mg	439	15.821	27	JA	6		1098	3609	
Sodium, Na mg	202		1	LC	8		504	1657	
Zinc, Zn mg	0.36	0.010	6	A	1		0.91	2.99	
Copper, Cu mg	0.287	0.037	6	A	1		0.718	2.359	
Manganese, Mn mg	0.169	0.012	6	A	1		0.423	1.390	
Selenium, Se µg	0.7		0	BFSN	4		1.8	5.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.6	0.741	48	JA	6		26.6	87.5	
Thiamin mg	0.025	0.001	6	A	1		0.063	0.207	
Riboflavin mg	0.080	0.002	6	A	1		0.200	0.656	
Niacin mg	1.466	0.034	6	A	1		3.665	12.051	
Pantothenic acid mg	0.440		0		1		1.100	3.617	
Vitamin B-6 mg	0.126	0.004	6	A	1		0.314	1.033	
Folate, total µg	11		0		4		28	90	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0		4		28	90	
Folate, DFE µg	11		0	NC	4		28	90	
Choline, total mg	17.6		0	BFSN	4		44.1	144.9	
Betaine mg	0.2		0	BFSN	4		0.4	1.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	26		0	AS	1		64	210	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	306	10.055	6	A	1		765	2517	
Carotene, alpha µg	0	0.000	6	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	
Vitamin A, IU IU	510		0	AS	1		1276	4194	
Lycopene µg	21754	604.893	6	A	1		54385	178817	
Lutein + zeaxanthin µg	0	0.000	6	A	1		0	0	
Vitamin E (alpha-tocopherol) mg	1.97		0	BFSN	4		4.92	16.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.24		0	BFSN	4		0.59	1.95	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11888

Tomato products, canned, puree, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.4	0.200	3	A	1		8.5	27.9	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.029		0	NC	4		0.072	0.236	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	
15:0....g									
16:0....g	0.022		0	BFFN	4		0.055	0.180	
17:0....g									
18:0....g	0.007		0	BFFN	4		0.017	0.056	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0	NC	4		0.079	0.258	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.031		0	BFFN	4		0.079	0.258	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.086		0	NC	4		0.215	0.708	
18:2 undifferentiated....g	0.082		0	BFFN	4		0.205	0.674	
18:3 undifferentiated....g	0.004		0	BFFN	4		0.010	0.034	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0	BFPN	4		0.028	0.090	
Threonine....g	0.038		0	BFPN	4		0.095	0.312	
Isoleucine....g	0.032		0	BFPN	4		0.080	0.263	
Leucine....g	0.047		0	BFPN	4		0.118	0.386	
Lysine....g	0.049		0	BFPN	4		0.123	0.403	
Methionine....g	0.009		0	BFPN	4		0.023	0.074	
Cystine....g	0.010		0	BFPN	4		0.025	0.082	
Phenylalanine....g	0.035		0	BFPN	4		0.088	0.288	
Tyrosine....g	0.022		0	BFPN	4		0.055	0.181	
Valine....g	0.034		0	BFPN	4		0.085	0.279	
Arginine....g	0.033		0	BFPN	4		0.083	0.271	
Histidine....g	0.026		0	BFPN	4		0.065	0.214	
Alanine....g	0.053		0	BFPN	4		0.133	0.436	
Aspartic acid....g	0.277	0.011	3	A	1		0.693	2.277	
Glutamic acid....g	0.812	0.043	3	A	1		2.031	6.677	

NDB No. 11888
Tomato products, canned, puree, with salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.028		0	BFPN	4		0.070	0.230	
Proline....g	0.037		0	BFPN	4		0.093	0.304	
Serine....g	0.040		0	BFPN	4		0.100	0.329	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	BFSN	4		0	0	
Theobromine....mg	0		0	BFSN	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 822g: 1 can (29 oz) (401 x 411)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11547
Tomato products, canned, puree, without salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.88	0.278	48	JA	6		219.71	722.40	
Energy kcal	38		0	NC	4		95	311	
Energy kJ	158		0	NC	4		396	1301	
Protein (N x 6.25) g	1.65	0.068	36	JO	11		4.11	13.53	
Total lipid (fat) g	0.21	0.027	36	JA	6		0.52	1.72	
Ash g	1.28	0.050	36	JA	6		3.21	10.54	
Carbohydrate, by difference g	8.98		0	NC	4		22.45	73.81	
Fiber, total dietary g	1.9	0.060	33	JA	6		4.8	15.8	
Sugars, total g	4.83		0	AS	1		12.07	39.70	
Sucrose g	0.00		0	Z	7		0.00	0.00	
Glucose (dextrose) g	2.45	0.055	3	A	1		6.13	20.14	
Fructose g	2.38	0.054	3	A	1		5.95	19.56	
Lactose g	0.00		0	Z	7		0.00	0.00	
Maltose g	0.00		0	Z	7		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	18	0.788	36	JA	6		46	151	
Iron, Fe mg	1.78	0.174	35	JA	6		4.44	14.61	
Magnesium, Mg mg	23	0.614	6	A	1		57	187	
Phosphorus, P mg	40	0.770	6	A	1		101	333	
Potassium, K mg	439	15.821	27	JA	6		1098	3609	
Sodium, Na mg	28	2.044	32	JA	6		71	232	
Zinc, Zn mg	0.36	0.010	6	A	1		0.91	2.99	
Copper, Cu mg	0.287	0.037	6	A	1		0.718	2.359	
Manganese, Mn mg	0.169	0.012	6	A	1		0.423	1.390	
Selenium, Se µg	0.7		0	BFSN	4		1.8	5.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.6	0.741	48	JA	6		26.6	87.5	
Thiamin mg	0.025	0.001	6	A	1		0.063	0.207	
Riboflavin mg	0.080	0.002	6	A	1		0.200	0.656	
Niacin mg	1.466	0.034	6	A	1		3.665	12.051	
Pantothenic acid mg	0.440		0		1		1.100	3.617	
Vitamin B-6 mg	0.126	0.004	6	A	1		0.314	1.033	
Folate, total µg	11		0		4		28	90	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0		4		28	90	
Folate, DFE µg	11		0	NC	4		28	90	
Choline, total mg	17.6		0	BFSN	4		44.1	144.9	
Betaine mg	0.2		0	BFSN	4		0.4	1.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	26		0	AS	1		64	210	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	306	10.055	6	A	1		765	2517	
Carotene, alpha µg	0	0.000	6	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	
Vitamin A, IU IU	510		0	AS	1		1276	4194	
Lycopene µg	21754	604.893	6	A	1		54385	178817	
Lutein + zeaxanthin µg	0	0.000	6	A	1		0	0	
Vitamin E (alpha-tocopherol) mg	1.97		0	BFSN	4		4.92	16.16	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		0	BFSN	4		0.00	0.00	
Tocopherol, gamma mg	0.24		0	BFSN	4		0.59	1.95	
Tocopherol, delta mg	0.00		0	BFSN	4		0.00	0.00	
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11547

Tomato products, canned, puree, without salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	3.4	0.200	3	A	1		8.5	27.9	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.029		0	NC	4		0.072	0.236	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	
15:0....g									
16:0....g	0.022		0	BFFN	4		0.055	0.180	
17:0....g									
18:0....g	0.007		0	BFFN	4		0.017	0.056	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0	NC	4		0.079	0.258	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.031		0	BFFN	4		0.079	0.258	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.086		0	NC	4		0.215	0.708	
18:2 undifferentiated....g	0.082		0	BFFN	4		0.205	0.674	
18:3 undifferentiated....g	0.004		0	BFFN	4		0.010	0.034	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.011		0	DI	4		0.027	0.088	
Threonine....g	0.037		0	DI	4		0.093	0.304	
Isoleucine....g	0.031		0	DI	4		0.078	0.256	
Leucine....g	0.046		0	DI	4		0.114	0.376	
Lysine....g	0.048		0	DI	4		0.119	0.392	
Methionine....g	0.009		0	DI	4		0.022	0.072	
Cystine....g	0.010		0	DI	4		0.024	0.080	
Phenylalanine....g	0.034		0	DI	4		0.085	0.280	
Tyrosine....g	0.021		0	DI	4		0.054	0.176	
Valine....g	0.033		0	DI	4		0.083	0.272	
Arginine....g	0.032		0	DI	4		0.080	0.264	
Histidine....g	0.025		0	DI	4		0.063	0.208	
Alanine....g	0.052		0	DI	4		0.129	0.424	
Aspartic acid....g	0.206		0	DI	4		0.516	1.697	
Glutamic acid....g	0.658		0	DI	4		1.646	5.411	

NDB No. 11547
Tomato products, canned, puree, without salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.027		0	DI	4		0.068	0.224	
Proline....g	0.036		0	DI	4		0.090	0.296	
Serine....g	0.039		0	DI	4		0.097	0.320	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 822g: 1 can (29 oz) (401 x 411)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11549
Tomato products, canned, sauce

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.28	0.111	26	JO	11		223.63		
Energy kcal	24		0	NC	4		60		
Energy kJ	102		0	NC	4		250		
Protein (N x 6.25) g	1.20	0.020	18	A	1		2.94		
Total lipid (fat) g	0.30	0.027	13	JO	11		0.72		
Ash g	1.92	0.030	18	A	1		4.69		
Carbohydrate, by difference g	5.31		0	NC	4		13.01		
Fiber, total dietary g	1.5	0.027	3	A	1		3.6		
Sugars, total g	3.56		0	AS	1		8.71		
Sucrose g	0.07	0.000	8	A	1		0.16		
Glucose (dextrose) g	1.82	0.075	9	A	1		4.45		
Fructose g	1.67	0.083	9	A	1		4.09		
Lactose g	0.00		0	Z	7		0.00		
Maltose g	0.00		0	Z	7		0.00		
Galactose g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14	0.396	18	A	1		34		
Iron, Fe mg	0.96	0.101	18	A	1		2.35		
Magnesium, Mg mg	15	0.199	18	A	1		36		
Phosphorus, P mg	27	0.661	18	A	1		66		
Potassium, K mg	297	8.830	12	A	1		727		
Sodium, Na mg	474	4.915	12	A	1		1162		
Zinc, Zn mg	0.22	0.007	18	A	1		0.55		
Copper, Cu mg	0.115	0.008	15	A	1		0.283		
Manganese, Mn mg	0.113	0.003	17	A	1		0.278		
Selenium, Se µg	0.6	0.110	6	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	7.0	0.522	5	A	1		17.0		
Thiamin mg	0.024	0.002	6	A	1		0.058		
Riboflavin mg	0.065	0.002	6	A	1		0.159		
Niacin mg	0.991	0.025	6	A	1		2.427		
Pantothenic acid mg	0.309		1		1		0.757		
Vitamin B-6 mg	0.098	0.003	6	A	1		0.241		
Folate, total µg	9		0		4		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		23		
Folate, DFE µg	9		0	NC	4		23		
Choline, total mg	9.9		0	AS	1		24.2		
Betaine mg	0.8		1	A	1		2.0		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	22		0	NC	4		53		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	259	9.794	8	JO	11		635		
Carotene, alpha µg	0	0.000	8	JO	11		0		
Cryptoxanthin, beta µg	3	0.000	8	JO	11		8		
Vitamin A, IU IU	435		0	NC	4		1065		
Lycopene µg	13895	316.488	8	JO	11		34043		
Lutein + zeaxanthin µg	24	0.000	8	JO	11		59		
Vitamin E (alpha-tocopherol) mg	1.44	0.040	8	A	1		3.52		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.02	0.001	8	A	1		0.06		
Tocopherol, gamma mg	0.10	0.005	8	A	1		0.25		
Tocopherol, delta mg	0.00	0.000	8	A	1		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11549
Tomato products, canned, sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.8		3	A	1		7.0		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.041		0	NC	4		0.101		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.031		0		1		0.075		
17:0....g									
18:0....g	0.011		0		1		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.045		0	NC	4		0.110		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.004		
17:1....g									
18:1 undifferentiated....g	0.043		0		1		0.106		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.121		0	NC	4		0.295		
18:2 undifferentiated....g	0.115		0		1		0.282		
18:3 undifferentiated....g	0.005		0		1		0.013		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0	A	1		0.024		
Threonine....g	0.041		0	A	1		0.100		
Isoleucine....g	0.027		0	A	1		0.066		
Leucine....g	0.038		0	A	1		0.093		
Lysine....g	0.041		0	A	1		0.101		
Methionine....g	0.008		0	A	1		0.021		
Cystine....g	0.014		0	A	1		0.034		
Phenylalanine....g	0.040		0	A	1		0.097		
Tyrosine....g	0.020		0	A	1		0.050		
Valine....g	0.027		0	A	1		0.066		
Arginine....g	0.031		0	A	1		0.076		
Histidine....g	0.022		0	A	1		0.053		
Alanine....g	0.041		0	A	1		0.099		
Aspartic acid....g	0.202		0	A	1		0.495		
Glutamic acid....g	0.645		0	A	1		1.580		

NDB No. 11549
Tomato products, canned, sauce

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.029		0	A	1		0.071		
Proline....g	0.023		0	A	1		0.056		
Serine....g	0.039		0	A	1		0.095		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11649
Tomato products, canned, sauce, spanish style

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.08	0.423	5		1		217.36	378.59	
Energy kcal	33		0	NC	4		81	140	
Energy kJ	138				4		337	587	
Protein (N x 6.25) g	1.44	0.131	5		1		3.51	6.12	
Total lipid (fat) g	0.27	0.016	5		1		0.66	1.15	
Ash g	1.98	0.039	5		1		4.83	8.42	
Carbohydrate, by difference g	7.24		0	NC	4		17.67	30.77	
Fiber, total dietary g	1.4		0		4		3.4	6.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17	1.496	5		1		41	72	
Iron, Fe mg	3.48	0.227	5		1		8.49	14.79	
Magnesium, Mg mg	19		0		4		46	81	
Phosphorus, P mg	48		0		4		117	204	
Potassium, K mg	369		0		4		900	1568	
Sodium, Na mg	472	25.714	5		1		1152	2006	
Zinc, Zn mg	0.34		0		4		0.83	1.45	
Copper, Cu mg	0.160		0		4		0.390	0.680	
Manganese, Mn mg	0.216		0		4		0.527	0.918	
Selenium, Se µg	0.6		0	BFSN	4		1.5	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	8.6	1.465	5		1		21.0	36.6	
Thiamin mg	0.074	0.006	5		1		0.181	0.315	
Riboflavin mg	0.062	0.003	5		1		0.151	0.264	
Niacin mg	1.292	0.092	5		1		3.152	5.491	
Pantothenic acid mg	0.281		0		4		0.686	1.194	
Vitamin B-6 mg	0.177		0		4		0.432	0.752	
Folate, total µg	14		0		4		33	57	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		4		33	57	
Folate, DFE µg	14		0	NC	4		33	57	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	49	3.338	5		1		120	209	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	985	66.752	5		1		2403	4186	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11649

Tomato products, canned, sauce, spanish style

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.038		0		1		0.093	0.162	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.027		0		1		0.066	0.115	
17:0....g									
18:0....g	0.010		0		1		0.024	0.043	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0		1		0.098	0.170	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.004	
17:1....g									
18:1 undifferentiated....g	0.039		0		1		0.095	0.166	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0		1		0.264	0.459	
18:2 undifferentiated....g	0.103		0		1		0.251	0.438	
18:3 undifferentiated....g	0.004		0		1		0.010	0.017	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.024	0.043	
Threonine....g	0.033		0		1		0.081	0.140	
Isoleucine....g	0.028		0		1		0.068	0.119	
Leucine....g	0.040		0		1		0.098	0.170	
Lysine....g	0.041		0		1		0.100	0.174	
Methionine....g	0.007		0		1		0.017	0.030	
Cystine....g	0.009		0		1		0.022	0.038	
Phenylalanine....g	0.030		0		1		0.073	0.128	
Tyrosine....g	0.019		0		1		0.046	0.081	
Valine....g	0.029		0		1		0.071	0.123	
Arginine....g	0.029		0		1		0.071	0.123	
Histidine....g	0.023		0		1		0.056	0.098	
Alanine....g	0.045		0		1		0.110	0.191	
Aspartic acid....g	0.180		0		1		0.439	0.765	
Glutamic acid....g	0.575		0		1		1.403	2.444	
Glycine....g	0.024		0		1		0.059	0.102	
Proline....g	0.032		0		1		0.078	0.136	
Serine....g	0.034		0		1		0.083	0.145	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11649

Tomato products, canned, sauce, spanish style

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.64 **Fat** 8.37 **Carbohydrate** 3.7

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11555
Tomato products, canned, sauce, with herbs and cheese

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.43	0.207	57		1		101.78	354.58	
Energy kcal	59		0	NC	4		72	251	
Energy kJ	247				4		301	1049	
Protein (N x 6.28) g	2.13	0.062	61		1		2.60	9.05	
Total lipid (fat) g	1.93	0.153	57		1		2.35	8.20	
Ash g	2.27	0.051	57		1		2.77	9.65	
Carbohydrate, by difference g	10.24		0	NC	4		12.49	43.52	
Fiber, total dietary g	2.2		0		4		2.7	9.4	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	37	1.124	56		1		45	157	
Iron, Fe mg	0.87	0.029	49		1		1.06	3.70	
Magnesium, Mg mg	19		0		4		23	81	
Phosphorus, P mg	54		0		4		66	230	
Potassium, K mg	356		0		4		434	1513	
Sodium, Na mg	543		0		4		662	2308	
Zinc, Zn mg	0.36		0		4		0.44	1.53	
Copper, Cu mg	0.174		0		4		0.212	0.740	
Manganese, Mn mg	0.188		0		4		0.229	0.799	
Selenium, Se µg	0.9		0	BFSN	4		1.1	3.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	10.0	0.637	61		1		12.2	42.5	
Thiamin mg	0.076	0.002	61		1		0.093	0.323	
Riboflavin mg	0.124	0.009	57		1		0.151	0.527	
Niacin mg	1.209	0.025	57		1		1.475	5.138	
Pantothenic acid mg	0.275		0		4		0.336	1.169	
Vitamin B-6 mg	0.019		0		4		0.023	0.081	
Folate, total µg	8		0		4		10	34	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		4		10	34	
Folate, DFE µg	8		0	NC	4		10	34	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg	49	0.925	61		1		60	210	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	987	18.493	61		1		1204	4195	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11555

Tomato products, canned, sauce, with herbs and cheese

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.627		0		1		0.765	2.665	
4:0....g	0.011		0		1		0.013	0.047	
6:0....g	0.006		0		1		0.007	0.026	
8:0....g	0.003		0		1		0.004	0.013	
10:0....g	0.006		0		1		0.007	0.026	
12:0....g	0.006		0		1		0.007	0.026	
13:0....g									
14:0....g	0.048		0		1		0.059	0.204	
15:0....g									
16:0....g	0.456		0		1		0.556	1.938	
17:0....g									
18:0....g	0.080		0		1		0.098	0.340	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.380		0		1		0.464	1.615	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.023		0		1		0.028	0.098	
17:1....g									
18:1 undifferentiated....g	0.351		0		1		0.428	1.492	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.825		0		1		1.007	3.506	
18:2 undifferentiated....g	0.814		0		1		0.993	3.460	
18:3 undifferentiated....g	0.008		0		1		0.010	0.034	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	3		0		4		4	13	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.021		0		1		0.026	0.089	
Threonine....g	0.059		0		1		0.072	0.251	
Isoleucine....g	0.070		0		1		0.085	0.298	
Leucine....g	0.113		0		1		0.138	0.480	
Lysine....g	0.111		0		1		0.135	0.472	
Methionine....g	0.028		0		1		0.034	0.119	
Cystine....g	0.016		0		1		0.020	0.068	
Phenylalanine....g	0.070		0		1		0.085	0.298	
Tyrosine....g	0.060		0		1		0.073	0.255	
Valine....g	0.082		0		1		0.100	0.349	
Arginine....g	0.089		0		1		0.109	0.378	
Histidine....g	0.050		0		1		0.061	0.213	
Alanine....g	0.063		0		1		0.077	0.268	
Aspartic acid....g	0.201		0		1		0.245	0.854	
Glutamic acid....g	0.639		0		1		0.780	2.716	
Glycine....g	0.043		0		1		0.052	0.183	
Proline....g	0.113		0		1		0.138	0.480	
Serine....g	0.076		0		1		0.093	0.323	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11555

Tomato products, canned, sauce, with herbs and cheese

Common Measures:

Measure 1 = 122g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 3 **Fat** 8.8 **Carbohydrate** 3.5

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11551
Tomato products, canned, sauce, with mushrooms

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.97	0.125	70		1		215.53		
Energy kcal	35		0	NC	4		86		
Energy kJ	146		0		4		359		
Protein (N x 6.25) g	1.45	0.023	70		1		3.55		
Total lipid (fat) g	0.13	0.003	69		1		0.32		
Ash g	2.02	0.015	70		1		4.95		
Carbohydrate, by difference g	8.43		0	NC	4		20.65		
Fiber, total dietary g	1.5		0		4		3.7		
Sugars, total g	5.77		0	BFSN	4		14.12		
Starch g									
Minerals:									
Calcium, Ca mg	13	0.307	66		1		32		
Iron, Fe mg	0.89	0.024	66		1		2.18		
Magnesium, Mg mg	19	0.335	32		1		47		
Phosphorus, P mg	32	0.714	32		1		78		
Potassium, K mg	380	7.850	32		1		931		
Sodium, Na mg	452	8.339	32		1		1107		
Zinc, Zn mg	0.21	0.005	32		1		0.51		
Copper, Cu mg	0.199	0.012	32		1		0.488		
Manganese, Mn mg	0.188		0		4		0.461		
Selenium, Se µg	0.2		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	12.4	0.475	73		1		30.4		
Thiamin mg	0.072	0.001	70		1		0.176		
Riboflavin mg	0.108	0.011	70		1		0.265		
Niacin mg	1.265	0.025	70		1		3.099		
Pantothenic acid mg	0.367		0		4		0.899		
Vitamin B-6 mg	0.133		0		4		0.326		
Folate, total µg	9		0		4		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		23		
Folate, DFE µg	9		0	NC	4		23		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	48		0	NC	4		117		
Retinol µg	0		0	BNA	4		0		
Carotene, beta µg	570		0	BNA	4		1396		
Carotene, alpha µg	0		0	BNA	4		0		
Cryptoxanthin, beta µg	6		0	BNA	4		16		
Vitamin A, IU IU	955		0	NC	4		2340		
Lycopene µg	18942		0	BFSN	4		46409		
Lutein + zeaxanthin µg	31		0	BFSN	4		76		
Vitamin E (alpha-tocopherol) mg	1.92		0	BFSN	4		4.71		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	3.8		0	BFSN	4		9.4		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11551

Tomato products, canned, sauce, with mushrooms

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.017		0		1		0.042		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.010		0		1		0.025		
17:0....g									
18:0....g	0.004		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.025		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.005		
17:1....g									
18:1 undifferentiated....g	0.010		0		1		0.025		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.050		0		1		0.123		
18:2 undifferentiated....g	0.048		0		1		0.118		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.017		0		1		0.042		
Threonine....g	0.043		0		1		0.105		
Isoleucine....g	0.037		0		1		0.091		
Leucine....g	0.055		0		1		0.135		
Lysine....g	0.074		0		1		0.181		
Methionine....g	0.014		0		1		0.034		
Cystine....g	0.007		0		1		0.017		
Phenylalanine....g	0.039		0		1		0.096		
Tyrosine....g	0.023		0		1		0.056		
Valine....g	0.041		0		1		0.100		
Arginine....g	0.042		0		1		0.103		
Histidine....g	0.028		0		1		0.069		
Alanine....g	0.065		0		1		0.159		
Aspartic acid....g	0.169		0		1		0.414		
Glutamic acid....g	0.486		0		1		1.191		
Glycine....g	0.036		0		1		0.088		
Proline....g	0.053		0		1		0.130		
Serine....g	0.044		0		1		0.108		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11551
Tomato products, canned, sauce, with mushrooms

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11553
Tomato products, canned, sauce, with onions

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.09	0.089	54		1		210.92		
Energy kcal	42		0	NC	4		103		
Energy kJ	176				4		431		
Protein (N x 6.25) g	1.56	0.017	54		1		3.82		
Total lipid (fat) g	0.19	0.006	16		1		0.47		
Ash g	2.21	0.026	54		1		5.41		
Carbohydrate, by difference g	9.94		0	NC	4		24.35		
Fiber, total dietary g	1.8		0		4		4.4		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17	0.626	54		1		42		
Iron, Fe mg	0.93	0.031	50		1		2.28		
Magnesium, Mg mg	19	0.250	16		1		47		
Phosphorus, P mg	39	0.618	16		1		96		
Potassium, K mg	413	6.811	16		1		1012		
Sodium, Na mg	551	12.129	16		1		1350		
Zinc, Zn mg	0.23	0.005	16		1		0.56		
Copper, Cu mg	0.181	0.013	16		1		0.443		
Manganese, Mn mg	0.301		0		4		0.737		
Selenium, Se µg	0.8		0	BFSN	4		2.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	12.7	0.458	54		1		31.1		
Thiamin mg	0.073	0.001	54		1		0.179		
Riboflavin mg	0.133	0.012	54		1		0.326		
Niacin mg	1.242	0.025	54		1		3.043		
Pantothenic acid mg	0.368		0		4		0.902		
Vitamin B-6 mg	0.267		0		4		0.654		
Folate, total µg	22		0		4		55		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	22		0		4		55		
Folate, DFE µg	22		0	NC	4		55		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	43	0.624	54		1		104		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	850	12.483	54		1		2083		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11553
Tomato products, canned, sauce, with onions

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.030		0		1		0.074		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.024		0		1		0.059		
17:0....g									
18:0....g	0.005		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.069		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.028		0		1		0.069		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.077		0		1		0.189		
18:2 undifferentiated....g	0.074		0		1		0.181		
18:3 undifferentiated....g	0.004		0		1		0.010		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.016		0		1		0.039		
Threonine....g	0.037		0		1		0.091		
Isoleucine....g	0.042		0		1		0.103		
Leucine....g	0.049		0		1		0.120		
Lysine....g	0.059		0		1		0.145		
Methionine....g	0.010		0		1		0.025		
Cystine....g	0.018		0		1		0.044		
Phenylalanine....g	0.036		0		1		0.088		
Tyrosine....g	0.029		0		1		0.071		
Valine....g	0.034		0		1		0.083		
Arginine....g	0.114		0		1		0.279		
Histidine....g	0.025		0		1		0.061		
Alanine....g	0.046		0		1		0.113		
Aspartic acid....g	0.145		0		1		0.355		
Glutamic acid....g	0.454		0		1		1.112		
Glycine....g	0.044		0		1		0.108		
Proline....g	0.041		0		1		0.100		
Serine....g	0.041		0		1		0.100		
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11553

Tomato products, canned, sauce, with onions

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.6 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11557

Tomato products, canned, sauce, with onions, green peppers, and celery

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.28	0.143	28		1		220.70	362.83	
Energy kcal	41		0	NC	4		102	168	
Energy kJ	171		0	NC	4		428	703	
Protein (N x 6.25) g	0.94	0.108	27		1		2.35	3.86	
Total lipid (fat) g	0.74	0.151	24		1		1.85	3.04	
Ash g	1.27	0.025	28		1		3.18	5.22	
Carbohydrate, by difference g	8.77		0	NC	4		21.93	36.04	
Fiber, total dietary g	1.4		0		4		3.5	5.8	
Sugars, total g	7.36		0	O	4		18.40	30.25	
Starch g									
Minerals:									
Calcium, Ca mg	13	0.434	28		1		33	53	
Iron, Fe mg	0.76	0.054	22		1		1.90	3.12	
Magnesium, Mg mg	21		0		4		53	86	
Phosphorus, P mg	38		0		4		95	156	
Potassium, K mg	398		0		4		995	1636	
Sodium, Na mg	368		0	LC	8		919	1511	
Zinc, Zn mg	0.28		0		4		0.70	1.15	
Copper, Cu mg	0.198		0		4		0.495	0.814	
Manganese, Mn mg	0.244		0		4		0.610	1.003	
Selenium, Se µg	0.6		0	BFSN	4		1.5	2.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.2	0.776	28		1		33.0	54.3	
Thiamin mg	0.067	0.002	28		1		0.168	0.275	
Riboflavin mg	0.120	0.018	28		1		0.300	0.493	
Niacin mg	1.095	0.032	28		1		2.738	4.500	
Pantothenic acid mg	0.221		0		4		0.553	0.908	
Vitamin B-6 mg	0.194		0		4		0.485	0.797	
Folate, total µg	14		0		4		35	58	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		0		4		35	58	
Folate, DFE µg	14		0	NC	4		35	58	
Choline, total mg	13.0		0	BFSN	4		32.5	53.5	
Betaine mg	1.1		0	BFSN	4		2.7	4.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	41		0	NC	4		101	166	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	483		0	BNA	4		1208	1986	
Carotene, alpha µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta µg	6		0	BNA	4		14	23	
Vitamin A, IU IU	810		0	NC	4		2025	3329	
Lycopene µg	18454		0	BFSN	4		46136	75847	
Lutein + zeaxanthin µg	30		0	BFSN	4		76	124	
Vitamin E (alpha-tocopherol) mg	1.18		0	O	4		2.95	4.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	3.7		0	BFSN	4		9.4	15.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11557

Tomato products, canned, sauce, with onions, green peppers, and celery

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.133		0		1		0.333	0.547	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.003		0		1		0.008	0.012	
15:0....g									
16:0....g	0.108		0		1		0.270	0.444	
17:0....g									
18:0....g	0.020		0		1		0.050	0.082	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.102		0		1		0.255	0.419	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.003		0		1		0.008	0.012	
17:1....g									
18:1 undifferentiated....g	0.099		0		1		0.248	0.407	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.337		0		1		0.843	1.385	
18:2 undifferentiated....g	0.321		0		1		0.803	1.319	
18:3 undifferentiated....g	0.016		0		1		0.040	0.066	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0		1		0.020	0.033	
Threonine....g	0.022		0		1		0.055	0.090	
Isoleucine....g	0.021		0		1		0.053	0.086	
Leucine....g	0.028		0		1		0.070	0.115	
Lysine....g	0.030		0		1		0.075	0.123	
Methionine....g	0.005		0		1		0.013	0.021	
Cystine....g	0.007		0		1		0.018	0.029	
Phenylalanine....g	0.021		0		1		0.053	0.086	
Tyrosine....g	0.014		0		1		0.035	0.058	
Valine....g	0.020		0		1		0.050	0.082	
Arginine....g	0.037		0		1		0.093	0.152	
Histidine....g	0.015		0		1		0.038	0.062	
Alanine....g	0.029		0		1		0.073	0.119	
Aspartic acid....g	0.108		0		1		0.270	0.444	
Glutamic acid....g	0.336		0		1		0.840	1.381	
Glycine....g	0.020		0		1		0.050	0.082	
Proline....g	0.022		0		1		0.055	0.090	
Serine....g	0.024		0		1		0.060	0.099	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11557

Tomato products, canned, sauce, with onions, green peppers, and celery

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 411g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.4 **Fat** 8.4 **Carbohydrate** 3.7

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11559
Tomato products, canned, sauce, with tomato tidbits

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.09	0.142	27		1		217.38	378.63	
Energy kcal	32		0	NC	4		78	136	
Energy kJ	134				4		327	569	
Protein (N x 6.25) g	1.32	0.029	27		1		3.22	5.61	
Total lipid (fat) g	0.39		0		1		0.95	1.66	
Ash g	2.11	0.035	27		1		5.15	8.97	
Carbohydrate, by difference g	7.09		0	NC	4		17.30	30.13	
Fiber, total dietary g	1.4		0		4		3.4	6.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	10	0.508	27		1		24	43	
Iron, Fe mg	0.68	0.047	21		1		1.66	2.89	
Magnesium, Mg mg	20		0		1		49	85	
Phosphorus, P mg	42		0		1		102	179	
Potassium, K mg	373		0		1		910	1585	
Sodium, Na mg	15		0		1		37	64	
Zinc, Zn mg	0.19		0		1		0.46	0.81	
Copper, Cu mg	0.014		0		1		0.034	0.060	
Manganese, Mn mg	0.220		0		1		0.537	0.935	
Selenium, Se µg	0.6		0	BFSN	4		1.5	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	21.5	2.466	27		1		52.5	91.4	
Thiamin mg	0.073	0.003	27		1		0.178	0.310	
Riboflavin mg	0.097	0.015	27		1		0.237	0.412	
Niacin mg	1.183	0.049	27		1		2.887	5.028	
Pantothenic acid mg	0.219		0		4		0.534	0.931	
Vitamin B-6 mg	0.155		0		4		0.378	0.659	
Folate, total µg	9		0		4		23	40	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		4		23	40	
Folate, DFE µg	9		0	NC	4		23	40	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	40	0.929	27		1		98	170	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	801	18.581	27		1		1954	3404	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11559

Tomato products, canned, sauce, with tomato tidbits

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.055		0		1		0.134	0.234	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.039		0		1		0.095	0.166	
17:0....g									
18:0....g	0.014		0		1		0.034	0.060	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.058		0		1		0.142	0.247	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.004	
17:1....g									
18:1 undifferentiated....g	0.057		0		1		0.139	0.242	
20:1....g	0.001		0		1		0.002	0.004	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.157		0		1		0.383	0.667	
18:2 undifferentiated....g	0.150		0		1		0.366	0.638	
18:3 undifferentiated....g	0.006		0		1		0.015	0.026	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0		1		0.022	0.038	
Threonine....g	0.030		0		1		0.073	0.128	
Isoleucine....g	0.026		0		1		0.063	0.111	
Leucine....g	0.037		0		1		0.090	0.157	
Lysine....g	0.038		0		1		0.093	0.162	
Methionine....g	0.007		0		1		0.017	0.030	
Cystine....g	0.008		0		1		0.020	0.034	
Phenylalanine....g	0.028		0		1		0.068	0.119	
Tyrosine....g	0.018		0		1		0.044	0.077	
Valine....g	0.027		0		1		0.066	0.115	
Arginine....g	0.027		0		1		0.066	0.115	
Histidine....g	0.021		0		1		0.051	0.089	
Alanine....g	0.042		0		1		0.102	0.179	
Aspartic acid....g	0.166		0		1		0.405	0.706	
Glutamic acid....g	0.530		0		1		1.293	2.253	
Glycine....g	0.022		0		1		0.054	0.094	
Proline....g	0.029		0		1		0.071	0.123	
Serine....g	0.032		0		1		0.078	0.136	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11559

Tomato products, canned, sauce, with tomato tidbits

Common Measures:

Measure 1 = 244g: 1 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43217
Tomato sauce, canned, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.28	0.111	26	JO	11		223.63		
Energy kcal	24		0	NC	4		60		
Energy kJ	102		0	NC	4		250		
Protein (N x 6.25) g	1.20	0.020	18	A	1		2.94		
Total lipid (fat) g	0.30	0.027	13	JO	11		0.72		
Ash g	1.92	0.030	18	A	1		4.69		
Carbohydrate, by difference g	5.31		0	NC	4		13.01		
Fiber, total dietary g	1.5	0.027	3	A	1		3.6		
Sugars, total g	3.56		0	AS	1		8.71		
Sucrose g	0.07	0.000	8	A	1		0.16		
Glucose (dextrose) g	1.82	0.075	9	A	1		4.45		
Fructose g	1.67	0.083	9	A	1		4.09		
Lactose g	0.00		0	Z	7		0.00		
Maltose g	0.00		0	Z	7		0.00		
Galactose g	0.00		0	Z	7		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	14	0.396	18	A	1		34		
Iron, Fe mg	0.96	0.101	18	A	1		2.35		
Magnesium, Mg mg	15	0.199	18	A	1		36		
Phosphorus, P mg	27	0.661	18	A	1		66		
Potassium, K mg	297	8.830	12	A	1		727		
Sodium, Na mg	11		1		1		27		
Zinc, Zn mg	0.22	0.007	18	A	1		0.55		
Copper, Cu mg	0.115	0.008	15	A	1		0.283		
Manganese, Mn mg	0.113	0.003	17	A	1		0.278		
Selenium, Se µg	0.6	0.110	6	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	7.0	0.522	5	A	1		17.0		
Thiamin mg	0.024	0.002	6	A	1		0.058		
Riboflavin mg	0.065	0.002	6	A	1		0.159		
Niacin mg	0.991	0.025	6	A	1		2.427		
Pantothenic acid mg	0.309		0	BFSN	4		0.757		
Vitamin B-6 mg	0.098	0.003	6	A	1		0.241		
Folate, total µg	9		0	BFSN	4		23		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0	BFSN	4		23		
Folate, DFE µg	9		0	NC	4		23		
Choline, total mg	9.9		0	AS	1		24.2		
Betaine mg	0.8		1	A	1		2.0		
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	22		0	NC	4		53		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	259	9.794	8	JO	11		635		
Carotene, alpha µg	0	0.000	8	JO	11		0		
Cryptoxanthin, beta µg	3	0.000	8	JO	11		8		
Vitamin A, IU IU	435		0	NC	4		1065		
Lycopene µg	13895	316.488	8	JO	11		34043		
Lutein + zeaxanthin µg	24	0.000	8	JO	11		59		
Vitamin E (alpha-tocopherol) mg	1.44	0.040	8	A	1		3.52		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.02	0.001	8	A	1		0.06		
Tocopherol, gamma mg	0.10	0.005	8	A	1		0.25		
Tocopherol, delta mg	0.00	0.000	8	A	1		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 43217
Tomato sauce, canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.8		3	A	1		7.0		
Dihydrophylloquinone....µg	0.0		2	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.041		0	NC	4		0.101		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.031		0		4		0.075		
17:0....g									
18:0....g	0.011		0		4		0.026		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.044		0	NC	4		0.109		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		4		0.004		
17:1....g									
18:1 undifferentiated....g	0.043		0		4		0.105		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.121		0	NC	4		0.297		
18:2 undifferentiated....g	0.115		0		4		0.282		
18:3 undifferentiated....g	0.006		0		4		0.015		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		0	A	1		0.021		
Threonine....g	0.037		0	A	1		0.091		
Isoleucine....g	0.025		0	A	1		0.060		
Leucine....g	0.034		0	A	1		0.084		
Lysine....g	0.037		0	A	1		0.091		
Methionine....g	0.008		0	A	1		0.019		
Cystine....g	0.013		0	A	1		0.031		
Phenylalanine....g	0.036		0	A	1		0.089		
Tyrosine....g	0.018		0	A	1		0.045		
Valine....g	0.025		0	A	1		0.060		
Arginine....g	0.028		0	A	1		0.069		
Histidine....g	0.020		0	A	1		0.048		
Alanine....g	0.037		0	A	1		0.090		
Aspartic acid....g	0.183		0	A	1		0.449		
Glutamic acid....g	0.586		0	A	1		1.435		

NDB No. 43217
Tomato sauce, canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.026		0	A	1		0.065		
Proline....g	0.021		0	A	1		0.051		
Serine....g	0.035		0	A	1		0.086		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11693
Tomatoes, crushed, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.44	0.316	31	A	1		108.22		
Energy kcal	32		0	NC	4		39		
Energy kJ	134		0		4		162		
Protein (N x 6.25) g	1.64	0.083	31	A	1		1.98		
Total lipid (fat) g	0.28	0.030	31	A	1		0.34		
Ash g	1.35	0.061	31	A	1		1.63		
Carbohydrate, by difference g	7.29		0	NC	4		8.82		
Fiber, total dietary g	1.9		0	A	1		2.3		
Sugars, total g	4.40		0	NC	4		5.32		
Sucrose g	0.02		0	BFSN	4		0.03		
Glucose (dextrose) g	2.03		0	BFSN	4		2.46		
Fructose g	2.34		0	BFSN	4		2.83		
Lactose g	0.00		0	BFSN	4		0.00		
Maltose g	0.00		0	BFSN	4		0.00		
Galactose g	0.00		0	BFSN	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	34	3.889	31	A	1		41		
Iron, Fe mg	1.30	0.171	31	A	1		1.57		
Magnesium, Mg mg	20		0	BFSN	4		24		
Phosphorus, P mg	32		0	BFSN	4		39		
Potassium, K mg	293	21.062	12	A	1		355		
Sodium, Na mg	186	24.105	6	LC	8		225		
Zinc, Zn mg	0.27		0	BFSN	4		0.33		
Copper, Cu mg	0.183		0	BFSN	4		0.221		
Manganese, Mn mg	0.183		0	BFSN	4		0.221		
Selenium, Se µg	0.6		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.2	0.948	33	A	1		11.1		
Thiamin mg	0.075		0	BFSN	4		0.091		
Riboflavin mg	0.052		0	BFSN	4		0.063		
Niacin mg	1.222		0	BFSN	4		1.479		
Pantothenic acid mg	0.278		0	BFSN	4		0.336		
Vitamin B-6 mg	0.150		0	BFSN	4		0.182		
Folate, total µg	13		0	BFSN	4		16		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		0	BFSN	4		16		
Folate, DFE µg	13		0	NC	4		16		
Choline, total mg	12.9		0	BFSN	4		15.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	NC	4		13		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	129		0	BFSN	4		156		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	215		0	NC	4		260		
Lycopene µg	5106		0	BFSN	4		6178		
Lutein + zeaxanthin µg	158		0	BFSN	4		191		
Vitamin E (alpha-tocopherol) mg	1.25		0	BFSN	4		1.51		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 11693
Tomatoes, crushed, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	5.3		0	BFSN	4		6.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.040		0	BFSN	4		0.048		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.027		0	BFSN	4		0.033		
17:0....g									
18:0....g	0.010		0	BFSN	4		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.043		0	BFSN	4		0.052		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFSN	4		0.001		
17:1....g									
18:1 undifferentiated....g	0.041		0	BFSN	4		0.050		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.113		0	BFSN	4		0.137		
18:2 undifferentiated....g	0.108		0	BFSN	4		0.131		
18:3 undifferentiated....g	0.005		0	BFSN	4		0.006		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0	BFSN	4		0.015		
Threonine....g	0.040		0	BFSN	4		0.048		
Isoleucine....g	0.037		0	BFSN	4		0.045		
Leucine....g	0.057		0	BFSN	4		0.069		
Lysine....g	0.057		0	BFSN	4		0.069		
Methionine....g	0.013		0	BFSN	4		0.016		
Cystine....g	0.020		0	BFSN	4		0.024		
Phenylalanine....g	0.040		0	BFSN	4		0.048		
Tyrosine....g	0.027		0	BFSN	4		0.033		
Valine....g	0.040		0	BFSN	4		0.048		
Arginine....g	0.038		0	BFSN	4		0.046		
Histidine....g	0.023		0	BFSN	4		0.028		
Alanine....g	0.045		0	BFSN	4		0.054		
Aspartic acid....g	0.215		0	BFSN	4		0.260		
Glutamic acid....g	0.570		0	BFSN	4		0.690		
Glycine....g	0.038		0	BFSN	4		0.046		

NDB No. 11693
Tomatoes, crushed, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proline....g	0.030		0	BFSN	4		0.036		
Serine....g	0.042		0	BFSN	4		0.051		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 121g: .5 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11527
Tomatoes, green, raw
Solanum lycopersicum

Refuse: 9% Core and stem ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.00		0		1		167.40	169.26	114.39
Energy kcal	23		0	NC	4		41	42	28
Energy kJ	95		0	NC	4		172	174	117
Protein (N x 6.25) g	1.20		0		1		2.16	2.18	1.48
Total lipid (fat) g	0.20		0		1		0.36	0.36	0.25
Ash g	0.50		0		1		0.90	0.91	0.62
Carbohydrate, by difference g	5.10		0	NC	4		9.18	9.28	6.27
Fiber, total dietary g	1.1		0		4		2.0	2.0	1.4
Sugars, total g	4.00		0	O	4		7.20	7.28	4.92
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		23	24	16
Iron, Fe mg	0.51	0.030	9		1		0.92	0.93	0.63
Magnesium, Mg mg	10	0.500	9		1		18	18	12
Phosphorus, P mg	28	1.833	9		1		50	51	34
Potassium, K mg	204	7.000	9		1		367	371	251
Sodium, Na mg	13	1.300	9		1		23	24	16
Zinc, Zn mg	0.07	0.010	9		1		0.13	0.13	0.09
Copper, Cu mg	0.090	0.007	9		1		0.162	0.164	0.111
Manganese, Mn mg	0.100	0.010	9		1		0.180	0.182	0.123
Selenium, Se µg	0.4		0	BFZN	4		0.7	0.7	0.5
Vitamins:									
Vitamin C, total ascorbic acid mg	23.4	0.076	8		1		42.1	42.6	28.8
Thiamin mg	0.060		0		1		0.108	0.109	0.074
Riboflavin mg	0.040		0		1		0.072	0.073	0.049
Niacin mg	0.500		0		1		0.900	0.910	0.615
Pantothenic acid mg	0.500		0		1		0.900	0.910	0.615
Vitamin B-6 mg	0.081		0		4		0.146	0.147	0.100
Folate, total µg	9		0		4		16	16	11
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9		0		4		16	16	11
Folate, DFE µg	9		0	NC	4		16	16	11
Choline, total mg	8.6		0	BFSN	4		15.4	15.6	10.5
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	32		0	NC	4		58	58	39
Retinol µg	0		0	BNA	4		0	0	0
Carotene, beta µg	346		0	BNA	4		623	630	426
Carotene, alpha µg	78		0	BNA	4		141	142	96
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	0
Vitamin A, IU IU	642		0	NC	4		1156	1168	790
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.38		0	O	4		0.68	0.69	0.47
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	10.1		0	BFSN	4		18.1	18.3	12.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11527
Tomatoes, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.028		0		1		0.050	0.051	0.034
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.020		0		1		0.036	0.036	0.025
17:0....g									
18:0....g	0.007		0		1		0.013	0.013	0.009
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.030		0		1		0.054	0.055	0.037
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002	0.002	0.001
17:1....g									
18:1 undifferentiated....g	0.029		0		1		0.052	0.053	0.036
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.081		0		1		0.146	0.147	0.100
18:2 undifferentiated....g	0.078		0		1		0.140	0.142	0.096
18:3 undifferentiated....g	0.003		0		1		0.005	0.005	0.004
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.009		9		1		0.016	0.016	0.011
Threonine....g	0.030		13		1		0.054	0.055	0.037
Isoleucine....g	0.029		14		1		0.052	0.053	0.036
Leucine....g	0.044		14		1		0.079	0.080	0.054
Lysine....g	0.044		19		1		0.079	0.080	0.054
Methionine....g	0.010		15		1		0.018	0.018	0.012
Cystine....g	0.016		4		1		0.029	0.029	0.020
Phenylalanine....g	0.031		14		1		0.056	0.056	0.038
Tyrosine....g	0.021		12		1		0.038	0.038	0.026
Valine....g	0.031		14		1		0.056	0.056	0.038
Arginine....g	0.029		13		1		0.052	0.053	0.036
Histidine....g	0.018		13		1		0.032	0.033	0.022
Alanine....g	0.034		12		1		0.061	0.062	0.042
Aspartic acid....g	0.166		12		1		0.299	0.302	0.204
Glutamic acid....g	0.442		12		1		0.796	0.804	0.544
Glycine....g	0.030		12		1		0.054	0.055	0.037
Proline....g	0.023		12		1		0.041	0.042	0.028
Serine....g	0.032		12		1		0.058	0.058	0.039
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11527
Tomatoes, green, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 cup

Measure 2 = 182g: 1 large

Measure 3 = 123g: 1 medium

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11695
Tomatoes, orange, raw
Solanum lycopersicum

Refuse: 9% Core and stem ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.78		2	A	1		149.75	105.21	
Energy kcal	16		0	NC	4		25	18	
Energy kJ	67				4		106	74	
Protein (N x 6.25) g	1.16		2	A	1		1.83	1.29	
Total lipid (fat) g	0.19		2	A	1		0.30	0.21	
Ash g	0.69		2	A	1		1.09	0.77	
Carbohydrate, by difference g	3.18		0	NC	4		5.02	3.53	
Fiber, total dietary g	0.9		2	A	1		1.4	1.0	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	5		2	A	1		8	6	
Iron, Fe mg	0.47		2	A	1		0.74	0.52	
Magnesium, Mg mg	8		2	A	1		13	9	
Phosphorus, P mg	29		2	A	1		46	32	
Potassium, K mg	212		2	A	1		335	235	
Sodium, Na mg	42		2	A	1		66	47	
Zinc, Zn mg	0.14		2	A	1		0.22	0.16	
Copper, Cu mg	0.062		0	BFSN	4		0.098	0.069	
Manganese, Mn mg	0.088		0	BFSN	4		0.139	0.098	
Selenium, Se µg	0.4		0	BFZN	4		0.6	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.0		2	A	1		25.3	17.8	
Thiamin mg	0.046		2	A	1		0.073	0.051	
Riboflavin mg	0.034		2	A	1		0.054	0.038	
Niacin mg	0.593		2	A	1		0.937	0.658	
Pantothenic acid mg	0.186		2	A	1		0.294	0.206	
Vitamin B-6 mg	0.060		2	A	1		0.095	0.067	
Folate, total µg	29		2	A	1		46	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	29		2	A	1		46	32	
Folate, DFE µg	29		0	NC	4		46	32	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	75		2	A	1		118	83	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1496		2	A	1		2364	1661	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11695
Tomatoes, orange, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.025		0	BFFN	4		0.040	0.028	
4:0....g	0.000		0	BFFN	4		0.000	0.000	
6:0....g	0.000		0	BFFN	4		0.000	0.000	
8:0....g	0.000		0	BFFN	4		0.000	0.000	
10:0....g	0.000		0	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	
15:0....g									
16:0....g	0.019		0	BFFN	4		0.030	0.021	
17:0....g									
18:0....g	0.007		0	BFFN	4		0.011	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0	BFFN	4		0.044	0.031	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0	BFFN	4		0.002	0.001	
17:1....g									
18:1 undifferentiated....g	0.028		0	BFFN	4		0.044	0.031	
20:1....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.076		0	BFFN	4		0.120	0.084	
18:2 undifferentiated....g	0.073		0	BFFN	4		0.115	0.081	
18:3 undifferentiated....g	0.003		0	BFFN	4		0.005	0.003	
18:4....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	4		0	BFFN	4		6	4	
Amino Acids:									
Tryptophan....g	0.008		0	BFPN	4		0.013	0.009	
Threonine....g	0.029		0	BFPN	4		0.046	0.032	
Isoleucine....g	0.027		0	BFPN	4		0.043	0.030	
Leucine....g	0.042		0	BFPN	4		0.066	0.047	
Lysine....g	0.042		0	BFPN	4		0.066	0.047	
Methionine....g	0.010		0	BFPN	4		0.016	0.011	
Cystine....g	0.015		0	BFPN	4		0.024	0.017	
Phenylalanine....g	0.030		0	BFPN	4		0.047	0.033	
Tyrosine....g	0.020		0	BFPN	4		0.032	0.022	
Valine....g	0.030		0	BFPN	4		0.047	0.033	
Arginine....g	0.029		0	BFPN	4		0.046	0.032	
Histidine....g	0.018		0	BFPN	4		0.028	0.020	
Alanine....g	0.033		0	BFPN	4		0.052	0.037	
Aspartic acid....g	0.161		0	BFPN	4		0.254	0.179	
Glutamic acid....g	0.427		0	BFPN	4		0.675	0.474	
Glycine....g	0.029		0	BFPN	4		0.046	0.032	
Proline....g	0.022		0	BFPN	4		0.035	0.024	
Serine....g	0.031		0	BFPN	4		0.049	0.034	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11695
Tomatoes, orange, raw

Common Measures:
Measure 1 = 158g: 1 cup, chopped
Measure 2 = 111g: 1 tomato

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11531
Tomatoes, red, ripe, canned, packed in tomato juice

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.75	0.163	18	A	1		227.41	14.21	180.03
Energy kcal	16		0	NC	4		39	2	31
Energy kJ	69		0	NC	4		166	10	131
Protein (N x 6.25) g	0.79	0.033	18	A	1		1.89	0.12	1.49
Total lipid (fat) g	0.25	0.035	18	A	1		0.60	0.04	0.47
Ash g	0.74	0.024	18	A	1		1.78	0.11	1.41
Carbohydrate, by difference g	3.47		0	NC	4		8.33	0.52	6.59
Fiber, total dietary g	1.9	0.177	3	A	1		4.6	0.3	3.7
Sugars, total g	2.55	0.071	9	A	1		6.12	0.38	4.85
Sucrose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.24	0.041	9	A	1		2.98	0.19	2.36
Fructose g	1.31	0.034	9	A	1		3.14	0.20	2.48
Lactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	33	2.278	18	A	1		78	5	62
Iron, Fe mg	0.57	0.071	18	A	1		1.37	0.09	1.09
Magnesium, Mg mg	10	0.147	18	A	1		23	1	18
Phosphorus, P mg	17	0.251	18	A	1		40	2	31
Potassium, K mg	191	2.428	18	A	1		457	29	362
Sodium, Na mg	115	6.645	18	A	1		276	17	219
Zinc, Zn mg	0.12	0.003	18	A	1		0.30	0.02	0.23
Copper, Cu mg	0.052	0.001	18	A	1		0.125	0.008	0.099
Manganese, Mn mg	0.068	0.002	18	A	1		0.163	0.010	0.129
Selenium, Se µg	0.7	0.214	3	A	1		1.7	0.1	1.3
Vitamins:									
Vitamin C, total ascorbic acid mg	12.6	2.631	4	A	1		30.1	1.9	23.9
Thiamin mg	0.575	0.351	4	A	1		1.379	0.086	1.092
Riboflavin mg	0.055	0.004	4	A	1		0.133	0.008	0.105
Niacin mg	0.712	0.004	4	A	1		1.709	0.107	1.353
Pantothenic acid mg	0.117	0.002	3	A	1		0.282	0.018	0.223
Vitamin B-6 mg	0.111	0.003	3	A	1		0.266	0.017	0.210
Folate, total µg	8		0		4		19	1	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0		4		19	1	15
Folate, DFE µg	8		0	NC	4		19	1	15
Choline, total mg	6.4		0	BFSY	4		15.4	1.0	12.2
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	20		0	NC	4		49	3	39
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	245		0	BFSY	4		588	37	465
Carotene, alpha µg	0		0	BFSY	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	0
Vitamin A, IU IU	408		0	NC	4		979	61	775
Lycopene µg	2537		0	BFSY	4		6089	381	4820
Lutein + zeaxanthin µg	78		0	BFSY	4		188	12	149
Vitamin E (alpha-tocopherol) mg	0.59	0.007	3	A	1		1.42	0.09	1.12
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.000	3	A	1		0.02	0.00	0.01
Tocopherol, gamma mg	0.06	0.000	3	A	1		0.13	0.01	0.10
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 11531

Tomatoes, red, ripe, canned, packed in tomato juice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.6		0	BFSN	4		6.3	0.4	5.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.034		0	NC	4		0.082	0.005	0.065
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.025		0	BFFN	4		0.059	0.004	0.047
17:0....g									
18:0....g	0.009		0	BFFN	4		0.023	0.001	0.018
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0	NC	4		0.096	0.006	0.076
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.005	0.000	0.004
17:1....g									
18:1 undifferentiated....g	0.038		0	BFFN	4		0.091	0.006	0.072
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.101		0	NC	4		0.242	0.015	0.191
18:2 undifferentiated....g	0.097		0	BFFN	4		0.233	0.015	0.184
18:3 undifferentiated....g	0.004		0	BFFN	4		0.009	0.001	0.007
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	A	1		0.019	0.001	0.015
Threonine....g	0.042		0	A	1		0.100	0.006	0.079
Isoleucine....g	0.022		0	A	1		0.053	0.003	0.042
Leucine....g	0.027		0	A	1		0.066	0.004	0.052
Lysine....g	0.028		0	A	1		0.067	0.004	0.053
Methionine....g	0.008		0	A	1		0.019	0.001	0.015
Cystine....g	0.008		0	A	1		0.019	0.001	0.015
Phenylalanine....g	0.027		0	A	1		0.066	0.004	0.052
Tyrosine....g	0.018		0	A	1		0.044	0.003	0.035
Valine....g	0.016		0	A	1		0.038	0.002	0.030
Arginine....g	0.023		0	A	1		0.055	0.003	0.043
Histidine....g	0.015		0	A	1		0.037	0.002	0.029
Alanine....g	0.032		0	A	1		0.076	0.005	0.061

NDB No. 11531
Tomatoes, red, ripe, canned, packed in tomato juice

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.153		0	A	1		0.368	0.023	0.292
Glutamic acid....g	0.451		0	A	1		1.083	0.068	0.857
Glycine....g	0.019		0	A	1		0.046	0.003	0.036
Proline....g	0.015		0	A	1		0.036	0.002	0.029
Serine....g	0.024		0	A	1		0.058	0.004	0.046
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 190g: 1 can

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11885

Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.75	0.163	18	A	1		227.41	14.21	180.03
Energy kcal	16		0	NC	4		39	2	31
Energy kJ	69		0	NC	4		166	10	131
Protein (N x 6.25) g	0.79	0.033	18	A	1		1.89	0.12	1.49
Total lipid (fat) g	0.25	0.035	18	A	1		0.60	0.04	0.47
Ash g	0.74	0.024	18	A	1		1.78	0.11	1.41
Carbohydrate, by difference g	3.47		0	NC	4		8.33	0.52	6.59
Fiber, total dietary g	1.9	0.177	3	A	1		4.6	0.3	3.7
Sugars, total g	2.55	0.071	9	A	1		6.12	0.38	4.85
Sucrose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.24	0.041	9	A	1		2.98	0.19	2.36
Fructose g	1.31	0.034	9	A	1		3.14	0.20	2.48
Lactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	9	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	33	2.278	18	A	1		78	5	62
Iron, Fe mg	0.57	0.071	18	A	1		1.37	0.09	1.09
Magnesium, Mg mg	10	0.147	18	A	1		23	1	18
Phosphorus, P mg	17	0.251	18	A	1		40	2	31
Potassium, K mg	191	2.428	18	A	1		457	29	362
Sodium, Na mg	10	1.984	9	A	1		24	2	19
Zinc, Zn mg	0.12	0.003	18	A	1		0.30	0.02	0.23
Copper, Cu mg	0.052	0.001	18	A	1		0.125	0.008	0.099
Manganese, Mn mg	0.068	0.002	18	A	1		0.163	0.010	0.129
Selenium, Se µg	0.7	0.214	3	A	1		1.7	0.1	1.3
Vitamins:									
Vitamin C, total ascorbic acid mg	12.6	2.631	4	A	1		30.1	1.9	23.9
Thiamin mg	0.575	0.351	4	A	1		1.379	0.086	1.092
Riboflavin mg	0.055	0.004	4	A	1		0.133	0.008	0.105
Niacin mg	0.712	0.004	4	A	1		1.709	0.107	1.353
Pantothenic acid mg	0.117	0.002	3	A	1		0.282	0.018	0.223
Vitamin B-6 mg	0.111	0.003	3	A	1		0.266	0.017	0.210
Folate, total µg	8		0		4		19	1	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0		4		19	1	15
Folate, DFE µg	8		0	NC	4		19	1	15
Choline, total mg	7.0		0	BFSN	4		16.7	1.0	13.2
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	22		0	NC	4		53	3	42
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	265		0	BFSN	4		636	40	503
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	0
Vitamin A, IU IU	441		0	NC	4		1059	66	839
Lycopene µg	2745		0	BFSN	4		6588	412	5216
Lutein + zeaxanthin µg	85		0	BFSN	4		204	13	161
Vitamin E (alpha-tocopherol) mg	0.59	0.007	3	A	1		1.42	0.09	1.12
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.000	3	A	1		0.02	0.00	0.01
Tocopherol, gamma mg	0.06	0.000	3	A	1		0.13	0.01	0.10
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 11885

Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.9		0	BFSN	4		6.9	0.4	5.4
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.034		0	NC	4		0.082	0.005	0.065
4:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
8:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
10:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
12:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000	0.000	0.000
15:0....g									
16:0....g	0.025		0	BFFN	4		0.059	0.004	0.047
17:0....g									
18:0....g	0.009		0	BFFN	4		0.023	0.001	0.018
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0	NC	4		0.096	0.006	0.076
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.005	0.000	0.004
17:1....g									
18:1 undifferentiated....g	0.038		0	BFFN	4		0.091	0.006	0.072
20:1....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.101		0	NC	4		0.242	0.015	0.191
18:2 undifferentiated....g	0.097		0	BFFN	4		0.233	0.015	0.184
18:3 undifferentiated....g	0.004		0	BFFN	4		0.009	0.001	0.007
18:4....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.008		0	A	1		0.019	0.001	0.015
Threonine....g	0.042		0	A	1		0.100	0.006	0.079
Isoleucine....g	0.022		0	A	1		0.053	0.003	0.042
Leucine....g	0.027		0	A	1		0.066	0.004	0.052
Lysine....g	0.028		0	A	1		0.067	0.004	0.053
Methionine....g	0.008		0	A	1		0.019	0.001	0.015
Cystine....g	0.008		0	A	1		0.019	0.001	0.015
Phenylalanine....g	0.027		0	A	1		0.066	0.004	0.052
Tyrosine....g	0.018		0	A	1		0.044	0.003	0.035
Valine....g	0.016		0	A	1		0.038	0.002	0.030
Arginine....g	0.023		0	A	1		0.055	0.003	0.043
Histidine....g	0.015		0	A	1		0.037	0.002	0.029
Alanine....g	0.032		0	A	1		0.076	0.005	0.061

NDB No. 11885

Tomatoes, red, ripe, canned, packed in tomato juice, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.153		0	A	1		0.368	0.023	0.292
Glutamic acid....g	0.451		0	A	1		1.083	0.068	0.857
Glycine....g	0.019		0	A	1		0.046	0.003	0.036
Proline....g	0.015		0	A	1		0.036	0.002	0.029
Serine....g	0.024		0	A	1		0.058	0.004	0.046
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 190g: 1 can

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11533
Tomatoes, red, ripe, canned, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.54	0.176	42	JO	11		233.44		
Energy kcal	26		0	NC	4		66		
Energy kJ	108		0	NC	4		275		
Protein (N x 6.25) g	0.91	0.043	40		1		2.31		
Total lipid (fat) g	0.19	0.011	40		1		0.48		
Ash g	1.17	0.047	40		1		2.99		
Carbohydrate, by difference g	6.19		0	NC	4		15.78		
Fiber, total dietary g	1.0	0.044	39		1		2.5		
Sugars, total g	3.52		0	NC	4		8.98		
Sucrose g	0.02		0	BFSN	4		0.05		
Glucose (dextrose) g	1.63		0	BFSN	4		4.15		
Fructose g	1.88		0	BFSN	4		4.78		
Lactose g	0.00		0	BFSN	4		0.00		
Maltose g	0.00		0	BFSN	4		0.00		
Galactose g	0.00		0	BFSN	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	34	2.259	40		1		86		
Iron, Fe mg	1.33	0.122	40		1		3.40		
Magnesium, Mg mg	12	0.121	90		1		31		
Phosphorus, P mg	20	0.211	88		1		51		
Potassium, K mg	207	13.236	10		1		529		
Sodium, Na mg	221	10.814	38		1		564		
Zinc, Zn mg	0.17	0.005	27		1		0.43		
Copper, Cu mg	0.112	0.005	27		1		0.286		
Manganese, Mn mg	0.059		0		4		0.150		
Selenium, Se µg	0.6		0	BFSN	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	7.9	0.550	40		1		20.1		
Thiamin mg	0.046	0.001	233		1		0.117		
Riboflavin mg	0.035	0.001	233		1		0.089		
Niacin mg	0.714	0.010	227		1		1.821		
Pantothenic acid mg	0.114		0		4		0.291		
Vitamin B-6 mg	0.017		0		4		0.043		
Folate, total µg	5		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		0		4		14		
Folate, DFE µg	5		0	NC	4		14		
Choline, total mg	10.4		0	BFSN	4		26.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	9		0	NC	4		22		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	103		0	BFSN	4		263		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	172		0	NC	4		439		
Lycopene µg	4088		0	BFSN	4		10425		
Lutein + zeaxanthin µg	126		0	BFSN	4		322		
Vitamin E (alpha-tocopherol) mg	0.83		2		1		2.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2		1		0.00		
Tocopherol, gamma mg	0.20		2		1		0.50		
Tocopherol, delta mg	0.00		2		1		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 11533
Tomatoes, red, ripe, canned, stewed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	2.4		2		1		6.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.026		0	NC	4		0.067		
4:0....g	0.000		0	BFFN	4		0.000		
6:0....g	0.000		0	BFFN	4		0.000		
8:0....g	0.000		0	BFFN	4		0.000		
10:0....g	0.000		0	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFFN	4		0.000		
15:0....g									
16:0....g	0.019		0	BFFN	4		0.048		
17:0....g									
18:0....g	0.007		0	BFFN	4		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.029		0	NC	4		0.074		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
17:1....g									
18:1 undifferentiated....g	0.029		0	BFFN	4		0.074		
20:1....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.077		0	NC	4		0.197		
18:2 undifferentiated....g	0.074		0	BFFN	4		0.190		
18:3 undifferentiated....g	0.003		0	BFFN	4		0.007		
18:4....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFFN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0	BFPN	4		0.018		
Threonine....g	0.023		0	BFPN	4		0.059		
Isoleucine....g	0.022		0	BFPN	4		0.056		
Leucine....g	0.035		0	BFPN	4		0.089		
Lysine....g	0.035		0	BFPN	4		0.089		
Methionine....g	0.008		0	BFPN	4		0.020		
Cystine....g	0.012		0	BFPN	4		0.031		
Phenylalanine....g	0.025		0	BFPN	4		0.064		
Tyrosine....g	0.016		0	BFPN	4		0.041		
Valine....g	0.025		0	BFPN	4		0.064		
Arginine....g	0.022		0	BFPN	4		0.056		
Histidine....g	0.014		0	BFPN	4		0.036		
Alanine....g	0.027		0	BFPN	4		0.069		
Aspartic acid....g	0.131		0	BFPN	4		0.334		
Glutamic acid....g	0.348		0	BFPN	4		0.887		

NDB No. 11533
Tomatoes, red, ripe, canned, stewed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Glycine....g	0.023		0	BFPN	4		0.059		
Proline....g	0.017		0	BFPN	4		0.043		
Serine....g	0.026		0	BFPN	4		0.066		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	BFSN	4		0		
Theobromine....mg	0		0	BFSN	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11537
Tomatoes, red, ripe, canned, with green chilies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.23		1		1		227.09		
Energy kcal	15		0	NC	4		36		
Energy kJ	63				4		151		
Protein (N x 6.25) g	0.69		1		1		1.66		
Total lipid (fat) g	0.08		1		1		0.19		
Ash g	1.39		1		1		3.35		
Carbohydrate, by difference g	3.62		0	NC	4		8.72		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	20		1		1		48		
Iron, Fe mg	0.26		1		1		0.63		
Magnesium, Mg mg	11		1		1		27		
Phosphorus, P mg	14		1		1		34		
Potassium, K mg	107		1		1		258		
Sodium, Na mg	401		1		1		966		
Zinc, Zn mg	0.13		1		1		0.31		
Copper, Cu mg	0.090		1		1		0.217		
Manganese, Mn mg	0.132		0		4		0.318		
Selenium, Se µg	0.4		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.2		1		1		14.9		
Thiamin mg	0.034		1		1		0.082		
Riboflavin mg	0.019		1		1		0.046		
Niacin mg	0.640		1		1		1.542		
Pantothenic acid mg	0.148		0		4		0.357		
Vitamin B-6 mg	0.103		0		4		0.248		
Folate, total µg	9		0		4		22		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		22		
Folate, DFE µg	9		0	NC	4		22		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	20		1		1		47		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	390		1		1		940		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11537
Tomatoes, red, ripe, canned, with green chilies

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.011		0		1		0.027		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.008		0		1		0.019		
17:0....g									
18:0....g	0.003		0		1		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.011		0		1		0.027		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.011		0		1		0.027		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.030		0		1		0.072		
18:2 undifferentiated....g	0.029		0		1		0.070		
18:3 undifferentiated....g	0.001		0		1		0.002		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 241g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11530
Tomatoes, red, ripe, cooked

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.34	0.205	4	A	1		226.42	232.08	
Energy kcal	18		0	NC	4		42	43	
Energy kJ	73		0	NC	4		176	180	
Protein (N x 6.25) g	0.95	0.052	4	A	1		2.27	2.33	
Total lipid (fat) g	0.11	0.023	4	A	1		0.26	0.26	
Ash g	0.60	0.025	4	A	1		1.43	1.47	
Carbohydrate, by difference g	4.01		0	NC	4		9.62	9.86	
Fiber, total dietary g	0.7	0.048	4	A	1		1.7	1.8	
Sugars, total g	2.49		0	AS	1		5.98	6.13	
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	
Glucose (dextrose) g	1.18	0.061	4	A	1		2.83	2.90	
Fructose g	1.31	0.048	4	A	1		3.15	3.23	
Lactose g	0.00	0.000	4	A	1		0.00	0.00	
Maltose g	0.00	0.000	4	A	1		0.00	0.00	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	11	1.545	4	A	1		25	26	
Iron, Fe mg	0.68	0.122	4	A	1		1.63	1.67	
Magnesium, Mg mg	9	0.203	4	A	1		22	23	
Phosphorus, P mg	28	1.313	4	A	1		68	70	
Potassium, K mg	218	12.030	4	A	1		524	537	
Sodium, Na mg	11		0		1		26	27	
Zinc, Zn mg	0.14	0.020	4	A	1		0.34	0.35	
Copper, Cu mg	0.075	0.000	4	A	1		0.179	0.183	
Manganese, Mn mg	0.105	0.014	4	A	1		0.252	0.259	
Selenium, Se µg	0.5		0	BFSN	4		1.2	1.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	22.8		0		1		54.7	56.1	
Thiamin mg	0.036	0.002	4	A	1		0.087	0.089	
Riboflavin mg	0.022	0.001	4	A	1		0.054	0.055	
Niacin mg	0.532	0.039	4	A	1		1.276	1.308	
Pantothenic acid mg	0.129	0.051	4	A	1		0.311	0.318	
Vitamin B-6 mg	0.079	0.005	4	A	1		0.191	0.196	
Folate, total µg	13		0		1		31	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0		1		31	32	
Folate, DFE µg	13		0	NC	4		31	32	
Choline, total mg	6.9		0	BFSY	4		16.6	17.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	24		0	AS	1		59	60	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	293	34.216	8	A	1		704	722	
Carotene, alpha µg	0	0.000	8	A	1		0	0	
Cryptoxanthin, beta µg	0	0.000	8	A	1		0	0	
Vitamin A, IU IU	489		0	AS	1		1174	1203	
Lycopene µg	3041	379.205	8	A	1		7298	7480	
Lutein + zeaxanthin µg	94	14.377	8	A	1		226	231	
Vitamin E (alpha-tocopherol) mg	0.56	0.027	4	A	1		1.35	1.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01	0.000	4	A	1		0.04	0.04	
Tocopherol, gamma mg	0.21	0.019	4	A	1		0.51	0.52	
Tocopherol, delta mg	0.01	0.004	4	A	1		0.03	0.03	
Tocotrienol, alpha mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	

NDB No. 11530
Tomatoes, red, ripe, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	2.8	0.218	4	A	1		6.8	7.0	
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.015		0	NC	4		0.036	0.036	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.011		0		1		0.026	0.026	
17:0....g									
18:0....g	0.004		0		1		0.010	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0	NC	4		0.039	0.040	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.038	0.039	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.044		0	NC	4		0.105	0.108	
18:2 undifferentiated....g	0.042		0		1		0.102	0.104	
18:3 undifferentiated....g	0.002		0		1		0.004	0.004	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	9		0		1		22	22	
Amino Acids:									
Tryptophan....g	0.008		0		1		0.019	0.020	
Threonine....g	0.027		0		1		0.065	0.066	
Isoleucine....g	0.026		0		1		0.062	0.064	
Leucine....g	0.039		0		1		0.094	0.096	
Lysine....g	0.039		0		1		0.094	0.096	
Methionine....g	0.009		0		1		0.022	0.022	
Cystine....g	0.014		0		1		0.034	0.034	
Phenylalanine....g	0.028		0		1		0.067	0.069	
Tyrosine....g	0.018		0		1		0.043	0.044	
Valine....g	0.027		0		1		0.065	0.066	
Arginine....g	0.026		0		1		0.062	0.064	
Histidine....g	0.016		0		1		0.038	0.039	
Alanine....g	0.030		0		1		0.072	0.074	

NDB No. 11530
Tomatoes, red, ripe, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.148		0		1		0.355	0.364	
Glutamic acid....g	0.393		0		1		0.943	0.967	
Glycine....g	0.026		0		1		0.062	0.064	
Proline....g	0.020		0		1		0.048	0.049	
Serine....g	0.028		0		1		0.067	0.069	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 246g: 2 medium

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11660
Tomatoes, red, ripe, cooked, stewed

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	80.63		0		1		81.44	487.01	
Energy kcal	79		0	NC	4		80	477	
Energy kJ	331				4		334	1996	
Protein (N x 6.25) g	1.96		0		1		1.98	11.84	
Total lipid (fat) g	2.68		0		1		2.71	16.19	
Ash g	1.68		0		1		1.70	10.15	
Carbohydrate, by difference g	13.05		0	NC	4		13.18	78.82	
Fiber, total dietary g	1.7		0		4		1.7	10.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	26		0		1		26	157	
Iron, Fe mg	1.06		0		1		1.07	6.40	
Magnesium, Mg mg	15		0		1		15	91	
Phosphorus, P mg	38		0		1		38	230	
Potassium, K mg	247		0		1		249	1492	
Sodium, Na mg	455		0		1		460	2748	
Zinc, Zn mg	0.18		0		1		0.18	1.09	
Copper, Cu mg	0.095		0		1		0.096	0.574	
Manganese, Mn mg	0.193		0		1		0.195	1.166	
Selenium, Se µg	1.2		0	BFSN	4		1.2	7.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	18.2		0		1		18.4	109.9	
Thiamin mg	0.108		0		1		0.109	0.652	
Riboflavin mg	0.080		0		1		0.081	0.483	
Niacin mg	1.110		0		1		1.121	6.704	
Pantothenic acid mg	0.256		0		1		0.259	1.546	
Vitamin B-6 mg	0.086		0		1		0.087	0.519	
Folate, total µg	11		0		1		11	66	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	11		0		1		11	66	
Folate, DFE µg	11		0	NC	4		11	66	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	33		0		1		34	201	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	666		0		1		673	4023	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11660
Tomatoes, red, ripe, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.521		0		1		0.526	3.147	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.007		0		1		0.007	0.042	
15:0....g									
16:0....g	0.327		0		1		0.330	1.975	
17:0....g									
18:0....g	0.186		0		1		0.188	1.123	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.048		0		1		1.058	6.330	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0		1		0.002	0.012	
17:1....g									
18:1 undifferentiated....g	1.046		0		1		1.056	6.318	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.878		0		1		0.887	5.303	
18:2 undifferentiated....g	0.839		0		1		0.847	5.068	
18:3 undifferentiated....g	0.038		0		1		0.038	0.230	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	14		0		1		14	85	
Amino Acids:									
Tryptophan....g	0.019		0		1		0.019	0.115	
Threonine....g	0.054		0		1		0.055	0.326	
Isoleucine....g	0.064		0		1		0.065	0.387	
Leucine....g	0.106		0		1		0.107	0.640	
Lysine....g	0.062		0		1		0.063	0.374	
Methionine....g	0.024		0		1		0.024	0.145	
Cystine....g	0.029		0		1		0.029	0.175	
Phenylalanine....g	0.075		0		1		0.076	0.453	
Tyrosine....g	0.041		0		1		0.041	0.248	
Valine....g	0.075		0		1		0.076	0.453	
Arginine....g	0.067		0		1		0.068	0.405	
Histidine....g	0.036		0		1		0.036	0.217	
Alanine....g	0.063		0		1		0.064	0.381	
Aspartic acid....g	0.174		0		1		0.176	1.051	
Glutamic acid....g	0.643		0		1		0.649	3.884	
Glycine....g	0.063		0		1		0.064	0.381	
Proline....g	0.130		0		1		0.131	0.785	
Serine....g	0.077		0		1		0.078	0.465	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11660
Tomatoes, red, ripe, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 cup

Measure 2 = 604g: 1 recipe yield

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11884
Tomatoes, red, ripe, cooked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.34	0.205	4	A	1		226.42	113.21	114.15
Energy kcal	18		0	NC	4		42	21	21
Energy kJ	73		0	NC	4		176	88	89
Protein (N x 6.25) g	0.95	0.052	4	A	1		2.27	1.14	1.15
Total lipid (fat) g	0.11	0.023	4	A	1		0.26	0.13	0.13
Ash g	0.60	0.025	4	A	1		1.43	0.72	0.72
Carbohydrate, by difference g	4.01		0	NC	4		9.62	4.81	4.85
Fiber, total dietary g	0.7	0.048	4	A	1		1.7	0.9	0.9
Sugars, total g	2.49		0	AS	1		5.98	2.99	3.01
Sucrose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose) g	1.18	0.061	4	A	1		2.83	1.41	1.42
Fructose g	1.31	0.048	4	A	1		3.15	1.57	1.59
Lactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	11	1.545	4	A	1		25	13	13
Iron, Fe mg	0.68	0.122	4	A	1		1.63	0.82	0.82
Magnesium, Mg mg	9	0.203	4	A	1		22	11	11
Phosphorus, P mg	28	1.313	4	A	1		68	34	34
Potassium, K mg	218	12.030	4	A	1		524	262	264
Sodium, Na mg	247		0		1		593	296	299
Zinc, Zn mg	0.14	0.020	4	A	1		0.34	0.17	0.17
Copper, Cu mg	0.075	0.000	4	A	1		0.179	0.089	0.090
Manganese, Mn mg	0.105	0.014	4	A	1		0.252	0.126	0.127
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	22.8		0		1		54.7	27.4	27.6
Thiamin mg	0.036	0.002	4	A	1		0.087	0.043	0.044
Riboflavin mg	0.022	0.001	4	A	1		0.054	0.027	0.027
Niacin mg	0.532	0.039	4	A	1		1.276	0.638	0.643
Pantothenic acid mg	0.129	0.051	4	A	1		0.311	0.155	0.157
Vitamin B-6 mg	0.079	0.005	4	A	1		0.191	0.095	0.096
Folate, total µg	13		0		1		31	16	16
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	13		0		1		31	16	16
Folate, DFE µg	13		0	NC	4		31	16	16
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	24		0	AS	1		59	29	30
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	293	34.216	8	A	1		704	352	355
Carotene, alpha µg	0	0.000	8	A	1		0	0	0
Cryptoxanthin, beta µg	0	0.000	8	A	1		0	0	0
Vitamin A, IU IU	489		0	AS	1		1174	587	592
Lycopene µg	3041	379.205	8	A	1		7298	3649	3679
Lutein + zeaxanthin µg	94	14.377	8	A	1		226	113	114
Vitamin E (alpha-tocopherol) mg	0.56	0.027	4	A	1		1.35	0.67	0.68
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.000	4	A	1		0.04	0.02	0.02
Tocopherol, gamma mg	0.21	0.019	4	A	1		0.51	0.25	0.26
Tocopherol, delta mg	0.01	0.004	4	A	1		0.03	0.01	0.01
Tocotrienol, alpha mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 11884
Tomatoes, red, ripe, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	2.8	0.218	4	A	1		6.8	3.4	3.4
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.015		0	NC	4		0.036	0.018	0.018
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.011		0		1		0.026	0.013	0.013
17:0....g									
18:0....g	0.004		0		1		0.010	0.005	0.005
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0	NC	4		0.039	0.020	0.020
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.001	0.001
17:1....g									
18:1 undifferentiated....g	0.016		0		1		0.038	0.019	0.019
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.044		0	NC	4		0.105	0.053	0.053
18:2 undifferentiated....g	0.042		0		1		0.102	0.051	0.051
18:3 undifferentiated....g	0.002		0		1		0.004	0.002	0.002
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	9		0		1		22	11	11
Amino Acids:									
Tryptophan....g	0.008		0		1		0.019	0.010	0.010
Threonine....g	0.027		0		1		0.065	0.032	0.033
Isoleucine....g	0.026		0		1		0.062	0.031	0.031
Leucine....g	0.039		0		1		0.094	0.047	0.047
Lysine....g	0.039		0		1		0.094	0.047	0.047
Methionine....g	0.009		0		1		0.022	0.011	0.011
Cystine....g	0.014		0		1		0.034	0.017	0.017
Phenylalanine....g	0.028		0		1		0.067	0.034	0.034
Tyrosine....g	0.018		0		1		0.043	0.022	0.022
Valine....g	0.027		0		1		0.065	0.032	0.033
Arginine....g	0.026		0		1		0.062	0.031	0.031
Histidine....g	0.016		0		1		0.038	0.019	0.019
Alanine....g	0.030		0		1		0.072	0.036	0.036

NDB No. 11884
Tomatoes, red, ripe, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.148		0		1		0.355	0.178	0.179
Glutamic acid....g	0.393		0		1		0.943	0.472	0.476
Glycine....g	0.026		0		1		0.062	0.031	0.031
Proline....g	0.020		0		1		0.048	0.024	0.024
Serine....g	0.028		0		1		0.067	0.034	0.034
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 120g: .5 cup

Measure 3 = 121g: 1 NLEA serving

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11529

Tomatoes, red, ripe, raw, year round average

Solanum lycopersicum

Includes USDA commodity food A238, A233

Refuse: 9% Core and stem ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.52	0.139	39	JO	11		140.84	170.14	58.60
Energy kcal	18		0	NC	4		26	32	11
Energy kJ	74		0	NC	4		111	134	46
Protein (N x 6.25) g	0.88	0.039	19	JO	11		1.32	1.59	0.55
Total lipid (fat) g	0.20	0.034	26	JO	11		0.30	0.37	0.13
Ash g	0.50	0.018	19	JA	6		0.75	0.90	0.31
Carbohydrate, by difference g	3.89		0	NC	4		5.80	7.01	2.41
Fiber, total dietary g	1.2	0.234	5	JA	6		1.8	2.2	0.8
Sugars, total g	2.63		0	NC	4		3.91	4.73	1.63
Sucrose g	0.00	0.002	12	JA	6		0.00	0.00	0.00
Glucose (dextrose) g	1.25	0.135	16	JA	6		1.86	2.25	0.77
Fructose g	1.37	0.073	17	JA	6		2.05	2.47	0.85
Lactose g	0.00	0.000	9	JA	6		0.00	0.00	0.00
Maltose g	0.00	0.000	9	JA	6		0.00	0.00	0.00
Galactose g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	10	0.291	69	JA	6		15	18	6
Iron, Fe mg	0.27	0.015	70	JA	6		0.41	0.49	0.17
Magnesium, Mg mg	11	0.198	70	JA	6		16	20	7
Phosphorus, P mg	24	0.534	69	JA	6		36	43	15
Potassium, K mg	237	5.318	67	JA	6		353	426	147
Sodium, Na mg	5	0.565	66	JA	6		7	8	3
Zinc, Zn mg	0.17	0.036	70	JA	6		0.25	0.30	0.10
Copper, Cu mg	0.059	0.002	70	JA	6		0.088	0.106	0.036
Manganese, Mn mg	0.114	0.013	70	JA	6		0.170	0.205	0.071
Selenium, Se µg	0.0	0.011	36	JA	6		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid mg	13.7	0.860	25	JA	6		20.4	24.6	8.5
Thiamin mg	0.037	0.004	19	JA	6		0.055	0.067	0.023
Riboflavin mg	0.019	0.001	19	JA	6		0.029	0.035	0.012
Niacin mg	0.594	0.032	19	JA	6		0.886	1.070	0.368
Pantothenic acid mg	0.089	0.014	11	JA	6		0.132	0.160	0.055
Vitamin B-6 mg	0.080	0.003	19	JA	6		0.119	0.144	0.050
Folate, total µg	15	2.252	19	JA	6		22	27	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15	2.252	19	JA	6		22	27	9
Folate, DFE µg	15		0	NC	4		22	27	9
Choline, total mg	6.7		0	AS	1		10.0	12.1	4.2
Betaine mg	0.1		2	A	1		0.1	0.1	0.0
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	42		0	AS	1		62	75	26
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	449	2.491	70	A	1		670	809	279
Carotene, alpha µg	101	101.455	66	A	1		151	183	63
Cryptoxanthin, beta µg	0	0.000	10	A	1		0	0	0
Vitamin A, IU IU	833		0	AS	1		1242	1500	517
Lycopene µg	2573	54.368	13	A	1		3833	4631	1595
Lutein + zeaxanthin µg	123	4.493	10	A	1		183	221	76
Vitamin E (alpha-tocopherol) mg	0.54	0.070	16	JO	11		0.80	0.97	0.33
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01	0.002	16	JO	11		0.01	0.01	0.00
Tocopherol, gamma mg	0.12	0.016	16	JO	11		0.18	0.22	0.08
Tocopherol, delta mg	0.00	0.002	16	JO	11		0.01	0.01	0.00
Tocotrienol, alpha mg	0.01	0.005	6	JO	11		0.02	0.03	0.01
Tocotrienol, beta mg	0.00	0.000	6	JO	11		0.00	0.00	0.00

NDB No. 11529

Tomatoes, red, ripe, raw, year round average

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	6	JO	11		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	6	JO	11		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone)....µg	7.9	4.743	15	JO	11		11.8	14.2	4.9
Dihydrophylloquinone....µg	0.0	0.000	8	A	1		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.028		0	NC	4		0.042	0.051	0.018
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		1		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.020		1		1		0.030	0.036	0.013
17:0....g									
18:0....g	0.008		1		1		0.012	0.014	0.005
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0	NC	4		0.047	0.056	0.019
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.002	0.002	0.001
17:1....g									
18:1 undifferentiated....g	0.030		1		1		0.045	0.054	0.019
20:1....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.083		0	NC	4		0.123	0.149	0.051
18:2 undifferentiated....g	0.080		1		1		0.119	0.144	0.049
18:3 undifferentiated....g	0.003		1		1		0.005	0.006	0.002
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	7		1		1		10	13	4
Amino Acids:									
Tryptophan....g	0.006		0	JA	6		0.010	0.012	0.004
Threonine....g	0.027		0	JA	6		0.041	0.049	0.017
Isoleucine....g	0.018		0	JA	6		0.027	0.033	0.011
Leucine....g	0.025		0	JA	6		0.038	0.045	0.016
Lysine....g	0.027		0	JA	6		0.041	0.049	0.017
Methionine....g	0.006		0	JA	6		0.008	0.010	0.003
Cystine....g	0.009		0	JA	6		0.014	0.017	0.006
Phenylalanine....g	0.027		0	JA	6		0.040	0.048	0.016
Tyrosine....g	0.014		0	JA	6		0.020	0.024	0.008
Valine....g	0.018		0	JA	6		0.027	0.033	0.011
Arginine....g	0.021		0	JA	6		0.031	0.037	0.013
Histidine....g	0.014		0	JA	6		0.022	0.026	0.009
Alanine....g	0.027		0	JA	6		0.040	0.049	0.017

NDB No. 11529
Tomatoes, red, ripe, raw, year round average

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	0.135		0	JA	6		0.201	0.243	0.084
Glutamic acid....g	0.431		0	JA	6		0.642	0.776	0.267
Glycine....g	0.019		0	JA	6		0.029	0.035	0.012
Proline....g	0.015		0	JA	6		0.023	0.028	0.009
Serine....g	0.026		0	JA	6		0.038	0.047	0.016
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 149g: 1 cup cherry tomatoes

Measure 2 = 180g: 1 cup, chopped or sliced

Measure 3 = 62g: 1 Italian tomato

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11955
Tomatoes, sun-dried

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	14.56		1		1		7.86	0.29	
Energy kcal	258		0	NC	4		139	5	
Energy kJ	1079		0		4		583	22	
Protein (N x 6.25) g	14.11		1		1		7.62	0.28	
Total lipid (fat) g	2.97		1		1		1.60	0.06	
Ash g	12.60		1		1		6.80	0.25	
Carbohydrate, by difference g	55.76		0	NC	4		30.11	1.12	
Fiber, total dietary g	12.3		0		1		6.6	0.2	
Sugars, total g	37.59		0	BFSN	4		20.30	0.75	
Starch g									
Minerals:									
Calcium, Ca mg	110		1		1		59	2	
Iron, Fe mg	9.09		1		1		4.91	0.18	
Magnesium, Mg mg	194		1		1		105	4	
Phosphorus, P mg	356		1		1		192	7	
Potassium, K mg	3427		1		1		1851	69	
Sodium, Na mg	107		0	LC	8		58	2	
Zinc, Zn mg	1.99		1		1		1.07	0.04	
Copper, Cu mg	1.423		1		1		0.768	0.028	
Manganese, Mn mg	1.846		1		1		0.997	0.037	
Selenium, Se µg	5.5		0	BFSN	4		3.0	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	39.2		1		1		21.2	0.8	
Thiamin mg	0.528		1		1		0.285	0.011	
Riboflavin mg	0.489		1		1		0.264	0.010	
Niacin mg	9.050		1		1		4.887	0.181	
Pantothenic acid mg	2.087		1		1		1.127	0.042	
Vitamin B-6 mg	0.332		1		1		0.179	0.007	
Folate, total µg	68		1		1		37	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	68		1		1		37	1	
Folate, DFE µg	68		0	NC	4		37	1	
Choline, total mg	104.6		0	BFSN	4		56.5	2.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	44		0	NC	4		24	1	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	524		0	BNA	4		283	10	
Carotene, alpha µg	0		0	BNA	4		0	0	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	874		0	NC	4		472	17	
Lycopene µg	45902		0	BFSN	4		24787	918	
Lutein + zeaxanthin µg	1419		0	BFSN	4		766	28	
Vitamin E (alpha-tocopherol) mg	0.01		0	O	4		0.01	0.00	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	43.0		0	BFSN	4		23.2	0.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11955
Tomatoes, sun-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.426		0		1		0.230	0.009	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.004		1		1		0.002	0.000	
15:0....g									
16:0....g	0.326		1		1		0.176	0.007	
17:0....g									
18:0....g	0.096		1		1		0.052	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.487		0		1		0.263	0.010	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		1		1		0.006	0.000	
17:1....g									
18:1 undifferentiated....g	0.476		1		1		0.257	0.010	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.115		0		1		0.602	0.022	
18:2 undifferentiated....g	1.104		1		1		0.596	0.022	
18:3 undifferentiated....g	0.011		1		1		0.006	0.000	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.104		0		1		0.056	0.002	
Threonine....g	0.357		0		1		0.193	0.007	
Isoleucine....g	0.339		0		1		0.183	0.007	
Leucine....g	0.517		0		1		0.279	0.010	
Lysine....g	0.519		0		1		0.280	0.010	
Methionine....g	0.122		0		1		0.066	0.002	
Cystine....g	0.183		0		1		0.099	0.004	
Phenylalanine....g	0.366		0		1		0.198	0.007	
Tyrosine....g	0.242		0		1		0.131	0.005	
Valine....g	0.361		0		1		0.195	0.007	
Arginine....g	0.343		0		1		0.185	0.007	
Histidine....g	0.214		0		1		0.116	0.004	
Alanine....g	0.402		0		1		0.217	0.008	
Aspartic acid....g	1.957		0		1		1.057	0.039	
Glutamic acid....g	5.202		0		1		2.809	0.104	
Glycine....g	0.348		0		1		0.188	0.007	
Proline....g	0.266		0		1		0.144	0.005	
Serine....g	0.375		0		1		0.203	0.008	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11955
Tomatoes, sun-dried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 54g: 1 cup

Measure 2 = 2.0g: 1 piece

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11956
Tomatoes, sun-dried, packed in oil, drained

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.83		1		1		59.21	1.61	
Energy kcal	213		0	NC	4		234	6	
Energy kJ	891				4		980	27	
Protein (N x 6.25) g	5.06		1		1		5.57	0.15	
Total lipid (fat) g	14.08		1		1		15.49	0.42	
Ash g	3.70		1		1		4.07	0.11	
Carbohydrate, by difference g	23.33		0	NC	4		25.66	0.70	
Fiber, total dietary g	5.8		1	A	1		6.4	0.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	47		1		1		52	1	
Iron, Fe mg	2.68		1		1		2.94	0.08	
Magnesium, Mg mg	81		1		1		89	2	
Phosphorus, P mg	139		1		1		153	4	
Potassium, K mg	1565		1		1		1722	47	
Sodium, Na mg	266		1		1		293	8	
Zinc, Zn mg	0.78		1		1		0.86	0.02	
Copper, Cu mg	0.473		1		1		0.520	0.014	
Manganese, Mn mg	0.466		1		1		0.513	0.014	
Selenium, Se µg	3.0		0	BFSN	4		3.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	101.8		1		1		112.0	3.1	
Thiamin mg	0.193		1		1		0.212	0.006	
Riboflavin mg	0.383		1		1		0.421	0.011	
Niacin mg	3.630		1		1		3.993	0.109	
Pantothenic acid mg	0.479		1		1		0.527	0.014	
Vitamin B-6 mg	0.319		1		1		0.351	0.010	
Folate, total µg	23		1		1		25	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	23		1		1		25	1	
Folate, DFE µg	23		0	NC	4		25	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	64		1		1		71	2	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1286		1		1		1415	39	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11956
Tomatoes, sun-dried, packed in oil, drained

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	1.893		0		1		2.082	0.057	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.005		1		1		0.006	0.000	
15:0....g									
16:0....g	1.548		1		1		1.703	0.046	
17:0....g									
18:0....g	0.340		1		1		0.374	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.663		0		1		9.529	0.260	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.100		1		1		0.110	0.003	
17:1....g									
18:1 undifferentiated....g	8.530		1		1		9.383	0.256	
20:1....g	0.033		1		1		0.036	0.001	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.060		0		1		2.266	0.062	
18:2 undifferentiated....g	1.982		1		1		2.180	0.059	
18:3 undifferentiated....g	0.078		1		1		0.086	0.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.041	0.001	
Threonine....g	0.128		0		1		0.141	0.004	
Isoleucine....g	0.121		0		1		0.133	0.004	
Leucine....g	0.185		0		1		0.204	0.006	
Lysine....g	0.186		0		1		0.205	0.006	
Methionine....g	0.044		0		1		0.048	0.001	
Cystine....g	0.066		0		1		0.073	0.002	
Phenylalanine....g	0.131		0		1		0.144	0.004	
Tyrosine....g	0.087		0		1		0.096	0.003	
Valine....g	0.130		0		1		0.143	0.004	
Arginine....g	0.123		0		1		0.135	0.004	
Histidine....g	0.077		0		1		0.085	0.002	
Alanine....g	0.144		0		1		0.158	0.004	
Aspartic acid....g	0.702		0		1		0.772	0.021	
Glutamic acid....g	1.865		0		1		2.052	0.056	
Glycine....g	0.125		0		1		0.138	0.004	
Proline....g	0.096		0		1		0.106	0.003	
Serine....g	0.134		0		1		0.147	0.004	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11956
Tomatoes, sun-dried, packed in oil, drained

Common Measures:

Measure 1 = 110g: 1 cup

Measure 2 = 3.0g: 1 piece

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11696
Tomatoes, yellow, raw
Solanum lycopersicum

Refuse: 9% Core and stem ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.28		2	A	1		132.44	201.99	
Energy kcal	15		0	NC	4		21	32	
Energy kJ	63				4		87	133	
Protein (N x 6.25) g	0.98		2	A	1		1.36	2.08	
Total lipid (fat) g	0.26		2	A	1		0.36	0.55	
Ash g	0.50		2	A	1		0.70	1.06	
Carbohydrate, by difference g	2.98		0	NC	4		4.14	6.32	
Fiber, total dietary g	0.7		1	A	1		1.0	1.5	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		2	A	1		15	23	
Iron, Fe mg	0.49		2	A	1		0.68	1.04	
Magnesium, Mg mg	12		2	A	1		17	25	
Phosphorus, P mg	36		2	A	1		50	76	
Potassium, K mg	258		2	A	1		359	547	
Sodium, Na mg	23		2	A	1		32	49	
Zinc, Zn mg	0.28		2	A	1		0.39	0.59	
Copper, Cu mg	0.101		1	A	1		0.140	0.214	
Manganese, Mn mg	0.120		2	A	1		0.167	0.254	
Selenium, Se µg	0.4		0	BFZN	4		0.6	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.0		2	A	1		12.5	19.1	
Thiamin mg	0.041		2	A	1		0.057	0.087	
Riboflavin mg	0.047		2	A	1		0.065	0.100	
Niacin mg	1.179		2	A	1		1.639	2.499	
Pantothenic acid mg	0.110		2	A	1		0.153	0.233	
Vitamin B-6 mg	0.056		2	A	1		0.078	0.119	
Folate, total µg	30		2	A	1		42	64	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	30		2	A	1		42	64	
Folate, DFE µg	30		0	NC	4		42	64	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		2	A	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		2	A	1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11696
Tomatoes, yellow, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.036		0	BFFN	4		0.050	0.076	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.027		0	BFFN	4		0.038	0.057	
17:0....g									
18:0....g	0.010		0	BFFN	4		0.014	0.021	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.040		0	BFFN	4		0.056	0.085	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		0	BFFN	4		0.003	0.004	
17:1....g									
18:1 undifferentiated....g	0.039		0	BFFN	4		0.054	0.083	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.108		0	BFFN	4		0.150	0.229	
18:2 undifferentiated....g	0.104		0	BFFN	4		0.145	0.220	
18:3 undifferentiated....g	0.004		0	BFFN	4		0.006	0.008	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg	6		0	BFFN	4		8	13	
Amino Acids:									
Tryptophan....g	0.007		0	BFPN	4		0.010	0.015	
Threonine....g	0.024		0	BFPN	4		0.033	0.051	
Isoleucine....g	0.023		0	BFPN	4		0.032	0.049	
Leucine....g	0.036		0	BFPN	4		0.050	0.076	
Lysine....g	0.036		0	BFPN	4		0.050	0.076	
Methionine....g	0.008		0	BFPN	4		0.011	0.017	
Cystine....g	0.013		0	BFPN	4		0.018	0.028	
Phenylalanine....g	0.025		0	BFPN	4		0.035	0.053	
Tyrosine....g	0.017		0	BFPN	4		0.024	0.036	
Valine....g	0.025		0	BFPN	4		0.035	0.053	
Arginine....g	0.024		0	BFPN	4		0.033	0.051	
Histidine....g	0.015		0	BFPN	4		0.021	0.032	
Alanine....g	0.028		0	BFPN	4		0.039	0.059	
Aspartic acid....g	0.135		0	BFPN	4		0.188	0.286	
Glutamic acid....g	0.359		0	BFPN	4		0.499	0.761	
Glycine....g	0.024		0	BFPN	4		0.033	0.051	
Proline....g	0.018		0	BFPN	4		0.025	0.038	
Serine....g	0.026		0	BFPN	4		0.036	0.055	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11696
Tomatoes, yellow, raw

Common Measures:

Measure 1 = 139g: 1 cup, chopped

Measure 2 = 212g: 1 tomato

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11928
Tree fern, cooked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.60		0		1		27.47	62.91	
Energy kcal	40		0	NC	4		12	28	
Energy kJ	166		0	NC	4		52	118	
Protein (N x 6.25) g	0.29		0		1		0.09	0.21	
Total lipid (fat) g	0.07		0		1		0.02	0.05	
Ash g	0.26		0	O	4		0.08	0.19	
Carbohydrate, by difference g	10.78		0	NC	4		3.34	7.65	
Fiber, total dietary g	3.7		0	BFZN	4		1.1	2.6	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		2	6	
Iron, Fe mg	0.16		0		1		0.05	0.11	
Magnesium, Mg mg	5		0		1		2	4	
Phosphorus, P mg	4		0		1		1	3	
Potassium, K mg	5		0		1		2	4	
Sodium, Na mg	241		0		4		75	171	
Zinc, Zn mg	0.31		0		4		0.10	0.22	
Copper, Cu mg	0.202		0		4		0.063	0.143	
Manganese, Mn mg	0.539		0		4		0.167	0.383	
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	30.0		0		1		9.3	21.3	
Thiamin mg	0.000		0		1		0.000	0.000	
Riboflavin mg	0.300		0		1		0.093	0.213	
Niacin mg	3.500		0		1		1.085	2.485	
Pantothenic acid mg	0.063		0		4		0.020	0.045	
Vitamin B-6 mg	0.179		0		4		0.055	0.127	
Folate, total µg	15		0		4		5	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		4		5	11	
Folate, DFE µg	15		0	NC	4		5	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0		1		3	7	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	200		0		1		62	142	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11928
Tree fern, cooked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 frond (6-1/2" long)

Measure 2 = 71g: .5 cup, chopped or diced

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11563
Tree fern, cooked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	88.60		0		1		62.91	27.47	
Energy kcal	40		0	NC	4		28	12	
Energy kJ	167				4		119	52	
Protein (N x 6.25) g	0.29		0		1		0.21	0.09	
Total lipid (fat) g	0.07		0		1		0.05	0.02	
Ash g	0.06		0		1		0.04	0.02	
Carbohydrate, by difference g	10.98		0	NC	4		7.80	3.40	
Fiber, total dietary g	3.7		0		4		2.6	1.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	8		0		1		6	2	
Iron, Fe mg	0.16		0		1		0.11	0.05	
Magnesium, Mg mg	5		0		1		4	2	
Phosphorus, P mg	4		0		1		3	1	
Potassium, K mg	5		0		1		4	2	
Sodium, Na mg	5		0		1		4	2	
Zinc, Zn mg	0.31		0		4		0.22	0.10	
Copper, Cu mg	0.202		0		4		0.143	0.063	
Manganese, Mn mg	0.539		0		4		0.383	0.167	
Selenium, Se µg	0.9		0	CAZN	4		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	30.0		0		1		21.3	9.3	
Thiamin mg	0.000		0		1		0.000	0.000	
Riboflavin mg	0.300		0		1		0.213	0.093	
Niacin mg	3.500		0		1		2.485	1.085	
Pantothenic acid mg	0.063		0		4		0.045	0.020	
Vitamin B-6 mg	0.179		0		4		0.127	0.055	
Folate, total µg	15		0		4		11	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	15		0		4		11	5	
Folate, DFE µg	15		0	NC	4		11	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	10		0		1		7	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	200		0		1		142	62	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11563
Tree fern, cooked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.009		0		4		0.006	0.003	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.000		0		4		0.000	0.000	
12:0....g	0.000		0		4		0.000	0.000	
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	
15:0....g									
16:0....g	0.008		0		4		0.006	0.002	
17:0....g									
18:0....g	0.000		0		4		0.000	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		4		0.004	0.002	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		4		0.004	0.002	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.034		0		4		0.024	0.011	
18:2 undifferentiated....g	0.014		0		4		0.010	0.004	
18:3 undifferentiated....g	0.018		0		4		0.013	0.006	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: .5 cup, chopped

Measure 2 = 31g: 1 frond (6-1/2" long)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11893

Turnip greens and turnips, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.04		0	RA	4		148.40	78.29	
Energy kcal	34		0	NC	4		56	30	
Energy kJ	144		0	NC	4		234	124	
Protein (N x 6.25) g	2.99		0	RA	4		4.87	2.57	
Total lipid (fat) g	0.38		0	RA	4		0.63	0.33	
Ash g	0.85		0	RA	4		1.39	0.73	
Carbohydrate, by difference g	4.74		0	NC	4		7.72	4.07	
Fiber, total dietary g	3.1		0	RA	4		5.1	2.7	
Sugars, total g	0.95		0	RA	4		1.56	0.82	
Starch g									
Minerals:									
Calcium, Ca mg	128		0	RA	4		209	110	
Iron, Fe mg	1.75		0	RA	4		2.85	1.50	
Magnesium, Mg mg	24		0	RA	4		38	20	
Phosphorus, P mg	32		0	RA	4		53	28	
Potassium, K mg	216		0	RA	4		351	185	
Sodium, Na mg	255		0	RA	4		416	219	
Zinc, Zn mg	0.37		0	RA	4		0.60	0.32	
Copper, Cu mg	0.133		0	RA	4		0.216	0.114	
Manganese, Mn mg	0.400		0	RA	4		0.652	0.344	
Selenium, Se µg	1.1		0	RA	4		1.8	0.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	18.2		0	RA	4		29.7	15.7	
Thiamin mg	0.050		0	RA	4		0.082	0.043	
Riboflavin mg	0.065		0	RA	4		0.106	0.056	
Niacin mg	0.486		0	RA	4		0.793	0.418	
Pantothenic acid mg	0.083		0	RA	4		0.136	0.072	
Vitamin B-6 mg	0.067		0	RA	4		0.109	0.058	
Folate, total µg	33		0	RA	4		54	28	
Folic acid µg	0		0	RA	4		0	0	
Folate, food µg	33		0	RA	4		54	28	
Folate, DFE µg	33		0	NC	4		54	28	
Choline, total mg	2.1		0	RA	4		3.5	1.8	
Betaine mg									
Vitamin B-12 µg	0.00		0	RA	4		0.00	0.00	
Vitamin B-12, added µg	0.00		0	RA	4		0.00	0.00	
Vitamin A, RAE µg	431		0	NC	4		702	370	
Retinol µg	0		0	RA	4		0	0	
Carotene, beta µg	5167		0	RA	4		8422	4444	
Carotene, alpha µg	0		0	RA	4		0	0	
Cryptoxanthin, beta µg	0		0	RA	4		0	0	
Vitamin A, IU IU	8612		0	NC	4		14037	7406	
Lycopene µg	0		0	RA	4		0	0	
Lutein + zeaxanthin µg	9532		0	RA	4		15538	8198	
Vitamin E (alpha-tocopherol) mg	2.13		0	RA	4		3.47	1.83	
Vitamin E, added mg	0.00		0	RA	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	415.1		0	RA	4		676.7	357.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11893

Turnip greens and turnips, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.085		0	RA	4		0.139	0.073	
4:0....g									
6:0....g									
8:0....g	0.002		0	RA	4		0.003	0.001	
10:0....g	0.002		0	RA	4		0.003	0.001	
12:0....g	0.002		0	RA	4		0.003	0.001	
13:0....g									
14:0....g	0.003		0	RA	4		0.005	0.003	
15:0....g									
16:0....g	0.065		0	RA	4		0.107	0.056	
17:0....g									
18:0....g	0.012		0	RA	4		0.019	0.010	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0	RA	4		0.040	0.021	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0	RA	4		0.026	0.014	
17:1....g									
18:1 undifferentiated....g	0.008		0	RA	4		0.013	0.007	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0	RA	4		0.261	0.138	
18:2 undifferentiated....g	0.046		0	RA	4		0.076	0.040	
18:3 undifferentiated....g	0.114		0	RA	4		0.186	0.098	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	RA	4		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0	RA	4		0.081	0.042	
Threonine....g	0.156		0	RA	4		0.254	0.134	
Isoleucine....g	0.151		0	RA	4		0.246	0.130	
Leucine....g	0.257		0	RA	4		0.419	0.221	
Lysine....g	0.187		0	RA	4		0.304	0.160	
Methionine....g	0.065		0	RA	4		0.105	0.056	
Cystine....g	0.032		0	RA	4		0.052	0.028	
Phenylalanine....g	0.171		0	RA	4		0.278	0.147	
Tyrosine....g	0.109		0	RA	4		0.177	0.093	
Valine....g	0.193		0	RA	4		0.314	0.166	
Arginine....g	0.176		0	RA	4		0.287	0.152	
Histidine....g	0.070		0	RA	4		0.113	0.060	
Alanine....g	0.195		0	RA	4		0.318	0.168	
Aspartic acid....g	0.304		0	RA	4		0.496	0.261	
Glutamic acid....g	0.410		0	RA	4		0.668	0.352	
Glycine....g	0.169		0	RA	4		0.276	0.146	
Proline....g	0.135		0	RA	4		0.221	0.116	
Serine....g	0.119		0	RA	4		0.195	0.103	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	RA	4		0	0	

NDB No. 11893

Turnip greens and turnips, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RA	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 cup

Measure 2 = 86g: .5 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11577

Turnip greens and turnips, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.04		0	RA	4		148.40		
Energy kcal	35		0	NC	4		57		
Energy kJ	146		0	NC	4		237		
Protein (N x 6.25) g	2.99		0	RA	4		4.87		
Total lipid (fat) g	0.38		0	RA	4		0.63		
Ash g	0.74		0	RA	4		1.20		
Carbohydrate, by difference g	4.85		0	RA	4		7.91		
Fiber, total dietary g	3.1		0	RA	4		5.1		
Sugars, total g	1.07		0	RA	4		1.75		
Starch g									
Minerals:									
Calcium, Ca mg	128		0	RA	4		209		
Iron, Fe mg	1.75		0	RA	4		2.85		
Magnesium, Mg mg	24		0	RA	4		38		
Phosphorus, P mg	32		0	RA	4		53		
Potassium, K mg	216		0	RA	4		351		
Sodium, Na mg	19		0	RA	4		31		
Zinc, Zn mg	0.37		0	RA	4		0.60		
Copper, Cu mg	0.133		0	RA	4		0.216		
Manganese, Mn mg	0.400		0	RA	4		0.652		
Selenium, Se µg	1.1		0	RA	4		1.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	18.2		0	RA	4		29.7		
Thiamin mg	0.050		0	RA	4		0.082		
Riboflavin mg	0.065		0	RA	4		0.106		
Niacin mg	0.486		0	RA	4		0.793		
Pantothenic acid mg	0.083		0	RA	4		0.136		
Vitamin B-6 mg	0.067		0	RA	4		0.109		
Folate, total µg	33		0	RA	4		54		
Folic acid µg	0		0	RA	4		0		
Folate, food µg	33		0	RA	4		54		
Folate, DFE µg	33		0	NC	4		54		
Choline, total mg	2.1		0	RA	4		3.5		
Betaine mg									
Vitamin B-12 µg	0.00		0	RA	4		0.00		
Vitamin B-12, added µg	0.00		0	RA	4		0.00		
Vitamin A, RAE µg	431		0	NC	4		702		
Retinol µg	0		0	RA	4		0		
Carotene, beta µg	5167		0	RA	4		8422		
Carotene, alpha µg	0		0	RA	4		0		
Cryptoxanthin, beta µg	0		0	RA	4		0		
Vitamin A, IU IU	8612		0	NC	4		14037		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	9532		0	RA	4		15538		
Vitamin E (alpha-tocopherol) mg	2.13		0	RA	4		3.47		
Vitamin E, added mg	0.00		0	RA	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	415.1		0	RA	4		676.7		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11577

Turnip greens and turnips, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.085		0	RA	4		0.139		
4:0....g	0.000		0	RA	4		0.000		
6:0....g	0.000		0	RA	4		0.000		
8:0....g	0.002		0	RA	4		0.003		
10:0....g	0.002		0	RA	4		0.003		
12:0....g	0.002		0	RA	4		0.003		
13:0....g									
14:0....g	0.003		0	RA	4		0.005		
15:0....g									
16:0....g	0.065		0	RA	4		0.107		
17:0....g									
18:0....g	0.012		0	RA	4		0.019		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.024		0	RA	4		0.040		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.016		0	RA	4		0.026		
17:1....g									
18:1 undifferentiated....g	0.008		0	RA	4		0.013		
20:1....g	0.000		0	RA	4		0.000		
22:1 undifferentiated....g	0.000		0	RA	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.160		0	RA	4		0.261		
18:2 undifferentiated....g	0.046		0	RA	4		0.076		
18:3 undifferentiated....g	0.114		0	RA	4		0.186		
18:4....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	RA	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	RA	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	RA	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	RA	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	RA	4		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.049		0	RA	4		0.081		
Threonine....g	0.156		0	RA	4		0.254		
Isoleucine....g	0.151		0	RA	4		0.246		
Leucine....g	0.257		0	RA	4		0.419		
Lysine....g	0.187		0	RA	4		0.304		
Methionine....g	0.065		0	RA	4		0.105		
Cystine....g	0.032		0	RA	4		0.052		
Phenylalanine....g	0.171		0	RA	4		0.278		
Tyrosine....g	0.109		0	RA	4		0.177		
Valine....g	0.193		0	RA	4		0.314		
Arginine....g	0.176		0	RA	4		0.287		
Histidine....g	0.070		0	RA	4		0.113		
Alanine....g	0.195		0	RA	4		0.318		
Aspartic acid....g	0.304		0	RA	4		0.496		
Glutamic acid....g	0.410		0	RA	4		0.668		
Glycine....g	0.169		0	RA	4		0.276		
Proline....g	0.135		0	RA	4		0.221		
Serine....g	0.119		0	RA	4		0.195		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	RA	4		0.0		
Caffeine....mg	0		0	RA	4		0		

NDB No. 11577

Turnip greens and turnips, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	RA	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11576
Turnip greens and turnips, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.13		2		1		88.47	264.49	1267.50
Energy kcal	21		0	NC	4		20	61	292
Energy kJ	90		0	NC	4		86	256	1225
Protein (N x 6.25) g	2.46		2		1		2.34	6.99	33.48
Total lipid (fat) g	0.19		2		1		0.18	0.54	2.59
Ash g	0.83		2		1		0.79	2.36	11.30
Carbohydrate, by difference g	3.39		0	NC	4		3.22	9.63	46.14
Fiber, total dietary g	2.4		0		1		2.3	6.8	32.7
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	114		2		1		108	324	1552
Iron, Fe mg	1.63		2		1		1.55	4.63	22.18
Magnesium, Mg mg	18		0		1		17	51	245
Phosphorus, P mg	24		0		1		23	68	327
Potassium, K mg	82		0		1		78	233	1116
Sodium, Na mg	18		0		1		17	51	245
Zinc, Zn mg	0.16		0		4		0.15	0.45	2.18
Copper, Cu mg	0.051		0		4		0.048	0.145	0.694
Manganese, Mn mg	0.220		0		4		0.209	0.625	2.994
Selenium, Se µg	0.9		0	RA	4		0.9	2.6	12.2
Vitamins:									
Vitamin C, total ascorbic acid mg	25.8		2		1		24.5	73.3	351.1
Thiamin mg	0.044		2		1		0.042	0.125	0.599
Riboflavin mg	0.088		2		1		0.084	0.250	1.198
Niacin mg	0.388		2		1		0.369	1.102	5.281
Pantothenic acid mg	0.123		0		4		0.117	0.349	1.674
Vitamin B-6 mg	0.074		0		4		0.070	0.210	1.007
Folate, total µg	41		0		4		39	115	553
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	41		0		4		39	115	553
Folate, DFE µg	41		0	NC	4		39	115	553
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	305		2		1		290	867	4156
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	6108		2		1		5803	17347	83130
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11576

Turnip greens and turnips, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.032		0		1		0.030	0.091	0.436
4:0....g									
6:0....g									
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		0		1		0.001	0.003	0.014
13:0....g									
14:0....g	0.001		0		1		0.001	0.003	0.014
15:0....g									
16:0....g	0.026		0		1		0.025	0.074	0.354
17:0....g									
18:0....g	0.004		0		1		0.004	0.011	0.054
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.012		0		1		0.011	0.034	0.163
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.005		0		1		0.005	0.014	0.068
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.007	0.020	0.095
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0		1		0.084	0.250	1.198
18:2 undifferentiated....g	0.023		0		1		0.022	0.065	0.313
18:3 undifferentiated....g	0.065		0		1		0.062	0.185	0.885
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.037		0		1		0.035	0.105	0.504
Threonine....g	0.115		0		1		0.109	0.327	1.565
Isoleucine....g	0.119		0		1		0.113	0.338	1.620
Leucine....g	0.185		0		1		0.176	0.525	2.518
Lysine....g	0.141		0		1		0.134	0.400	1.919
Methionine....g	0.048		0		1		0.046	0.136	0.653
Cystine....g	0.024		0		1		0.023	0.068	0.327
Phenylalanine....g	0.121		0		1		0.115	0.344	1.647
Tyrosine....g	0.078		0		1		0.074	0.222	1.062
Valine....g	0.142		0		1		0.135	0.403	1.933
Arginine....g	0.128		0		1		0.122	0.364	1.742
Histidine....g	0.053		0		1		0.050	0.151	0.721
Alanine....g	0.147		0		1		0.140	0.417	2.001
Aspartic acid....g	0.234		0		1		0.222	0.665	3.185
Glutamic acid....g	0.341		0		1		0.324	0.968	4.641
Glycine....g	0.124		0		1		0.118	0.352	1.688
Proline....g	0.103		0		1		0.098	0.293	1.402
Serine....g	0.094		0		1		0.089	0.267	1.279
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11576

Turnip greens and turnips, frozen, unprepared

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Measure 3 = 1361g: 1 package (3 lb)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43387
Turnip greens, canned, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.69		1		1		136.35		
Energy kcal	19		0	NC	4		28		
Energy kJ	81		0	NC	4		117		
Protein g	1.36		1		1		1.96		
Total lipid (fat) g	0.30		1		1		0.43		
Ash g	0.84		0	BFSN	4		1.21		
Carbohydrate, by difference g	2.81		0	NC	4		4.05		
Fiber, total dietary g	1.3		0		4		1.9		
Sugars, total g	0.42		0	BFSN	4		0.60		
Starch g									
Minerals:									
Calcium, Ca mg	118		1		1		170		
Iron, Fe mg	1.51		1		1		2.17		
Magnesium, Mg mg	20		1		1		29		
Phosphorus, P mg	21		1		1		30		
Potassium, K mg	141		1		1		203		
Sodium, Na mg	29		1		1		42		
Zinc, Zn mg	0.23		1		1		0.33		
Copper, Cu mg	0.083		1		1		0.120		
Manganese, Mn mg	0.263		0	BFSN	4		0.379		
Selenium, Se µg	0.7		0	BFSN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	15.5		1		1		22.3		
Thiamin mg	0.010		1		1		0.014		
Riboflavin mg	0.060		1		1		0.086		
Niacin mg	0.360		1		1		0.518		
Pantothenic acid mg	0.214		0	BFSN	4		0.308		
Vitamin B-6 mg	0.040		1		1		0.058		
Folate, total µg	92		0	BFSN	4		133		
Folic acid µg	0		0	BFSN	4		0		
Folate, food µg	92		0	BFSN	4		133		
Folate, DFE µg	92		0	NC	4		133		
Choline, total mg	0.3		0	BFSN	4		0.4		
Betaine mg									
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	298		0	NC	4		429		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	3573		0	BFSN	4		5144		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	5954		0	NC	4		8574		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	6591		0	BFSN	4		9491		
Vitamin E (alpha-tocopherol) mg	1.47		0	BFSN	4		2.12		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	287.0		0	BFSN	4		413.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43387
Turnip greens, canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.070		0		1		0.101		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.001		0		4		0.001		
10:0....g	0.002		0		4		0.003		
12:0....g	0.002		0		4		0.003		
13:0....g									
14:0....g	0.003		0		4		0.004		
15:0....g									
16:0....g	0.054		0		4		0.078		
17:0....g									
18:0....g	0.010		0		4		0.014		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.029		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		4		0.020		
17:1....g									
18:1 undifferentiated....g	0.005		0		4		0.007		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.120		0		1		0.173		
18:2 undifferentiated....g	0.036		0		4		0.052		
18:3 undifferentiated....g	0.084		0		4		0.121		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11570
Turnip greens, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.69	0.165	5		1		110.79	402.43	
Energy kcal	14		0	NC	4		16	60	
Energy kJ	59				4		69	249	
Protein (N x 6.25) g	1.36	0.107	5		1		1.59	5.78	
Total lipid (fat) g	0.30	0.000	5		1		0.35	1.28	
Ash g	1.23	0.031	5		1		1.44	5.23	
Carbohydrate, by difference g	2.42		0	NC	4		2.83	10.29	
Fiber, total dietary g	1.7		0		4		2.0	7.2	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	118	10.098	4		1		138	502	
Iron, Fe mg	1.51	0.134	5		1		1.77	6.42	
Magnesium, Mg mg	20		0		1		23	85	
Phosphorus, P mg	21		0		1		25	89	
Potassium, K mg	141	15.876	5		1		165	599	
Sodium, Na mg	277	3.444	5		1		324	1177	
Zinc, Zn mg	0.23		0		1		0.27	0.98	
Copper, Cu mg	0.083		0		1		0.097	0.353	
Manganese, Mn mg	0.277		0		1		0.324	1.177	
Selenium, Se µg	0.7		0	BFSN	4		0.8	3.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	15.5	1.762	5		1		18.1	65.9	
Thiamin mg	0.012	0.002	5		1		0.014	0.051	
Riboflavin mg	0.063	0.008	5		1		0.074	0.268	
Niacin mg	0.362	0.037	4		1		0.424	1.539	
Pantothenic acid mg	0.040		0		1		0.047	0.170	
Vitamin B-6 mg	0.037		0		1		0.043	0.157	
Folate, total µg	41	5.984	3		1		48	175	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	41	5.984	3		1		48	175	
Folate, DFE µg	41		0	NC	4		48	175	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	179	16.234	5		1		210	762	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3586	324.677	5		1		4196	15241	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11570
Turnip greens, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.070		0		1		0.082	0.298	
4:0....g									
6:0....g									
8:0....g	0.001		0		1		0.001	0.004	
10:0....g	0.002		0		1		0.002	0.009	
12:0....g	0.002		0		1		0.002	0.009	
13:0....g									
14:0....g	0.003		0		1		0.004	0.013	
15:0....g									
16:0....g	0.054		0		1		0.063	0.230	
17:0....g									
18:0....g	0.010		0		1		0.012	0.043	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.023	0.085	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		0		1		0.016	0.060	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.006	0.021	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.120		0		1		0.140	0.510	
18:2 undifferentiated....g	0.036		0		1		0.042	0.153	
18:3 undifferentiated....g	0.084		0		1		0.098	0.357	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.023		0		1		0.027	0.098	
Threonine....g	0.074		0		1		0.087	0.315	
Isoleucine....g	0.070		0		1		0.082	0.298	
Leucine....g	0.124		0		1		0.145	0.527	
Lysine....g	0.088		0		1		0.103	0.374	
Methionine....g	0.031		0		1		0.036	0.132	
Cystine....g	0.015		0		1		0.018	0.064	
Phenylalanine....g	0.083		0		1		0.097	0.353	
Tyrosine....g	0.053		0		1		0.062	0.225	
Valine....g	0.092		0		1		0.108	0.391	
Arginine....g	0.085		0		1		0.099	0.361	
Histidine....g	0.033		0		1		0.039	0.140	
Alanine....g	0.093		0		1		0.109	0.395	
Aspartic acid....g	0.143		0		1		0.167	0.608	
Glutamic acid....g	0.185		0		1		0.216	0.786	
Glycine....g	0.081		0		1		0.095	0.344	
Proline....g	0.064		0		1		0.075	0.272	
Serine....g	0.055		0		1		0.064	0.234	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11570

Turnip greens, canned, solids and liquids

Common Measures:

Measure 1 = 117g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11891
Turnip greens, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.20		0		1		134.21		
Energy kcal	20		0	NC	4		29		
Energy kJ	85		0	NC	4		122		
Protein (N x 6.25) g	1.14		0		1		1.64		
Total lipid (fat) g	0.23		0		1		0.33		
Ash g	1.07		0		1		1.54		
Carbohydrate, by difference g	4.36		0	NC	4		6.28		
Fiber, total dietary g	3.5		0		4		5.0		
Sugars, total g	0.53		0	BFSN	4		0.77		
Starch g									
Minerals:									
Calcium, Ca mg	137		0		1		197		
Iron, Fe mg	0.80		0		1		1.15		
Magnesium, Mg mg	22		0		1		32		
Phosphorus, P mg	29		0		1		42		
Potassium, K mg	203		0		1		292		
Sodium, Na mg	265		0		4		382		
Zinc, Zn mg	0.14		0		1		0.20		
Copper, Cu mg	0.253		0		1		0.364		
Manganese, Mn mg	0.337		0		1		0.485		
Selenium, Se µg	0.9		0	BFSN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	27.4		0		1		39.5		
Thiamin mg	0.045		0		1		0.065		
Riboflavin mg	0.072		0		1		0.104		
Niacin mg	0.411		0		1		0.592		
Pantothenic acid mg	0.274		0		1		0.395		
Vitamin B-6 mg	0.180		0		1		0.259		
Folate, total µg	118		0		1		170		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	118		0		1		170		
Folate, DFE µg	118		0	NC	4		170		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	381		0	AS	1		549		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4575		2	A	1		6588		
Carotene, alpha µg	0		2	A	1		0		
Cryptoxanthin, beta µg	0		2	A	1		0		
Vitamin A, IU IU	7625		0	AS	1		10980		
Lycopene µg	0		2	A	1		0		
Lutein + zeaxanthin µg	8440		2	A	1		12154		
Vitamin E (alpha-tocopherol) mg	1.88		0	BFSN	4		2.71		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	367.6		0	BFSN	4		529.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11891

Turnip greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.053		0		1		0.076		
4:0....g									
6:0....g									
8:0....g	0.001		0		1		0.001		
10:0....g	0.001		0		1		0.001		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.041		0		1		0.059		
17:0....g									
18:0....g	0.007		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0		1		0.016		
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.091		0		1		0.131		
18:2 undifferentiated....g	0.028		0		1		0.040		
18:3 undifferentiated....g	0.064		0		1		0.092		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.029		
Threonine....g	0.063		0		1		0.091		
Isoleucine....g	0.059		0		1		0.085		
Leucine....g	0.105		0		1		0.151		
Lysine....g	0.074		0		1		0.107		
Methionine....g	0.026		0		1		0.037		
Cystine....g	0.013		0		1		0.019		
Phenylalanine....g	0.070		0		1		0.101		
Tyrosine....g	0.044		0		1		0.063		
Valine....g	0.078		0		1		0.112		
Arginine....g	0.072		0		1		0.104		
Histidine....g	0.028		0		1		0.040		
Alanine....g	0.078		0		1		0.112		
Aspartic acid....g	0.121		0		1		0.174		
Glutamic acid....g	0.156		0		1		0.225		
Glycine....g	0.069		0		1		0.099		
Proline....g	0.054		0		1		0.078		
Serine....g	0.047		0		1		0.068		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0		

NDB No. 11891

Turnip greens, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11569
Turnip greens, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.20		0		1		134.21		
Energy kcal	20		0	NC	4		29		
Energy kJ	84		0		4		120		
Protein (N x 6.25) g	1.14		0		1		1.64		
Total lipid (fat) g	0.23		0		1		0.33		
Ash g	1.07		0		1		1.54		
Carbohydrate, by difference g	4.36		0	NC	4		6.28		
Fiber, total dietary g	3.5		0		4		5.0		
Sugars, total g	0.53		0	BFSN	4		0.77		
Starch g									
Minerals:									
Calcium, Ca mg	137		0		1		197		
Iron, Fe mg	0.80		0		1		1.15		
Magnesium, Mg mg	22		0		1		32		
Phosphorus, P mg	29		0		1		42		
Potassium, K mg	203		0		1		292		
Sodium, Na mg	29		0		1		42		
Zinc, Zn mg	0.14		0		1		0.20		
Copper, Cu mg	0.253		0		1		0.364		
Manganese, Mn mg	0.337		0		1		0.485		
Selenium, Se µg	0.9		0	BFSN	4		1.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	27.4		0		1		39.5		
Thiamin mg	0.045		0		1		0.065		
Riboflavin mg	0.072		0		1		0.104		
Niacin mg	0.411		0		1		0.592		
Pantothenic acid mg	0.274		0		1		0.395		
Vitamin B-6 mg	0.180		0		1		0.259		
Folate, total µg	118		0		1		170		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	118		0		1		170		
Folate, DFE µg	118		0	NC	4		170		
Choline, total mg	0.3		0	BFSN	4		0.5		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	381		0	AS	1		549		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	4575		2	A	1		6588		
Carotene, alpha µg	0		2	A	1		0		
Cryptoxanthin, beta µg	0		2	A	1		0		
Vitamin A, IU IU	7625		0	AS	1		10980		
Lycopene µg	0		2	A	1		0		
Lutein + zeaxanthin µg	8440		2	A	1		12154		
Vitamin E (alpha-tocopherol) mg	1.88		0	BFSN	4		2.71		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	367.6		0	BFSN	4		529.3		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11569

Turnip greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.053		0		1		0.076		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.001		0		1		0.001		
10:0....g	0.001		0		1		0.001		
12:0....g	0.001		0		1		0.001		
13:0....g									
14:0....g	0.002		0		1		0.003		
15:0....g									
16:0....g	0.041		0		1		0.059		
17:0....g									
18:0....g	0.007		0		1		0.010		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.022		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.011		0		1		0.016		
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.091		0		1		0.131		
18:2 undifferentiated....g	0.028		0		1		0.040		
18:3 undifferentiated....g	0.064		0		1		0.092		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.020		0		1		0.029		
Threonine....g	0.063		0		1		0.091		
Isoleucine....g	0.059		0		1		0.085		
Leucine....g	0.105		0		1		0.151		
Lysine....g	0.074		0		1		0.107		
Methionine....g	0.026		0		1		0.037		
Cystine....g	0.013		0		1		0.019		
Phenylalanine....g	0.070		0		1		0.101		
Tyrosine....g	0.044		0		1		0.063		
Valine....g	0.078		0		1		0.112		
Arginine....g	0.072		0		1		0.104		
Histidine....g	0.028		0		1		0.040		
Alanine....g	0.078		0		1		0.112		
Aspartic acid....g	0.121		0		1		0.174		
Glutamic acid....g	0.156		0		1		0.225		
Glycine....g	0.069		0		1		0.099		
Proline....g	0.054		0		1		0.078		
Serine....g	0.047		0		1		0.068		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11569
Turnip greens, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 144g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11892
Turnip greens, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.40		0		1		74.13	198.88	
Energy kcal	29		0	NC	4		24	65	
Energy kJ	123		0	NC	4		101	271	
Protein (N x 6.25) g	3.35		0		1		2.75	7.37	
Total lipid (fat) g	0.42		0		1		0.34	0.92	
Ash g	0.85		0		1		0.70	1.87	
Carbohydrate, by difference g	4.98		0	NC	4		4.08	10.96	
Fiber, total dietary g	3.4		0		4		2.8	7.5	
Sugars, total g	0.75		0	BFSN	4		0.62	1.66	
Starch g									
Minerals:									
Calcium, Ca mg	152		0		1		125	334	
Iron, Fe mg	1.94		0		1		1.59	4.27	
Magnesium, Mg mg	26		0		1		21	57	
Phosphorus, P mg	34		0		1		28	75	
Potassium, K mg	224		0		1		184	493	
Sodium, Na mg	251		0		4		206	552	
Zinc, Zn mg	0.41		1		1		0.34	0.90	
Copper, Cu mg	0.150		1		1		0.123	0.330	
Manganese, Mn mg	0.475		0		1		0.390	1.045	
Selenium, Se µg	1.2		0	BFSN	4		1.0	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	21.8		0		1		17.9	48.0	
Thiamin mg	0.054		1		1		0.044	0.119	
Riboflavin mg	0.074		1		1		0.061	0.163	
Niacin mg	0.468		0		1		0.384	1.030	
Pantothenic acid mg	0.069		0		1		0.057	0.152	
Vitamin B-6 mg	0.067		1		1		0.055	0.147	
Folate, total µg	39	6.132	3		1		32	87	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	39	6.132	3		1		32	87	
Folate, DFE µg	39		0	NC	4		32	87	
Choline, total mg	0.5		0	BFSN	4		0.4	1.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	538		0	NC	4		441	1184	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	6459		0	BFSN	4		5296	14209	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	10765		0	NC	4		8827	23682	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	11915		0	BFSN	4		9771	26214	
Vitamin E (alpha-tocopherol) mg	2.66		0	BFSN	4		2.18	5.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	518.9		0	BFSN	4		425.5	1141.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11892

Turnip greens, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.099		0		1		0.081	0.218	
4:0....g									
6:0....g									
8:0....g	0.002		0		1		0.002	0.004	
10:0....g	0.002		0		1		0.002	0.004	
12:0....g	0.002		0		1		0.002	0.004	
13:0....g									
14:0....g	0.004		0		1		0.003	0.009	
15:0....g									
16:0....g	0.076		0		1		0.062	0.167	
17:0....g									
18:0....g	0.014		0		1		0.011	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.023	0.062	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.016	0.044	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.006	0.015	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0		1		0.139	0.374	
18:2 undifferentiated....g	0.051		0		1		0.042	0.112	
18:3 undifferentiated....g	0.119		0		1		0.098	0.262	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.048	0.128	
Threonine....g	0.184		0		1		0.151	0.405	
Isoleucine....g	0.173		0		1		0.142	0.381	
Leucine....g	0.307		0		1		0.252	0.675	
Lysine....g	0.218		0		1		0.179	0.480	
Methionine....g	0.076		0		1		0.062	0.167	
Cystine....g	0.038		0		1		0.031	0.084	
Phenylalanine....g	0.206		0		1		0.169	0.453	
Tyrosine....g	0.130		0		1		0.107	0.286	
Valine....g	0.228		0		1		0.187	0.502	
Arginine....g	0.210		0		1		0.172	0.462	
Histidine....g	0.081		0		1		0.066	0.178	
Alanine....g	0.229		0		1		0.188	0.504	
Aspartic acid....g	0.353		0		1		0.289	0.777	
Glutamic acid....g	0.457		0		1		0.375	1.005	
Glycine....g	0.201		0		1		0.165	0.442	
Proline....g	0.158		0		1		0.130	0.348	
Serine....g	0.137		0		1		0.112	0.301	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g									
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11892

Turnip greens, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 82g: .5 cup

Measure 2 = 220g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11575
Turnip greens, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.40		0		1		148.26	198.88	
Energy kcal	29		0	NC	4		48	65	
Energy kJ	123		0	NC	4		202	271	
Protein (N x 6.25) g	3.35		0		1		5.49	7.37	
Total lipid (fat) g	0.42		0		1		0.69	0.92	
Ash g	0.85		0		1		1.39	1.87	
Carbohydrate, by difference g	4.98		0	NC	4		8.17	10.96	
Fiber, total dietary g	3.4		0		4		5.6	7.5	
Sugars, total g	0.75		0	BFSN	4		1.23	1.66	
Starch g									
Minerals:									
Calcium, Ca mg	152		0		1		249	334	
Iron, Fe mg	1.94		0		1		3.18	4.27	
Magnesium, Mg mg	26		0		1		43	57	
Phosphorus, P mg	34		0		1		56	75	
Potassium, K mg	224		0		1		367	493	
Sodium, Na mg	15		0		1		25	33	
Zinc, Zn mg	0.41		1		1		0.67	0.90	
Copper, Cu mg	0.150		1		1		0.246	0.330	
Manganese, Mn mg	0.475		0		1		0.779	1.045	
Selenium, Se µg	1.2		0	BFSN	4		2.0	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	21.8		0		1		35.8	48.0	
Thiamin mg	0.054		1		1		0.089	0.119	
Riboflavin mg	0.074		1		1		0.121	0.163	
Niacin mg	0.468		0		1		0.768	1.030	
Pantothenic acid mg	0.069		0		1		0.113	0.152	
Vitamin B-6 mg	0.067		1		1		0.110	0.147	
Folate, total µg	39	6.132	3		1		65	87	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	39	6.132	3		1		65	87	
Folate, DFE µg	39		0	NC	4		65	87	
Choline, total mg	0.5		0	BFSN	4		0.8	1.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	538		0	NC	4		883	1184	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	6459		0	BFSN	4		10592	14209	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	10765		0	NC	4		17654	23682	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	11915		0	BFSN	4		19541	26214	
Vitamin E (alpha-tocopherol) mg	2.66		0	BFSN	4		4.36	5.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	518.9		0	BFSN	4		851.0	1141.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11575

Turnip greens, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.099		0		1		0.162	0.218	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.002		0		1		0.003	0.004	
10:0....g	0.002		0		1		0.003	0.004	
12:0....g	0.002		0		1		0.003	0.004	
13:0....g									
14:0....g	0.004		0		1		0.007	0.009	
15:0....g									
16:0....g	0.076		0		1		0.125	0.167	
17:0....g									
18:0....g	0.014		0		1		0.023	0.031	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.028		0		1		0.046	0.062	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.020		0		1		0.033	0.044	
17:1....g									
18:1 undifferentiated....g	0.007		0		1		0.011	0.015	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.170		0		1		0.279	0.374	
18:2 undifferentiated....g	0.051		0		1		0.084	0.112	
18:3 undifferentiated....g	0.119		0		1		0.195	0.262	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.058		0		1		0.095	0.128	
Threonine....g	0.184		0		1		0.302	0.405	
Isoleucine....g	0.173		0		1		0.284	0.381	
Leucine....g	0.307		0		1		0.503	0.675	
Lysine....g	0.218		0		1		0.358	0.480	
Methionine....g	0.076		0		1		0.125	0.167	
Cystine....g	0.038		0		1		0.062	0.084	
Phenylalanine....g	0.206		0		1		0.338	0.453	
Tyrosine....g	0.130		0		1		0.213	0.286	
Valine....g	0.228		0		1		0.374	0.502	
Arginine....g	0.210		0		1		0.344	0.462	
Histidine....g	0.081		0		1		0.133	0.178	
Alanine....g	0.229		0		1		0.376	0.504	
Aspartic acid....g	0.353		0		1		0.579	0.777	
Glutamic acid....g	0.457		0		1		0.749	1.005	
Glycine....g	0.201		0		1		0.330	0.442	
Proline....g	0.158		0		1		0.259	0.348	
Serine....g	0.137		0		1		0.225	0.301	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11575

Turnip greens, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 164g: 1 cup

Measure 2 = 220g: 1 package (10 oz) yields

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11574
Turnip greens, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	92.93	0.193	19		1		76.20	263.92	
Energy kcal	22		0	NC	4		18	62	
Energy kJ	92				4		75	261	
Protein (N x 6.25) g	2.47	0.080	13		1		2.03	7.01	
Total lipid (fat) g	0.31	0.039	13		1		0.25	0.88	
Ash g	0.62	0.044	13		1		0.51	1.76	
Carbohydrate, by difference g	3.67		0	NC	4		3.01	10.42	
Fiber, total dietary g	2.5		0		4		2.1	7.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	118	12.014	13		1		97	335	
Iron, Fe mg	1.51	0.162	13		1		1.24	4.29	
Magnesium, Mg mg	27	6.529	3		1		22	77	
Phosphorus, P mg	27	2.546	3		1		22	77	
Potassium, K mg	184	9.493	3		1		151	523	
Sodium, Na mg	12	1.156	3		1		10	34	
Zinc, Zn mg	0.17	0.031	3		1		0.14	0.48	
Copper, Cu mg	0.057	0.006	3		1		0.047	0.162	
Manganese, Mn mg	0.369	0.031	3		1		0.303	1.048	
Selenium, Se µg	0.9		1	A	1		0.7	2.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	26.8	2.401	12		1		22.0	76.1	
Thiamin mg	0.044	0.005	13		1		0.036	0.125	
Riboflavin mg	0.091	0.006	13		1		0.075	0.258	
Niacin mg	0.383	0.031	13		1		0.314	1.088	
Pantothenic acid mg	0.140		0		1		0.115	0.398	
Vitamin B-6 mg	0.100		0		1		0.082	0.284	
Folate, total µg	74	7.145	6		1		60	209	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	74	7.145	6		1		60	209	
Folate, DFE µg	74		0	NC	4		60	209	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	309	24.229	13		1		254	878	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	6184	484.574	13		1		5071	17563	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11574
Turnip greens, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.073		0		1		0.060	0.207	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.001		0		1		0.001	0.003	
10:0....g	0.002		0		1		0.002	0.006	
12:0....g	0.002		0		1		0.002	0.006	
13:0....g									
14:0....g	0.003		0		1		0.002	0.009	
15:0....g									
16:0....g	0.056		0		1		0.046	0.159	
17:0....g									
18:0....g	0.010		0		1		0.008	0.028	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.016	0.057	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.015		0		1		0.012	0.043	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.004	0.014	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.125		0		1		0.103	0.355	
18:2 undifferentiated....g	0.038		0		1		0.031	0.108	
18:3 undifferentiated....g	0.087		0		1		0.071	0.247	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.043		0		1		0.035	0.122	
Threonine....g	0.135		0		1		0.111	0.383	
Isoleucine....g	0.128		0		1		0.105	0.364	
Leucine....g	0.226		0		1		0.185	0.642	
Lysine....g	0.161		0		1		0.132	0.457	
Methionine....g	0.056		0		1		0.046	0.159	
Cystine....g	0.028		0		1		0.023	0.080	
Phenylalanine....g	0.152		0		1		0.125	0.432	
Tyrosine....g	0.096		0		1		0.079	0.273	
Valine....g	0.168		0		1		0.138	0.477	
Arginine....g	0.154		0		1		0.126	0.437	
Histidine....g	0.060		0		1		0.049	0.170	
Alanine....g	0.169		0		1		0.139	0.480	
Aspartic acid....g	0.260		0		1		0.213	0.738	
Glutamic acid....g	0.337		0		1		0.276	0.957	
Glycine....g	0.148		0		1		0.121	0.420	
Proline....g	0.116		0		1		0.095	0.329	
Serine....g	0.101		0		1		0.083	0.287	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

NDB No. 11574
Turnip greens, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 82g: .5 cup, chopped or diced

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11568
Turnip greens, raw
Brassica rapa (Rapifera Group)

Refuse: 30% Root crown, tough stems and discarded leaves

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	89.67	0.467	3	JO	11		49.32		
Energy kcal	32		0	NC	4		17		
Energy kJ	132		0	NC	4		73		
Protein (N x 6.25) g	1.50		1		1		0.83		
Total lipid (fat) g	0.30		1		1		0.17		
Ash g	1.40		0		1		0.77		
Carbohydrate, by difference g	7.13		0	NC	4		3.92		
Fiber, total dietary g	3.2		0		4		1.8		
Sugars, total g	0.81		1		1		0.45		
Sucrose g									
Glucose (dextrose) g	0.52		1		1		0.29		
Fructose g	0.29		1		1		0.16		
Lactose g									
Maltose g									
Galactose g									
Starch g									
Minerals:									
Calcium, Ca mg	190		1		1		105		
Iron, Fe mg	1.10		1		1		0.61		
Magnesium, Mg mg	31		1		1		17		
Phosphorus, P mg	42		1		1		23		
Potassium, K mg	296	20.476	5		1		163		
Sodium, Na mg	40	8.549	5		1		22		
Zinc, Zn mg	0.19		0		1		0.10		
Copper, Cu mg	0.350		1		1		0.193		
Manganese, Mn mg	0.466		0		1		0.256		
Selenium, Se µg	1.2		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	60.0		1		1		33.0		
Thiamin mg	0.070		1		1		0.039		
Riboflavin mg	0.100		1		1		0.055		
Niacin mg	0.600		1		1		0.330		
Pantothenic acid mg	0.380		0		1		0.209		
Vitamin B-6 mg	0.263		0		1		0.145		
Folate, total µg	194	4.220	3		1		107		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	194	4.220	3		1		107		
Folate, DFE µg	194		0	NC	4		107		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	579		0	NC	4		319		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	6952		0	BFSN	4		3824		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	11587		0	NC	4		6373		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	12825		0	BFSN	4		7054		
Vitamin E (alpha-tocopherol) mg	2.86		2		1		1.57		
Tocopherol, beta mg	0.00		2		1		0.00		
Tocopherol, gamma mg	0.16		2		1		0.09		
Tocopherol, delta mg	0.00		2		1		0.00		
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		

NDB No. 11568
Turnip greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3)....µg	0.0			Z	7				
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	251.0		0	T	4		138.1		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.070		0		1		0.039		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.001		1		1		0.001		
10:0....g	0.002		1		1		0.001		
12:0....g	0.002		1		1		0.001		
13:0....g									
14:0....g	0.003		1		1		0.002		
15:0....g									
16:0....g	0.054		1		1		0.030		
17:0....g									
18:0....g	0.010		1		1		0.005		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.020		0		1		0.011		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.014		1		1		0.008		
17:1....g									
18:1 undifferentiated....g	0.005		1		1		0.003		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.120		0		1		0.066		
18:2 undifferentiated....g	0.036		1		1		0.020		
18:3 undifferentiated....g	0.084		1		1		0.046		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	12		0		1		7		
Amino Acids:									
Tryptophan....g	0.026		7		1		0.014		
Threonine....g	0.082		5		1		0.045		
Isoleucine....g	0.078		5		1		0.043		
Leucine....g	0.137		5		1		0.075		
Lysine....g	0.098		5		1		0.054		
Methionine....g	0.034		5		1		0.019		
Cystine....g	0.017		7		1		0.009		
Phenylalanine....g	0.092		5		1		0.051		
Tyrosine....g	0.058		5		1		0.032		
Valine....g	0.102		5		1		0.056		
Arginine....g	0.094		5		1		0.052		
Histidine....g	0.036		5		1		0.020		
Alanine....g	0.103		5		1		0.057		
Aspartic acid....g	0.158		5		1		0.087		
Glutamic acid....g	0.204		5		1		0.112		
Glycine....g	0.090		5		1		0.050		
Proline....g	0.071		5		1		0.039		

NDB No. 11568
Turnip greens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Serine....g	0.061		5		1		0.034		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 55g: 1 cup, chopped

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11889
Turnips, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.60		0		1		146.02	215.28	
Energy kcal	22		0	NC	4		34	51	
Energy kJ	92		0	NC	4		144	212	
Protein (N x 6.25) g	0.71		0		1		1.11	1.63	
Total lipid (fat) g	0.08		0		1		0.12	0.18	
Ash g	0.55		0		1		0.86	1.27	
Carbohydrate, by difference g	5.06		0	NC	4		7.89	11.64	
Fiber, total dietary g	2.0		0		4		3.1	4.6	
Sugars, total g	2.99		0	BFZN	4		4.67	6.88	
Starch g									
Minerals:									
Calcium, Ca mg	22		0		1		34	51	
Iron, Fe mg	0.22		0		1		0.34	0.51	
Magnesium, Mg mg	8		0		1		12	18	
Phosphorus, P mg	19		0		1		30	44	
Potassium, K mg	135		0		1		211	311	
Sodium, Na mg	286		0		4		446	658	
Zinc, Zn mg	0.20		0		4		0.31	0.46	
Copper, Cu mg	0.064		0		4		0.100	0.147	
Manganese, Mn mg	0.100		0		4		0.156	0.230	
Selenium, Se µg	0.6		0	BFSN	4		0.9	1.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.6		0		1		18.1	26.7	
Thiamin mg	0.027		0		1		0.042	0.062	
Riboflavin mg	0.023		0		1		0.036	0.053	
Niacin mg	0.299		0		1		0.466	0.688	
Pantothenic acid mg	0.142		0		1		0.222	0.327	
Vitamin B-6 mg	0.067		0		1		0.105	0.154	
Folate, total µg	9		0		1		14	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		14	21	
Folate, DFE µg	9		0	NC	4		14	21	
Choline, total mg	8.7		0	BFZN	4		13.6	20.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFZN	4		0	0	
Carotene, alpha µg	0		0	BFZN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.02		0	BFZN	4		0.04	0.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.1		0	BFZN	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11889

Turnips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.008		0		1		0.012	0.018	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0	BFZN	4		0.000	0.000	
13:0....g									
14:0....g	0.000		0	BFZN	4		0.000	0.000	
15:0....g									
16:0....g	0.008		0		1		0.012	0.018	
17:0....g									
18:0....g	0.001		0		1		0.002	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.008	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006	0.009	
20:1....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.066	0.097	
18:2 undifferentiated....g	0.009		0		1		0.014	0.021	
18:3 undifferentiated....g	0.032		0		1		0.050	0.074	
18:4....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0	BFZN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0		1		0.011	0.016	
Threonine....g	0.020		0		1		0.031	0.046	
Isoleucine....g	0.029		0		1		0.045	0.067	
Leucine....g	0.026		0		1		0.041	0.060	
Lysine....g	0.028		0		1		0.044	0.064	
Methionine....g	0.009		0		1		0.014	0.021	
Cystine....g	0.004		0		1		0.006	0.009	
Phenylalanine....g	0.014		0		1		0.022	0.032	
Tyrosine....g	0.011		0		1		0.017	0.025	
Valine....g	0.023		0		1		0.036	0.053	
Arginine....g	0.019		0		1		0.030	0.044	
Histidine....g	0.011		0		1		0.017	0.025	
Alanine....g	0.027		0		1		0.042	0.062	
Aspartic acid....g	0.050		0		1		0.078	0.115	
Glutamic acid....g	0.102		0		1		0.159	0.235	
Glycine....g	0.019		0		1		0.030	0.044	
Proline....g	0.021		0		1		0.033	0.048	
Serine....g	0.023		0		1		0.036	0.053	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11889
Turnips, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup, cubes

Measure 2 = 230g: 1 cup, mashed

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11565
Turnips, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.60		0		1		146.02	215.28	
Energy kcal	22		0	NC	4		34	51	
Energy kJ	92		0	NC	4		144	212	
Protein (N x 6.25) g	0.71		0		1		1.11	1.63	
Total lipid (fat) g	0.08		0		1		0.12	0.18	
Ash g	0.55		0		1		0.86	1.27	
Carbohydrate, by difference g	5.06		0	NC	4		7.89	11.64	
Fiber, total dietary g	2.0		0		1		3.1	4.6	
Sugars, total g	2.99		0	BFSN	4		4.67	6.88	
Starch g									
Minerals:									
Calcium, Ca mg	33	1.257	18	A	1		52	76	
Iron, Fe mg	0.18	0.008	18	A	1		0.28	0.41	
Magnesium, Mg mg	9	0.394	18	A	1		13	20	
Phosphorus, P mg	26	1.561	18	A	1		41	60	
Potassium, K mg	177	6.695	18	A	1		276	406	
Sodium, Na mg	16	3.591	18	A	1		25	36	
Zinc, Zn mg	0.12	0.009	18	A	1		0.19	0.29	
Copper, Cu mg	0.002	0.002	18	A	1		0.003	0.004	
Manganese, Mn mg	0.071	0.005	18	A	1		0.111	0.163	
Selenium, Se µg	0.2	0.111	18	A	1		0.3	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	11.6		0		1		18.1	26.7	
Thiamin mg	0.027		0		1		0.042	0.062	
Riboflavin mg	0.023		0		1		0.036	0.053	
Niacin mg	0.299		0		1		0.466	0.688	
Pantothenic acid mg	0.142		0		1		0.222	0.327	
Vitamin B-6 mg	0.067		0		1		0.105	0.154	
Folate, total µg	9		0		1		14	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		14	21	
Folate, DFE µg	9		0	NC	4		14	21	
Choline, total mg	8.7		0	BFSN	4		13.6	20.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.02		0	BFSN	4		0.04	0.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11565

Turnips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.008		0		1		0.012	0.018	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.008		0		1		0.012	0.018	
17:0....g									
18:0....g	0.001		0		1		0.002	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.008	0.012	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.004		0		1		0.006	0.009	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.066	0.097	
18:2 undifferentiated....g	0.009		0		1		0.014	0.021	
18:3 undifferentiated....g	0.032		0		1		0.050	0.074	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.007		0		1		0.011	0.016	
Threonine....g	0.020		0		1		0.031	0.046	
Isoleucine....g	0.029		0		1		0.045	0.067	
Leucine....g	0.026		0		1		0.041	0.060	
Lysine....g	0.028		0		1		0.044	0.064	
Methionine....g	0.009		0		1		0.014	0.021	
Cystine....g	0.004		0		1		0.006	0.009	
Phenylalanine....g	0.014		0		1		0.022	0.032	
Tyrosine....g	0.011		0		1		0.017	0.025	
Valine....g	0.023		0		1		0.036	0.053	
Arginine....g	0.019		0		1		0.030	0.044	
Histidine....g	0.011		0		1		0.017	0.025	
Alanine....g	0.027		0		1		0.042	0.062	
Aspartic acid....g	0.050		0		1		0.078	0.115	
Glutamic acid....g	0.102		0		1		0.159	0.235	
Glycine....g	0.019		0		1		0.030	0.044	
Proline....g	0.021		0		1		0.033	0.048	
Serine....g	0.023		0		1		0.036	0.053	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11565
Turnips, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup, cubes

Measure 2 = 230g: 1 cup, mashed

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11890
Turnips, frozen, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.60		0		1		146.02		
Energy kcal	21		0	NC	4		32		
Energy kJ	86		0	NC	4		134		
Protein (N x 6.25) g	1.53		0		1		2.39		
Total lipid (fat) g	0.24		0		1		0.37		
Ash g	0.90		0	O	4		1.41		
Carbohydrate, by difference g	3.73		0	NC	4		5.81		
Fiber, total dietary g	2.0		0	BFZN	4		3.1		
Sugars, total g	1.73		0	O	4		2.69		
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		50		
Iron, Fe mg	0.98		0		1		1.53		
Magnesium, Mg mg	14		0		1		22		
Phosphorus, P mg	26		0		1		41		
Potassium, K mg	182		0		1		284		
Sodium, Na mg	272		0		4		424		
Zinc, Zn mg	0.20		0		4		0.31		
Copper, Cu mg	0.063		0		4		0.098		
Manganese, Mn mg	0.100		0		4		0.156		
Selenium, Se µg	0.6		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.9		0		1		6.1		
Thiamin mg	0.035		0		1		0.055		
Riboflavin mg	0.028		0		1		0.044		
Niacin mg	0.560		0		1		0.874		
Pantothenic acid mg	0.141		0		4		0.220		
Vitamin B-6 mg	0.067		0		4		0.105		
Folate, total µg	8		0		4		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		4		12		
Folate, DFE µg	8		0	NC	4		12		
Choline, total mg	8.7		0	BFSN	4		13.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSN	4		0		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.02		0	BFSN	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11890

Turnips, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.025		0		1		0.039		
4:0....g	0.000		0	BFSN	4		0.000		
6:0....g	0.000		0	BFSN	4		0.000		
8:0....g	0.000		0	BFSN	4		0.000		
10:0....g	0.000		0	BFSN	4		0.000		
12:0....g	0.000		0	BFSN	4		0.000		
13:0....g									
14:0....g	0.000		0	BFSN	4		0.000		
15:0....g									
16:0....g	0.023		0		1		0.036		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.023		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.020		
20:1....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.125		0		1		0.195		
18:2 undifferentiated....g	0.028		0		1		0.044		
18:3 undifferentiated....g	0.094		0		1		0.147		
18:4....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0	BFSN	4		0.000		
20:5 n-3 (EPA)....g	0.000		0	BFSN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFSN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.023		
Threonine....g	0.042		0		1		0.066		
Isoleucine....g	0.062		0		1		0.097		
Leucine....g	0.057		0		1		0.089		
Lysine....g	0.061		0		1		0.095		
Methionine....g	0.019		0		1		0.030		
Cystine....g	0.009		0		1		0.014		
Phenylalanine....g	0.030		0		1		0.047		
Tyrosine....g	0.023		0		1		0.036		
Valine....g	0.051		0		1		0.080		
Arginine....g	0.041		0		1		0.064		
Histidine....g	0.024		0		1		0.037		
Alanine....g	0.059		0		1		0.092		
Aspartic acid....g	0.108		0		1		0.168		
Glutamic acid....g	0.221		0		1		0.345		
Glycine....g	0.042		0		1		0.066		
Proline....g	0.045		0		1		0.070		
Serine....g	0.049		0		1		0.076		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11890
Turnips, frozen, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11567
Turnips, frozen, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.60		0		1		146.02		
Energy kcal	23		0	NC	4		36		
Energy kJ	96		0	NC	4		150		
Protein (N x 6.25) g	1.53		0		1		2.39		
Total lipid (fat) g	0.24		0		1		0.37		
Ash g	0.28		0		1		0.44		
Carbohydrate, by difference g	4.35		0	NC	4		6.79		
Fiber, total dietary g	2.0		0		4		3.1		
Sugars, total g	2.35		0	O	4		3.67		
Starch g									
Minerals:									
Calcium, Ca mg	32		0		1		50		
Iron, Fe mg	0.98		0		1		1.53		
Magnesium, Mg mg	14		0		1		22		
Phosphorus, P mg	26		0		1		41		
Potassium, K mg	182		0		1		284		
Sodium, Na mg	36		0		1		56		
Zinc, Zn mg	0.20		0		4		0.31		
Copper, Cu mg	0.063		0		4		0.098		
Manganese, Mn mg	0.100		0		4		0.156		
Selenium, Se µg	0.6		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.9		0		1		6.1		
Thiamin mg	0.035		0		1		0.055		
Riboflavin mg	0.028		0		1		0.044		
Niacin mg	0.560		0		1		0.874		
Pantothenic acid mg	0.141		0		4		0.220		
Vitamin B-6 mg	0.067		0		4		0.105		
Folate, total µg	8		0		4		12		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0		4		12		
Folate, DFE µg	8		0	NC	4		12		
Choline, total mg	8.7		0	BFSN	4		13.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	BFSN	4		0		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol) mg	0.02		0	BFSN	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.1		0	BFSN	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11567

Turnips, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.025		0		1		0.039		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.023		0		1		0.036		
17:0....g									
18:0....g	0.002		0		1		0.003		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.015		0		1		0.023		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.013		0		1		0.020		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.125		0		1		0.195		
18:2 undifferentiated....g	0.028		0		1		0.044		
18:3 undifferentiated....g	0.094		0		1		0.147		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.023		
Threonine....g	0.042		0		1		0.066		
Isoleucine....g	0.062		0		1		0.097		
Leucine....g	0.057		0		1		0.089		
Lysine....g	0.061		0		1		0.095		
Methionine....g	0.019		0		1		0.030		
Cystine....g	0.009		0		1		0.014		
Phenylalanine....g	0.030		0		1		0.047		
Tyrosine....g	0.023		0		1		0.036		
Valine....g	0.051		0		1		0.080		
Arginine....g	0.041		0		1		0.064		
Histidine....g	0.024		0		1		0.037		
Alanine....g	0.059		0		1		0.092		
Aspartic acid....g	0.108		0		1		0.168		
Glutamic acid....g	0.221		0		1		0.345		
Glycine....g	0.042		0		1		0.066		
Proline....g	0.045		0		1		0.070		
Serine....g	0.049		0		1		0.076		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11567
Turnips, frozen, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11566
Turnips, frozen, unprepared

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.67		1		1		89.93	271.70	
Energy kcal	16		0	NC	4		15	45	
Energy kJ	67				4		63	190	
Protein (N x 6.25) g	1.04		1		1		0.98	2.95	
Total lipid (fat) g	0.16		1		1		0.15	0.45	
Ash g	0.19		1		1		0.18	0.54	
Carbohydrate, by difference g	2.94		0	NC	4		2.76	8.35	
Fiber, total dietary g	1.8		0		4		1.7	5.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	23		1		1		22	65	
Iron, Fe mg	0.70		1		1		0.66	1.99	
Magnesium, Mg mg	10		0		1		9	28	
Phosphorus, P mg	20		0		1		19	57	
Potassium, K mg	137		0		1		129	389	
Sodium, Na mg	25		0		1		24	71	
Zinc, Zn mg	0.14		0		4		0.13	0.40	
Copper, Cu mg	0.045		0		4		0.042	0.128	
Manganese, Mn mg	0.071		0		4		0.067	0.202	
Selenium, Se µg	0.4		0	BFSN	4		0.4	1.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.4		1		1		4.1	12.5	
Thiamin mg	0.030		1		1		0.028	0.085	
Riboflavin mg	0.020		1		1		0.019	0.057	
Niacin mg	0.400		1		1		0.376	1.136	
Pantothenic acid mg	0.106		0		4		0.100	0.301	
Vitamin B-6 mg	0.048		0		4		0.045	0.136	
Folate, total µg	8		0		4		7	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		4		7	22	
Folate, DFE µg	8		0	NC	4		7	22	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	1		1		1		1	4	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	26		1		1		24	74	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11566
Turnips, frozen, unprepared

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.017		0		1		0.016	0.048	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.015		0		1		0.014	0.043	
17:0....g									
18:0....g	0.001		0		1		0.001	0.003	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.009	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.003	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.008	0.026	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.085		0		1		0.080	0.241	
18:2 undifferentiated....g	0.019		0		1		0.018	0.054	
18:3 undifferentiated....g	0.064		0		1		0.060	0.182	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.010		0		1		0.009	0.028	
Threonine....g	0.029		0		1		0.027	0.082	
Isoleucine....g	0.042		0		1		0.039	0.119	
Leucine....g	0.038		0		1		0.036	0.108	
Lysine....g	0.041		0		1		0.039	0.116	
Methionine....g	0.013		0		1		0.012	0.037	
Cystine....g	0.006		0		1		0.006	0.017	
Phenylalanine....g	0.020		0		1		0.019	0.057	
Tyrosine....g	0.015		0		1		0.014	0.043	
Valine....g	0.034		0		1		0.032	0.097	
Arginine....g	0.028		0		1		0.026	0.080	
Histidine....g	0.016		0		1		0.015	0.045	
Alanine....g	0.040		0		1		0.038	0.114	
Aspartic acid....g	0.073		0		1		0.069	0.207	
Glutamic acid....g	0.149		0		1		0.140	0.423	
Glycine....g	0.029		0		1		0.027	0.082	
Proline....g	0.030		0		1		0.028	0.085	
Serine....g	0.033		0		1		0.031	0.094	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11566
Turnips, frozen, unprepared

Common Measures:

Measure 1 = 94g: .333 package, mashed (10 oz)

Measure 2 = 284g: 1 package, mashed (10 oz)

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate**3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11564
Turnips, raw
Brassica rapa (Rapifera Group)

Refuse: 19% Parings

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.87	0.242	5		1		119.43	168.12	112.08
Energy kcal	28		0	NC	4		36	51	34
Energy kJ	117		0	NC	4		152	215	143
Protein (N x 6.25) g	0.90		1		1		1.17	1.65	1.10
Total lipid (fat) g	0.10		1		1		0.13	0.18	0.12
Ash g	0.70		0		1		0.91	1.28	0.85
Carbohydrate, by difference g	6.43		0	NC	4		8.36	11.77	7.84
Fiber, total dietary g	1.8		0		1		2.3	3.3	2.2
Sugars, total g	3.80		0	T	4		4.94	6.95	4.64
Starch g									
Minerals:									
Calcium, Ca mg	30		1		1		39	55	37
Iron, Fe mg	0.30		1		1		0.39	0.55	0.37
Magnesium, Mg mg	11		1		1		14	20	13
Phosphorus, P mg	27		1		1		35	49	33
Potassium, K mg	191		2		1		248	350	233
Sodium, Na mg	67		2		1		87	123	82
Zinc, Zn mg	0.27		0		4		0.35	0.49	0.33
Copper, Cu mg	0.085		0		4		0.111	0.156	0.104
Manganese, Mn mg	0.134		0		4		0.174	0.245	0.163
Selenium, Se µg	0.7		1	A	1		0.9	1.3	0.9
Vitamins:									
Vitamin C, total ascorbic acid mg	21.0		1		1		27.3	38.4	25.6
Thiamin mg	0.040		1		1		0.052	0.073	0.049
Riboflavin mg	0.030		1		1		0.039	0.055	0.037
Niacin mg	0.400		1		1		0.520	0.732	0.488
Pantothenic acid mg	0.200		0		1		0.260	0.366	0.244
Vitamin B-6 mg	0.090		0		1		0.117	0.165	0.110
Folate, total µg	15	0.349	3		1		19	27	18
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	15	0.349	3		1		19	27	18
Folate, DFE µg	15		0	NC	4		19	27	18
Choline, total mg	11.1		0	BFSN	4		14.4	20.3	13.5
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.03		0	NR	4		0.04	0.05	0.04
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	0.1		0	T	4		0.1	0.2	0.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11564
Turnips, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.011		0		1		0.014	0.020	0.013
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.010		3		1		0.013	0.018	0.012
17:0....g									
18:0....g	0.001		3		1		0.001	0.002	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.008	0.011	0.007
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		3		1		0.001	0.002	0.001
17:1....g									
18:1 undifferentiated....g	0.006		3		1		0.008	0.011	0.007
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.053		0		1		0.069	0.097	0.065
18:2 undifferentiated....g	0.012		3		1		0.016	0.022	0.015
18:3 undifferentiated....g	0.040		3		1		0.052	0.073	0.049
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg	7		0		1		9	13	9
Amino Acids:									
Tryptophan....g	0.009		32		1		0.012	0.016	0.011
Threonine....g	0.025		35		1		0.033	0.046	0.031
Isoleucine....g	0.036		35		1		0.047	0.066	0.044
Leucine....g	0.033		35		1		0.043	0.060	0.040
Lysine....g	0.036		36		1		0.047	0.066	0.044
Methionine....g	0.011		36		1		0.014	0.020	0.013
Cystine....g	0.005		9		1		0.007	0.009	0.006
Phenylalanine....g	0.017		35		1		0.022	0.031	0.021
Tyrosine....g	0.013		9		1		0.017	0.024	0.016
Valine....g	0.030		35		1		0.039	0.055	0.037
Arginine....g	0.024		35		1		0.031	0.044	0.029
Histidine....g	0.014		35		1		0.018	0.026	0.017
Alanine....g	0.035		9		1		0.046	0.064	0.043
Aspartic acid....g	0.063		9		1		0.082	0.115	0.077
Glutamic acid....g	0.130		9		1		0.169	0.238	0.159
Glycine....g	0.025		9		1		0.033	0.046	0.031
Proline....g	0.026		9		1		0.034	0.048	0.032
Serine....g	0.029		9		1		0.038	0.053	0.035
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11564
Turnips, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, cubes

Measure 2 = 183g: 1 large

Measure 3 = 122g: 1 medium

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11410
USDA Commodity, Potato wedges, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.30		1	A	1				
Energy kcal	123		0	NC	4				
Energy kJ	515				4				
Protein g	2.70		1	A	1				
Total lipid (fat) g	2.20		1	A	1				
Ash g	1.34		1	A	1				
Carbohydrate, by difference g	25.50		0	NC	4				
Fiber, total dietary g	2.0		1	A	1				
Sugars, total g	0.30		1	A	1				
Starch g									
Minerals:									
Calcium, Ca mg	15		1	A	1				
Iron, Fe mg	0.70		1	A	1				
Magnesium, Mg mg	19		1	A	1				
Phosphorus, P mg	87		1	A	1				
Potassium, K mg	394		1	A	1				
Sodium, Na mg	49		1	A	1				
Zinc, Zn mg	0.37		1	A	1				
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	11.2		1	A	1				
Thiamin mg	0.100		1	A	1				
Riboflavin mg	0.040		1	A	1				
Niacin mg	1.540		1	A	1				
Pantothenic acid mg									
Vitamin B-6 mg	0.350		1	A	1				
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		1	A	1				
Vitamin A, RAE µg	0		1	A	1				
Vitamin A, IU IU	0		1	A	1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.550		1	A	1				
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									

NDB No. 11410
USDA Commodity, Potato wedges, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.260		1	A	1				
17:0....g									
18:0....g	0.267		1	A	1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.451		1	A	1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	1.451		1	A	1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		1	A	1				
18:2 undifferentiated....g	0.102		1	A	1				
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11578
Vegetable juice cocktail, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.09	0.137	11	A	1		238.04	171.24	
Energy kcal	22		0	NC	4		56	40	
Energy kJ	92		0	NC	4		233	167	
Protein (N x 6.25) g	0.93	0.053	11	A	1		2.36	1.70	
Total lipid (fat) g	0.31	0.016	11	A	1		0.79	0.57	
Ash g	0.80	0.036	11	A	1		2.03	1.46	
Carbohydrate, by difference g	3.87		0	NC	4		9.79	7.04	
Fiber, total dietary g	0.5	0.102	6	A	1		1.4	1.0	
Sugars, total g	2.84	0.110	6	A	1		7.20	5.18	
Sucrose g	0.07	0.026	6	A	1		0.18	0.13	
Glucose (dextrose) g	1.37	0.072	6	A	1		3.47	2.49	
Fructose g	1.40	0.030	6	A	1		3.55	2.55	
Lactose g	0.00	0.000	6	A	1		0.00	0.00	
Maltose g	0.00	0.000	6	A	1		0.00	0.00	
Galactose g	0.00	0.000	6	A	1		0.00	0.00	
Starch g	0.30		1	A	1		0.76	0.55	
Minerals:									
Calcium, Ca mg	14	0.387	11	A	1		37	26	
Iron, Fe mg	0.28	0.002	11	A	1		0.71	0.51	
Magnesium, Mg mg	11	0.265	11	A	1		27	19	
Phosphorus, P mg	19	0.263	11	A	1		49	35	
Potassium, K mg	185	1.633	11	A	1		467	336	
Sodium, Na mg	169	3.889	11	A	1		427	307	
Zinc, Zn mg	0.12	0.002	11	A	1		0.30	0.22	
Copper, Cu mg	0.068	0.001	11	A	1		0.172	0.123	
Manganese, Mn mg	0.080	0.001	11	A	1		0.201	0.145	
Selenium, Se µg	0.2		1		1		0.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	54.3	1.449	6	A	1		137.3	98.8	
Thiamin mg	0.050	0.002	6	A	1		0.126	0.091	
Riboflavin mg	0.033	0.003	6	A	1		0.084	0.060	
Niacin mg	0.722	0.023	6	A	1		1.826	1.313	
Pantothenic acid mg	0.249	0.008	4	A	1		0.629	0.453	
Vitamin B-6 mg	0.071	0.003	6	A	1		0.179	0.129	
Folate, total µg	21		0		4		53	38	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	21		0		4		53	38	
Folate, DFE µg	21		0	NC	4		53	38	
Choline, total mg	8.1		0	AS	1		20.4	14.7	
Betaine mg	0.8		1	A	1		2.0	1.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	35		0	AS	1		89	64	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	377	21.038	6	A	1		955	687	
Carotene, alpha µg	93	7.274	6	A	1		234	168	
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	
Vitamin A, IU IU	706		0	AS	1		1786	1285	
Lycopene µg	7119	143.815	6	A	1		18012	12957	
Lutein + zeaxanthin µg	278	72.999	6	A	1		703	505	
Vitamin E (alpha-tocopherol) mg	1.02	0.018	6	A	1		2.58	1.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.03	0.003	6	A	1		0.06	0.05	
Tocopherol, gamma mg	0.06	0.006	6	A	1		0.16	0.12	
Tocopherol, delta mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta mg	0.34	0.006	6	A	1		0.85	0.61	

NDB No. 11578
Vegetable juice cocktail, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.1	0.189	4	JO	11		15.5	11.2	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.088		0	NC	4		0.222	0.160	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.060		1	A	1		0.153	0.110	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.021		1	A	1		0.054	0.039	
20:0....g	0.006		1	A	1		0.015	0.011	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.060		0	NC	4		0.153	0.110	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
16:1 c....g	0.000		1	A	1		0.000	0.000	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.060		0	AS	1		0.153	0.110	
18:1 c....g	0.060		1	A	1		0.153	0.110	
18:1 t....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.076		0	NC	4		0.191	0.138	
18:2 undifferentiated....g	0.064		0	AS	1		0.161	0.116	
18:2 n-6 c,c....g	0.064		1	A	1		0.161	0.116	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g	0.012		0	AS	1		0.031	0.022	
18:3 n-3 c,c,c (ALA)....g	0.012		1	A	1		0.031	0.022	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g	0.000		1	A	1		0.000	0.000	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	

NDB No. 11578
Vegetable juice cocktail, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.007		0	A	1		0.017	0.012	
Threonine g	0.029		0	A	1		0.073	0.052	
Isoleucine g	0.019		0	A	1		0.048	0.035	
Leucine g	0.027		0	A	1		0.067	0.049	
Lysine g	0.029		0	A	1		0.073	0.053	
Methionine g	0.006		0	A	1		0.015	0.011	
Cystine g	0.010		0	A	1		0.025	0.018	
Phenylalanine g	0.028		0	A	1		0.071	0.051	
Tyrosine g	0.014		0	A	1		0.036	0.026	
Valine g	0.019		0	A	1		0.048	0.035	
Arginine g	0.022		0	A	1		0.056	0.040	
Histidine g	0.015		0	A	1		0.039	0.028	
Alanine g	0.029		0	A	1		0.072	0.052	
Aspartic acid g	0.142		0	A	1		0.360	0.259	
Glutamic acid g	0.455		0	A	1		1.151	0.828	
Glycine g	0.020		0	A	1		0.052	0.037	
Proline g	0.016		0	A	1		0.041	0.029	
Serine g	0.027		0	A	1		0.069	0.050	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 253g: 1 cup

Measure 2 = 182g: 6 fl oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11585
Vegetable juice cocktail, low sodium, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	94.13	0.158	13	A	1		239.08	171.31	
Energy kcal	19		0	NC	4		47	34	
Energy kJ	78		0	NC	4		198	142	
Protein (N x 6.25) g	0.91	0.008	13	A	1		2.32	1.66	
Total lipid (fat) g	0.32	0.054	13	A	1		0.80	0.58	
Ash g	0.82	0.003	13	A	1		2.07	1.49	
Carbohydrate, by difference g	3.83		0	NC	4		9.72	6.97	
Fiber, total dietary g	0.5	0.072	12	A	1		1.4	1.0	
Sugars, total g	2.78	0.205	8	A	1		7.07	5.06	
Sucrose g	0.09	0.083	12	A	1		0.22	0.16	
Glucose (dextrose) g	1.33	0.024	8	A	1		3.37	2.42	
Fructose g	1.37	0.060	8	A	1		3.48	2.49	
Lactose g	0.00	0.000	8	A	1		0.00	0.00	
Maltose g	0.00	0.000	8	A	1		0.00	0.00	
Galactose g	0.00	0.000	8	A	1		0.00	0.00	
Starch g	0.30		1	A	1		0.76	0.55	
Minerals:									
Calcium, Ca mg	15	4.378	13	A	1		38	27	
Iron, Fe mg	0.29	0.035	13	A	1		0.73	0.52	
Magnesium, Mg mg	12	1.871	13	A	1		30	21	
Phosphorus, P mg	19	0.023	13	A	1		49	35	
Potassium, K mg	204	5.417	13	A	1		519	372	
Sodium, Na mg	55		1	A	1		140	100	
Zinc, Zn mg	0.12	0.009	13	A	1		0.30	0.22	
Copper, Cu mg	0.068	0.006	13	A	1		0.173	0.124	
Manganese, Mn mg	0.079	0.013	13	A	1		0.201	0.144	
Selenium, Se µg	0.2		1		1		0.5	0.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	54.3	7.882	6	A	1		137.9	98.8	
Thiamin mg	0.050	0.007	6	A	1		0.127	0.091	
Riboflavin mg	0.033	0.000	6	A	1		0.084	0.060	
Niacin mg	0.722	0.004	6	A	1		1.833	1.313	
Pantothenic acid mg	0.249	0.003	4	A	1		0.632	0.453	
Vitamin B-6 mg	0.071	0.006	6	A	1		0.180	0.129	
Folate, total µg	21		0		4		54	38	
Folic acid µg									
Folate, food µg	21		0		4		54	38	
Folate, DFE µg									
Choline, total mg	8.1		0	AS	1		20.5	14.7	
Betaine mg	0.8		1	A	1		2.0	1.4	
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	35		0	AS	1		90	64	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	377	17.480	6	A	1		958	687	
Carotene, alpha µg	93	2.248	6	A	1		235	168	
Cryptoxanthin, beta µg	0	0.000	6	A	1		0	0	
Vitamin A, IU IU	706		0	AS	1		1793	1285	
Lycopene µg	7119	200.674	6	A	1		18083	12957	
Lutein + zeaxanthin µg	278	123.581	6	A	1		705	505	
Vitamin E (alpha-tocopherol) mg	1.02	0.132	6	A	1		2.59	1.85	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.02	0.005	9	A	1		0.06	0.04	
Tocopherol, gamma mg	0.06	0.002	6	A	1		0.16	0.12	
Tocopherol, delta mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, beta mg	0.34	0.036	6	A	1		0.86	0.61	

NDB No. 11585
Vegetable juice cocktail, low sodium, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	6	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone)....µg	6.1	0.189	4	JO	11		15.6	11.2	
Dihydrophylloquinone....µg	0.0	0.000	3	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.089		0	NC	4		0.227	0.162	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		0.000	0.000	
8:0....g	0.000		1	A	1		0.000	0.000	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.000		1	A	1		0.000	0.000	
13:0....g									
14:0....g	0.000		1	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.061		1	A	1		0.156	0.112	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.022		1	A	1		0.055	0.039	
20:0....g	0.006		1	A	1		0.016	0.011	
22:0....g	0.000		1	A	1		0.000	0.000	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.061		0	NC	4		0.156	0.112	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
16:1 c....g	0.000		1	A	1		0.000	0.000	
16:1 t....g	0.000		1	A	1		0.000	0.000	
17:1....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated....g	0.061		0	AS	1		0.156	0.112	
18:1 c....g	0.061		1	A	1		0.156	0.112	
18:1 t....g	0.000		1	A	1		0.000	0.000	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.077		0	NC	4		0.195	0.140	
18:2 undifferentiated....g	0.065		0	AS	1		0.164	0.117	
18:2 n-6 c,c....g	0.065		1	A	1		0.164	0.117	
18:2 CLAs....g	0.000		1	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000	0.000	
18:3 undifferentiated....g	0.012		0	AS	1		0.031	0.022	
18:3 n-3 c,c,c (ALA)....g	0.012		1	A	1		0.031	0.022	
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000	0.000	
18:3i....g	0.000		1	A	1		0.000	0.000	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g	0.000		1	A	1		0.000	0.000	
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	

NDB No. 11585
Vegetable juice cocktail, low sodium, canned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
22:6 n-3 (DHA) g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	
Cholesterol mg	0		0	Z	7		0	0	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.007		0	A	1		0.017	0.012	
Threonine g	0.028		0	A	1		0.072	0.051	
Isoleucine g	0.019		0	A	1		0.047	0.034	
Leucine g	0.026		0	A	1		0.066	0.047	
Lysine g	0.028		0	A	1		0.072	0.052	
Methionine g	0.006		0	A	1		0.015	0.011	
Cystine g	0.010		0	A	1		0.024	0.018	
Phenylalanine g	0.027		0	A	1		0.070	0.050	
Tyrosine g	0.014		0	A	1		0.035	0.025	
Valine g	0.019		0	A	1		0.047	0.034	
Arginine g	0.021		0	A	1		0.055	0.039	
Histidine g	0.015		0	A	1		0.038	0.027	
Alanine g	0.028		0	A	1		0.071	0.051	
Aspartic acid g	0.139		0	A	1		0.354	0.254	
Glutamic acid g	0.445		0	A	1		1.131	0.811	
Glycine g	0.020		0	A	1		0.051	0.037	
Proline g	0.016		0	A	1		0.040	0.029	
Serine g	0.027		0	A	1		0.068	0.049	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	
Caffeine mg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 254g: 1 cup

Measure 2 = 182g: 6 fl oz

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31035

Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS

Bolthouse Farms

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.60	0.058	3	A	1		243.71		
Energy kcal	31		0	NC	4		82		
Energy kJ	128		0	NC	4		344		
Protein (N x 6.25) g	0.49	0.027	3	A	1		1.33		
Total lipid (fat) g	0.04		0	A	1		0.10		
Ash g	0.74	0.012	3	A	1		1.98		
Carbohydrate, by difference g	8.13		0	NC	4		21.88		
Fiber, total dietary g	1.2		0	FLA	4		3.3		
Sugars, total g	5.37	0.176	3	A	1		14.44		
Sucrose g	0.43	0.033	3	A	1		1.17		
Glucose (dextrose) g	1.70	0.058	3	A	1		4.57		
Fructose g	3.23	0.088	3	A	1		8.70		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00	0.000	3	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	110	0.333	3	A	1		295		
Iron, Fe mg	3.85	0.038	3	A	1		10.37		
Magnesium, Mg mg	11	0.033	3	A	1		30		
Phosphorus, P mg	90	1.553	3	A	1		242		
Potassium, K mg	224	6.566	3	A	1		603		
Sodium, Na mg	15	0.267	3	A	1		39		
Zinc, Zn mg	3.47	0.018	3	A	1		9.34		
Copper, Cu mg	0.022	0.000	3	A	1		0.058		
Manganese, Mn mg	0.848	0.003	3	A	1		2.281		
Selenium, Se µg	0.3		0	FLA	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.1	1.506	3	A	1		27.2		
Thiamin mg	0.060		2	A	1		0.161		
Riboflavin mg	0.025		2	A	1		0.067		
Niacin mg	0.200		2	A	1		0.538		
Pantothenic acid mg									
Vitamin B-6 mg	0.320		2	A	1		0.861		
Folate, total µg	63		2	A	1		171		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	63		2	A	1		171		
Folate, DFE µg	63		0	NC	4		171		
Choline, total mg	4.4		0	FLA	4		11.9		
Betaine mg									
Vitamin B-12 µg	0.97		2	A	1		2.61		
Vitamin B-12, added µg	0.97		0	NR	4		2.61		
Vitamin A, RAE µg	602		0	NC	4		1621		
Retinol µg	600		0	S	4		1614		
Carotene, beta µg	26		1	A	1		70		
Carotene, alpha µg	6		1	A	1		17		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	2048		0	NC	4		5510		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	111		1	A	1		300		
Vitamin E (alpha-tocopherol) mg	0.28		0	FLA	4		0.76		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 31035
Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	11.7		0	FLA	4		31.4		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.015		0	NC	4		0.040		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.001		1	A	1		0.003		
15:0....g	0.001		1	A	1		0.003		
16:0....g	0.009		1	A	1		0.024		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.004		1	A	1		0.011		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	0.009		0	NC	4		0.024		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		0	AS	1		0.000		
16:1 c....g	0.000		1	A	1		0.000		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.009		0	AS	1		0.024		
18:1 c....g	0.008		1	A	1		0.022		
18:1 t....g	0.001		1	A	1		0.003		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.015		0	NC	4		0.040		
18:2 undifferentiated....g	0.005		0	AS	1		0.013		
18:2 n-6 c,c....g	0.005		1	A	1		0.013		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000		1	A	1		0.000		
18:3 undifferentiated....g	0.010		0	AS	1		0.027		
18:3 n-3 c,c,c (ALA)....g	0.010		1	A	1		0.027		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.001		0	NC	4		0.003		
Fatty acids, total trans-monoenoic....g	0.001		0	NC	4		0.003		

NDB No. 31035
Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 269g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 31032

Vegetable smoothie, NAKED JUICE, KALE BLAZER

Naked Juice Co. of Glendora, Inc.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	91.67	0.033	3	A	1		245.67		
Energy kcal	28		0	NC	4		74		
Energy kJ	115		0	NC	4		308		
Protein (N x 6.25) g	0.80	0.023	3	A	1		2.15		
Total lipid (fat) g	0.07		3	A	1		0.18		
Ash g	0.46	0.027	3	A	1		1.24		
Carbohydrate, by difference g	7.00		0	NC	4		18.76		
Fiber, total dietary g	0.7		0	O	4		1.9		
Sugars, total g	6.05		2	A	1		16.21		
Sucrose g	2.10		2	A	1		5.63		
Glucose (dextrose) g	1.45		2	A	1		3.89		
Fructose g	2.50		2	A	1		6.70		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	33	0.784	3	A	1		90		
Iron, Fe mg	0.25	0.025	3	A	1		0.66		
Magnesium, Mg mg	15	0.176	3	A	1		41		
Phosphorus, P mg	22	0.058	3	A	1		60		
Potassium, K mg	178	0.882	3	A	1		478		
Sodium, Na mg	13	0.513	3	A	1		34		
Zinc, Zn mg	0.08	0.003	3	A	1		0.22		
Copper, Cu mg	0.033	0.001	3	A	1		0.089		
Manganese, Mn mg	0.230	0.008	3	A	1		0.617		
Selenium, Se µg	0.8		0	BFSN	4		2.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.9	0.210	3	A	1		10.4		
Thiamin mg	0.100		2	A	1		0.268		
Riboflavin mg	0.105		2	A	1		0.281		
Niacin mg	0.330		2	A	1		0.884		
Pantothenic acid mg									
Vitamin B-6 mg	0.055		2	A	1		0.147		
Folate, total µg	33		2	A	1		90		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	33		2	A	1		90		
Folate, DFE µg	33		0	NC	4		90		
Choline, total mg	0.4		0	BFSY	4		1.1		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	19		0	AS	1		50		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	213		1	A	1		571		
Carotene, alpha µg	7		1	A	1		18		
Cryptoxanthin, beta µg	16		1	A	1		44		
Vitamin A, IU IU	374		0	AS	1		1004		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	479		1	A	1		1285		
Vitamin E (alpha-tocopherol) mg	0.80		0	BFSN	4		2.16		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 31032
Vegetable smoothie, NAKED JUICE, KALE BLAZER

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	269.7		0	FLA	4		722.8		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.027		0	NC	4		0.072		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.000		1	A	1		0.000		
10:0....g	0.000		1	A	1		0.000		
12:0....g	0.000		1	A	1		0.000		
13:0....g									
14:0....g	0.002		1	A	1		0.005		
15:0....g	0.002		1	A	1		0.005		
16:0....g	0.016		1	A	1		0.043		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.006		1	A	1		0.016		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.001		1	A	1		0.003		
Fatty acids, total monounsaturated....g	0.013		0	NC	4		0.035		
14:1....g	0.000		1	A	1		0.000		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	0.000		0	AS	1		0.000		
16:1 c....g	0.000		1	A	1		0.000		
16:1 t....g	0.000		1	A	1		0.000		
17:1....g	0.000		1	A	1		0.000		
18:1 undifferentiated....g	0.013		0	AS	1		0.035		
18:1 c....g	0.013		1	A	1		0.035		
18:1 t....g	0.000		1	A	1		0.000		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		1	A	1		0.000		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.028		0	NC	4		0.075		
18:2 undifferentiated....g	0.014		0	AS	1		0.038		
18:2 n-6 c,c....g	0.000		1	A	1		0.000		
18:2 CLAs....g	0.000		1	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		1	A	1		0.038		
18:3 undifferentiated....g	0.014		0	AS	1		0.038		
18:3 n-3 c,c,c (ALA)....g	0.014		1	A	1		0.038		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g	0.000		1	A	1		0.000		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g	0.000		1	A	1		0.000		
20:3 undifferentiated....g	0.000		0	AS	1		0.000		
20:3 n-3....g	0.000		1	A	1		0.000		
20:3 n-6....g	0.000		1	A	1		0.000		
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g	0.000		1	A	1		0.000		
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g	0.014		0	NC	4		0.038		
Fatty acids, total trans-monoenoic....g	0.000		0	NC	4		0.000		

NDB No. 31032
Vegetable smoothie, NAKED JUICE, KALE BLAZER

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total trans-polyenoic.....g	0.014		0	NC	4		0.038		
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 268g: 1 cup

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43312

Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.20		0		1		164.16		
Energy kcal	37		0	NC	4		67		
Energy kJ	153		0	NC	4		279		
Protein g	1.40		0		1		2.55		
Total lipid (fat) g	0.20		0		1		0.36		
Ash g	0.89		0	BFZN	4		1.62		
Carbohydrate, by difference g	7.31		0	NC	4		13.30		
Fiber, total dietary g	3.1		0		4		5.6		
Sugars, total g	2.41		0	BFZN	4		4.39		
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		38		
Iron, Fe mg	0.65		0		1		1.18		
Magnesium, Mg mg	15		0		1		27		
Phosphorus, P mg	37		0		1		67		
Potassium, K mg	138		0		1		251		
Sodium, Na mg	26		0		4		47		
Zinc, Zn mg	0.51		0		1		0.93		
Copper, Cu mg	0.104		0		1		0.189		
Manganese, Mn mg									
Selenium, Se µg	0.3		1	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.8		0		1		6.9		
Thiamin mg	0.030		0		1		0.055		
Riboflavin mg	0.040		0		1		0.073		
Niacin mg	0.480		0		1		0.874		
Pantothenic acid mg									
Vitamin B-6 mg	0.080		0		1		0.146		
Folate, total µg	18		0		1		33		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		1		33		
Folate, DFE µg	18		0	NC	4		33		
Choline, total mg	18.6		0	BFZN	4		33.9		
Betaine mg									
Vitamin B-12 µg	0.00		0		7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	583		0	NC	4		1060		
Retinol µg	0		0	BFZN	4		0		
Carotene, beta µg	5670		0	BFZN	4		10320		
Carotene, alpha µg	2636		0	BFZN	4		4797		
Cryptoxanthin, beta µg	5		0	BFZN	4		9		
Vitamin A, IU IU	11651		0	NC	4		21205		
Lycopene µg	0		0	BFZN	4		0		
Lutein + zeaxanthin µg	493		0	BFZN	4		898		
Vitamin E (alpha-tocopherol) mg	0.29		0	BFZN	4		0.53		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	18.2		0	BFZN	4		33.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 43312

Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.039		0		4		0.071		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.001		0		4		0.002		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.033		0		4		0.060		
17:0....g									
18:0....g	0.004		0		4		0.007		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.022		0		4		0.040		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.002		
17:1....g									
18:1 undifferentiated....g	0.022		0		4		0.040		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.098		0		4		0.178		
18:2 undifferentiated....g	0.071		0		4		0.129		
18:3 undifferentiated....g	0.027		0		4		0.049		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0		7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 182g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11581
Vegetables, mixed, canned, drained solids (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.01		0		1		141.83		
Energy kcal	49		0	NC	4		79		
Energy kJ	204		0	NC	4		333		
Protein (N x 6.25) g	2.59		0		1		4.22		
Total lipid (fat) g	0.25		0		1		0.41		
Ash g	0.89		0		1		1.45		
Carbohydrate, by difference g	9.26		0	NC	4		15.09		
Fiber, total dietary g	3.0		0		4		4.9		
Sugars, total g	2.41		0	RA	4		3.93		
Starch g									
Minerals:									
Calcium, Ca mg	27		0		1		44		
Iron, Fe mg	1.05		0		1		1.71		
Magnesium, Mg mg	16		0		1		26		
Phosphorus, P mg	42		0		1		68		
Potassium, K mg	291		0		1		474		
Sodium, Na mg	214		0	RA	4		349		
Zinc, Zn mg	0.41		0		1		0.67		
Copper, Cu mg	0.073		0		1		0.119		
Manganese, Mn mg	0.568		0		4		0.926		
Selenium, Se µg	0.3		1	A	1		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	5.0		0		1		8.2		
Thiamin mg	0.046		0		1		0.075		
Riboflavin mg	0.048		0		1		0.078		
Niacin mg	0.577		0		1		0.941		
Pantothenic acid mg	0.143		0		1		0.233		
Vitamin B-6 mg	0.079		0		1		0.129		
Folate, total µg	24		0		1		38		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	24		0		1		38		
Folate, DFE µg	24		0	NC	4		38		
Choline, total mg	18.6		0	RA	4		30.4		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	583		0	NC	4		950		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	5670		0	BNA	4		9243		
Carotene, alpha µg	2636		0	BNA	4		4296		
Cryptoxanthin, beta µg	5		0	RA	4		8		
Vitamin A, IU IU	11651		0	NC	4		18991		
Lycopene µg	0		0	RA	4		0		
Lutein + zeaxanthin µg	493		0	RA	4		804		
Vitamin E (alpha-tocopherol) mg	0.29		0	RA	4		0.48		
Vitamin E, added mg	0.00		0	RA	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	18.2		0	RA	4		29.6		
Dihydrophylloquinone µg	0.0		0	RA	4		0.0		
Menaquinone-4 µg	0.0		0	RA	4		0.0		

NDB No. 11581

Vegetables, mixed, canned, drained solids (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.051		0		1		0.083		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.044		0		1		0.072		
17:0....g									
18:0....g	0.005		0		1		0.008		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.026		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.024		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.119		0		1		0.194		
18:2 undifferentiated....g	0.087		0		1		0.142		
18:3 undifferentiated....g	0.032		0		1		0.052		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.026		0		1		0.042		
Threonine....g	0.104		0		1		0.170		
Isoleucine....g	0.126		0		1		0.205		
Leucine....g	0.172		0		1		0.280		
Lysine....g	0.154		0		1		0.251		
Methionine....g	0.031		0		1		0.051		
Cystine....g	0.024		0		1		0.039		
Phenylalanine....g	0.108		0		1		0.176		
Tyrosine....g	0.067		0		1		0.109		
Valine....g	0.135		0		1		0.220		
Arginine....g	0.174		0		1		0.284		
Histidine....g	0.066		0		1		0.108		
Alanine....g	0.111		0		1		0.181		
Aspartic acid....g	0.274		0		1		0.447		
Glutamic acid....g	0.353		0		1		0.575		
Glycine....g	0.094		0		1		0.153		
Proline....g	0.063		0		1		0.103		
Serine....g	0.123		0		1		0.200		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11581
Vegetables, mixed, canned, drained solids (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 163g: 1 cup

Footnotes:

1 Mixture includes carrots, green peas, snap beans, and lima beans.

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11579
Vegetables, mixed, canned, solids and liquids (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.24	0.268	56		1		221.09		
Energy kcal	36		0	NC	4		88		
Energy kJ	151		0	NC	4		370		
Protein (N x 6.25) g	1.42	0.033	56		1		3.48		
Total lipid (fat) g	0.25	0.010	56		1		0.61		
Ash g	0.96	0.095	56		1		2.35		
Carbohydrate, by difference g	7.13		0	NC	4		17.47		
Fiber, total dietary g	3.8		0		1		9.3		
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	21	1.550	56		1		51		
Iron, Fe mg	0.65	0.076	55		1		1.59		
Magnesium, Mg mg	15	0.209	54		1		37		
Phosphorus, P mg	37	1.028	54		1		91		
Potassium, K mg	138	6.543	53		1		338		
Sodium, Na mg	224	25.656	53		1		549		
Zinc, Zn mg	0.51	0.026	18		1		1.25		
Copper, Cu mg	0.104	0.004	18		1		0.255		
Manganese, Mn mg	0.427		0		1		1.046		
Selenium, Se µg	0.2		0	BFSN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.8	0.305	56		1		9.3		
Thiamin mg	0.034	0.003	56		1		0.083		
Riboflavin mg	0.040	0.004	56		1		0.098		
Niacin mg	0.482		77		1		1.181		
Pantothenic acid mg	0.114		0		1		0.279		
Vitamin B-6 mg	0.077		0		1		0.189		
Folate, total µg	18		0		1		44		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	18		0		1		44		
Folate, DFE µg	18		0	NC	4		44		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	5081	171.953	56		1		12448		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11579

Vegetables, mixed, canned, solids and liquids (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.051		0		1		0.125		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.001		0		1		0.002		
13:0....g									
14:0....g	0.001		0		1		0.002		
15:0....g									
16:0....g	0.044		0		1		0.108		
17:0....g									
18:0....g	0.005		0		1		0.012		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.016		0		1		0.039		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.002		
17:1....g									
18:1 undifferentiated....g	0.015		0		1		0.037		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.120		0		1		0.294		
18:2 undifferentiated....g	0.088		0		1		0.216		
18:3 undifferentiated....g	0.032		0		1		0.078		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.015		0		1		0.037		
Threonine....g	0.057		0		1		0.140		
Isoleucine....g	0.069		0		1		0.169		
Leucine....g	0.095		0		1		0.233		
Lysine....g	0.085		0		1		0.208		
Methionine....g	0.017		0		1		0.042		
Cystine....g	0.013		0		1		0.032		
Phenylalanine....g	0.060		0		1		0.147		
Tyrosine....g	0.037		0		1		0.091		
Valine....g	0.074		0		1		0.181		
Arginine....g	0.096		0		1		0.235		
Histidine....g	0.036		0		1		0.088		
Alanine....g	0.061		0		1		0.149		
Aspartic acid....g	0.151		0		1		0.370		
Glutamic acid....g	0.194		0		1		0.475		
Glycine....g	0.052		0		1		0.127		
Proline....g	0.035		0		1		0.086		
Serine....g	0.068		0		1		0.167		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg									
Theobromine....mg									

NDB No. 11579
Vegetables, mixed, canned, solids and liquids (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 245g: 1 cup

Footnotes:

1 Mixture includes carrots, green peas, snap beans, and lima beans.

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11894
Vegetables, mixed, frozen, cooked, boiled, drained, with salt (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.23		0		1		75.74	228.88	
Energy kcal	60		0	NC	4		55	166	
Energy kJ	252		0	NC	4		229	693	
Protein (N x 6.25) g	2.86		0		1		2.60	7.87	
Total lipid (fat) g	0.15		0		1		0.14	0.41	
Ash g	0.67		0		1		0.61	1.84	
Carbohydrate, by difference g	13.09		0	NC	4		11.91	36.00	
Fiber, total dietary g	4.4		0		4		4.0	12.1	
Sugars, total g	3.12		0	BFZN	4		2.83	8.57	
Starch g									
Minerals:									
Calcium, Ca mg	25		0		1		23	69	
Iron, Fe mg	0.82		0		1		0.75	2.26	
Magnesium, Mg mg	22		0		1		20	61	
Phosphorus, P mg	51		0		1		46	140	
Potassium, K mg	169		0		1		154	465	
Sodium, Na mg	271		0		4		247	745	
Zinc, Zn mg	0.49		0		1		0.45	1.35	
Copper, Cu mg	0.083		0		1		0.076	0.228	
Manganese, Mn mg	0.379		0		1		0.345	1.042	
Selenium, Se µg	0.3		1	A	1		0.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.2		0		1		2.9	8.8	
Thiamin mg	0.071		2		1		0.065	0.195	
Riboflavin mg	0.120		2		1		0.109	0.330	
Niacin mg	0.851		0		1		0.774	2.340	
Pantothenic acid mg	0.151		0		1		0.137	0.415	
Vitamin B-6 mg	0.074		2		1		0.067	0.204	
Folate, total µg	19		0		1		17	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	19		0		1		17	52	
Folate, DFE µg	19		0	NC	4		17	52	
Choline, total mg	24.1		0	BFZN	4		21.9	66.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	214		0	NC	4		195	588	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	2082		0	BFZN	4		1895	5726	
Carotene, alpha µg	968		0	BFZN	4		881	2662	
Cryptoxanthin, beta µg	0		0	BFZN	4		0	0	
Vitamin A, IU IU	4277		0	NC	4		3892	11762	
Lycopene µg	0		0	BFZN	4		0	0	
Lutein + zeaxanthin µg	637		0	BFZN	4		579	1751	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFZN	4		0.34	1.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	23.5		0	BFZN	4		21.3	64.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11894

Vegetables, mixed, frozen, cooked, boiled, drained, with salt (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.031		0		1		0.028	0.085	
4:0....g	0.000		0	BFZN	4		0.000	0.000	
6:0....g	0.000		0	BFZN	4		0.000	0.000	
8:0....g	0.000		0	BFZN	4		0.000	0.000	
10:0....g	0.000		0	BFZN	4		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.027		0		1		0.025	0.074	
17:0....g									
18:0....g	0.003		0		1		0.003	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.009	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.008	0.025	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0		1		0.066	0.198	
18:2 undifferentiated....g	0.053		0		1		0.048	0.146	
18:3 undifferentiated....g	0.019		0		1		0.017	0.052	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.026	0.080	
Threonine....g	0.115		0		1		0.105	0.316	
Isoleucine....g	0.139		0		1		0.126	0.382	
Leucine....g	0.190		0		1		0.173	0.523	
Lysine....g	0.170		0		1		0.155	0.468	
Methionine....g	0.034		0		1		0.031	0.094	
Cystine....g	0.026		0		1		0.024	0.072	
Phenylalanine....g	0.120		0		1		0.109	0.330	
Tyrosine....g	0.074		0		1		0.067	0.204	
Valine....g	0.149		0		1		0.136	0.410	
Arginine....g	0.193		0		1		0.176	0.531	
Histidine....g	0.073		0		1		0.066	0.201	
Alanine....g	0.123		0		1		0.112	0.338	
Aspartic acid....g	0.303		0		1		0.276	0.833	
Glutamic acid....g	0.390		0		1		0.355	1.073	
Glycine....g	0.104		0		1		0.095	0.286	
Proline....g	0.070		0		1		0.064	0.193	
Serine....g	0.136		0		1		0.124	0.374	
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same

NDB No. 11894
Vegetables, mixed, frozen, cooked, boiled, drained, with salt (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

food, or similar food.

Common Measures:

Measure 1 = 91g: .5 cup

Measure 2 = 275g: 1 package (10 oz) yields

Footnotes:

1 Mixture includes corn, lima beans, snap beans, green peas, and carrots.

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.97

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11584
Vegetables, mixed, frozen, cooked, boiled, drained, without salt (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	83.23		0		1		75.74	228.88	
Energy kcal	65		0	NC	4		59	179	
Energy kJ	273		0	NC	4		248	750	
Protein (N x 6.25) g	2.86		0		1		2.60	7.87	
Total lipid (fat) g	0.15		0		1		0.14	0.41	
Ash g	0.67		0		1		0.61	1.84	
Carbohydrate, by difference g	13.09		0	NC	4		11.91	36.00	
Fiber, total dietary g	4.4		0		4		4.0	12.1	
Sugars, total g	3.12		0	BFSN	4		2.83	8.57	
Starch g									
Minerals:									
Calcium, Ca mg	25		0		1		23	69	
Iron, Fe mg	0.82		0		1		0.75	2.26	
Magnesium, Mg mg	22		0		1		20	61	
Phosphorus, P mg	51		0		1		46	140	
Potassium, K mg	169		0		1		154	465	
Sodium, Na mg	35		0		1		32	96	
Zinc, Zn mg	0.49		0		1		0.45	1.35	
Copper, Cu mg	0.083		0		1		0.076	0.228	
Manganese, Mn mg	0.379		0		1		0.345	1.042	
Selenium, Se µg	0.3		1	A	1		0.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.2		0		1		2.9	8.8	
Thiamin mg	0.071		2		1		0.065	0.195	
Riboflavin mg	0.120		2		1		0.109	0.330	
Niacin mg	0.851		0		1		0.774	2.340	
Pantothenic acid mg	0.151		0		1		0.137	0.415	
Vitamin B-6 mg	0.074		2		1		0.067	0.204	
Folate, total µg	19		0		1		17	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	19		0		1		17	52	
Folate, DFE µg	19		0	NC	4		17	52	
Choline, total mg	24.1		0	BFSN	4		21.9	66.1	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	214		0	NC	4		195	588	
Retinol µg	0		0	BNA	4		0	0	
Carotene, beta µg	2082		0	BNA	4		1895	5726	
Carotene, alpha µg	968		0	BNA	4		881	2662	
Cryptoxanthin, beta µg	0		0	BNA	4		0	0	
Vitamin A, IU IU	4277		0	NC	4		3892	11762	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	637		0	BFSN	4		579	1751	
Vitamin E (alpha-tocopherol) mg	0.38		0	BFSN	4		0.34	1.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	23.5		0	BFSN	4		21.3	64.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11584

Vegetables, mixed, frozen, cooked, boiled, drained, without salt (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.031		0		1		0.028	0.085	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.027		0		1		0.025	0.074	
17:0....g									
18:0....g	0.003		0		1		0.003	0.008	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.010		0		1		0.009	0.028	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.009		0		1		0.008	0.025	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.072		0		1		0.066	0.198	
18:2 undifferentiated....g	0.053		0		1		0.048	0.146	
18:3 undifferentiated....g	0.019		0		1		0.017	0.052	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.026	0.080	
Threonine....g	0.115		0		1		0.105	0.316	
Isoleucine....g	0.139		0		1		0.126	0.382	
Leucine....g	0.190		0		1		0.173	0.523	
Lysine....g	0.170		0		1		0.155	0.468	
Methionine....g	0.034		0		1		0.031	0.094	
Cystine....g	0.026		0		1		0.024	0.072	
Phenylalanine....g	0.120		0		1		0.109	0.330	
Tyrosine....g	0.074		0		1		0.067	0.204	
Valine....g	0.149		0		1		0.136	0.410	
Arginine....g	0.193		0		1		0.176	0.531	
Histidine....g	0.073		0		1		0.066	0.201	
Alanine....g	0.123		0		1		0.112	0.338	
Aspartic acid....g	0.303		0		1		0.276	0.833	
Glutamic acid....g	0.390		0		1		0.355	1.073	
Glycine....g	0.104		0		1		0.095	0.286	
Proline....g	0.070		0		1		0.064	0.193	
Serine....g	0.136		0		1		0.124	0.374	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11584

Vegetables, mixed, frozen, cooked, boiled, drained, without salt (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 91g: .5 cup

Measure 2 = 275g: 1 package (10 oz) yields

Footnotes:

1 Mixture includes corn, lima beans, snap beans, green peas, and carrots.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11583
Vegetables, mixed, frozen, unprepared (1)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	82.08	0.309	28		1		77.98	233.11	930.79
Energy kcal	72		0	NC	4		68	204	815
Energy kJ	301		0	NC	4		286	855	3413
Protein (N x 6.25) g	3.33	0.082	36		1		3.16	9.46	37.76
Total lipid (fat) g	0.52	0.073	36		1		0.49	1.48	5.90
Ash g	0.60	0.028	25		1		0.57	1.70	6.80
Carbohydrate, by difference g	13.47		0	NC	4		12.80	38.25	152.75
Fiber, total dietary g	4.0		0		4		3.8	11.4	45.4
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	25	0.712	36		1		24	71	284
Iron, Fe mg	0.95	0.046	36		1		0.90	2.70	10.77
Magnesium, Mg mg	24	1.260	13		1		23	68	272
Phosphorus, P mg	59	1.872	25		1		56	168	669
Potassium, K mg	212	6.678	10		1		201	602	2404
Sodium, Na mg	47	2.057	13		1		45	133	533
Zinc, Zn mg	0.45	0.036	14		1		0.43	1.28	5.10
Copper, Cu mg	0.093	0.012	13		1		0.088	0.264	1.055
Manganese, Mn mg	0.244	0.014	8		1		0.232	0.693	2.767
Selenium, Se µg	0.4		0	BFSN	4		0.4	1.1	4.5
Vitamins:									
Vitamin C, total ascorbic acid mg	10.4	0.911	31		1		9.9	29.5	117.9
Thiamin mg	0.122	0.006	36		1		0.116	0.346	1.383
Riboflavin mg	0.085	0.005	36		1		0.081	0.241	0.964
Niacin mg	1.252	0.050	36		1		1.189	3.556	14.198
Pantothenic acid mg	0.163		1		1		0.155	0.463	1.848
Vitamin B-6 mg	0.096	0.006	21		1		0.091	0.273	1.089
Folate, total µg	29		1		1		28	82	329
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	29		1		1		28	82	329
Folate, DFE µg	29		0	NC	4		28	82	329
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	254	12.438	36		1		241	721	2879
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	5078	248.759	36		1		4824	14422	57585
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11583
Vegetables, mixed, frozen, unprepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.098		0		1		0.093	0.278	1.111
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.001		1		1		0.001	0.003	0.011
13:0....g									
14:0....g	0.001		1		1		0.001	0.003	0.011
15:0....g									
16:0....g	0.086		1		1		0.082	0.244	0.975
17:0....g									
18:0....g	0.009		1		1		0.009	0.026	0.102
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.031		0		1		0.029	0.088	0.352
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		1		1		0.001	0.003	0.011
17:1....g									
18:1 undifferentiated....g	0.030		1		1		0.029	0.085	0.340
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.235		0		1		0.223	0.667	2.665
18:2 undifferentiated....g	0.173		1		1		0.164	0.491	1.962
18:3 undifferentiated....g	0.063		1		1		0.060	0.179	0.714
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.034		0		1		0.032	0.097	0.386
Threonine....g	0.133		0		1		0.126	0.378	1.508
Isoleucine....g	0.162		0		1		0.154	0.460	1.837
Leucine....g	0.221		0		1		0.210	0.628	2.506
Lysine....g	0.198		0		1		0.188	0.562	2.245
Methionine....g	0.040		0		1		0.038	0.114	0.454
Cystine....g	0.030		0		1		0.029	0.085	0.340
Phenylalanine....g	0.139		0		1		0.132	0.395	1.576
Tyrosine....g	0.086		0		1		0.082	0.244	0.975
Valine....g	0.174		0		1		0.165	0.494	1.973
Arginine....g	0.225		0		1		0.214	0.639	2.552
Histidine....g	0.085		0		1		0.081	0.241	0.964
Alanine....g	0.143		0		1		0.136	0.406	1.622
Aspartic acid....g	0.353		0		1		0.335	1.003	4.003
Glutamic acid....g	0.455		0		1		0.432	1.292	5.160
Glycine....g	0.121		0		1		0.115	0.344	1.372
Proline....g	0.082		0		1		0.078	0.233	0.930
Serine....g	0.158		0		1		0.150	0.449	1.792
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

NDB No. 11583
Vegetables, mixed, frozen, unprepared (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: .33 package (10 oz)

Measure 2 = 284g: 1 package (10 oz)

Measure 3 = 1134g: 1 pack (2-1/2 lb)

Footnotes:

1 Mixture includes corn, lima beans, snap beans, green peas, and carrots.

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11587
Vinespinach, (basella), raw
Basella alba

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	93.10		0		1				
Energy kcal	19		0	NC	4				
Energy kJ	79				4				
Protein (N x 6.25) g	1.80		0		1				
Total lipid (fat) g	0.30		0		1				
Ash g	1.40		0		1				
Carbohydrate, by difference g	3.40		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	109		0		1				
Iron, Fe mg	1.20		0		1				
Magnesium, Mg mg	65		0		4				
Phosphorus, P mg	52		0		1				
Potassium, K mg	510		0		4				
Sodium, Na mg	24		0		4				
Zinc, Zn mg	0.43		0		4				
Copper, Cu mg	0.107		0		4				
Manganese, Mn mg	0.735		0		4				
Selenium, Se µg	0.8		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	102.0		0		1				
Thiamin mg	0.050		0		1				
Riboflavin mg	0.155		0		4				
Niacin mg	0.500		0		1				
Pantothenic acid mg	0.053		0		4				
Vitamin B-6 mg	0.240		0		4				
Folate, total µg	140		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	140		0		4				
Folate, DFE µg	140		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	400		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8000		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11587
Vinespinach, (basella), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.028		1		1				
Threonine....g	0.055		2		1				
Isoleucine....g	0.053		2		1				
Leucine....g	0.101		2		1				
Lysine....g	0.086		2		1				
Methionine....g	0.019		2		1				
Cystine....g	0.027		2		1				
Phenylalanine....g	0.085		2		1				
Tyrosine....g	0.048		2		1				
Valine....g	0.065		2		1				
Arginine....g	0.070		2		1				
Histidine....g	0.039		2		1				
Alanine....g	0.075		2		1				
Aspartic acid....g	0.108		2		1				
Glutamic acid....g	0.283		2		1				
Glycine....g	0.067		2		1				
Proline....g	0.070		2		1				
Serine....g	0.057		2		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11990
Wasabi, root, raw
Wasabia japonica

Refuse: 23% Peel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.11		2	A	1		89.85	116.80	
Energy kcal	109		0	NC	4		142	184	
Energy kJ	456		0	NC	4		593	770	
Protein (N x 6.25) g	4.80		2	A	1		6.24	8.11	
Total lipid (fat) g	0.63		2	A	1		0.81	1.06	
Ash g	1.92		2	A	1		2.50	3.25	
Carbohydrate, by difference g	23.54		0	NC	4		30.60	39.78	
Fiber, total dietary g	7.8		2	A	1		10.1	13.1	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	128		2	A	1		166	216	
Iron, Fe mg	1.03		2	A	1		1.34	1.74	
Magnesium, Mg mg	69		2	A	1		90	117	
Phosphorus, P mg	80		2	A	1		105	136	
Potassium, K mg	568		2	A	1		738	959	
Sodium, Na mg	17		2	A	1		22	28	
Zinc, Zn mg	1.62		2	A	1		2.11	2.74	
Copper, Cu mg	0.155		2	A	1		0.201	0.262	
Manganese, Mn mg	0.391		2	A	1		0.509	0.661	
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	41.9		2	A	1		54.4	70.7	
Thiamin mg	0.131		2	A	1		0.170	0.221	
Riboflavin mg	0.114		2	A	1		0.148	0.193	
Niacin mg	0.743		2	A	1		0.966	1.256	
Pantothenic acid mg	0.203		2	A	1		0.263	0.342	
Vitamin B-6 mg	0.274		2	A	1		0.356	0.463	
Folate, total µg	18		2	A	1		23	30	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	18		2	A	1		23	30	
Folate, DFE µg	18		0	NC	4		23	30	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	2		0	AS	1		2	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	21		3	A	1		27	35	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	35		0	AS	1		45	59	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11990
Wasabi, root, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 cup, sliced

Measure 2 = 169g: 1 root

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11588

Waterchestnuts, chinese, (matai), raw

Eleocharis dulcis

Refuse: 23% Skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.46	4.324	3		1		45.55	26.45	
Energy kcal	97		0	NC	4		60	35	
Energy kJ	406		0		4		252	146	
Protein (N x 6.25) g	1.40		1		1		0.87	0.50	
Total lipid (fat) g	0.10		1		1		0.06	0.04	
Ash g	1.10		0		1		0.68	0.40	
Carbohydrate, by difference g	23.94		0	NC	4		14.84	8.62	
Fiber, total dietary g	3.0		0		1		1.9	1.1	
Sugars, total g	4.80		0	T	4		2.98	1.73	
Starch g									
Minerals:									
Calcium, Ca mg	11		1		1		7	4	
Iron, Fe mg	0.06		1		1		0.04	0.02	
Magnesium, Mg mg	22		2		1		14	8	
Phosphorus, P mg	63		1		1		39	23	
Potassium, K mg	584		2		1		362	210	
Sodium, Na mg	14		2		1		9	5	
Zinc, Zn mg	0.50		0		4		0.31	0.18	
Copper, Cu mg	0.326		0		4		0.202	0.117	
Manganese, Mn mg	0.331		0		4		0.205	0.119	
Selenium, Se µg	0.7		0	CAZN	4		0.4	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	4.0		1		1		2.5	1.4	
Thiamin mg	0.140		1		1		0.087	0.050	
Riboflavin mg	0.200		1		1		0.124	0.072	
Niacin mg	1.000		1		1		0.620	0.360	
Pantothenic acid mg	0.479		0		4		0.297	0.172	
Vitamin B-6 mg	0.328		0		4		0.203	0.118	
Folate, total µg	16		0		4		10	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16		0		4		10	6	
Folate, DFE µg	16		0	NC	4		10	6	
Choline, total mg	36.2		0	BFSN	4		22.5	13.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	O	4		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.20		0	O	4		0.74	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.3		0	O	4		0.2	0.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11588
Waterchestnuts, chinese, (matai), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.026		0		4		0.016	0.009	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.001	0.000	
12:0....g	0.003		0		4		0.002	0.001	
13:0....g									
14:0....g	0.001		0		4		0.001	0.000	
15:0....g									
16:0....g	0.016		0		4		0.010	0.006	
17:0....g									
18:0....g	0.004		0		4		0.002	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.002		0		4		0.001	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.001		0		4		0.001	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		4		0.027	0.015	
18:2 undifferentiated....g	0.032		0		4		0.020	0.012	
18:3 undifferentiated....g	0.010		0		4		0.006	0.004	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: .5 cup slices

Measure 2 = 36g: 4 waterchestnuts

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11590
Waterchestnuts, chinese, canned, solids and liquids

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	86.42		0		1		60.49	24.20	
Energy kcal	50		0	NC	4		35	14	
Energy kJ	210		0	NC	4		147	59	
Protein (N x 6.25) g	0.88	0.037	6		1		0.62	0.25	
Total lipid (fat) g	0.06		1		1		0.04	0.02	
Ash g	0.34		1		1		0.24	0.10	
Carbohydrate, by difference g	12.30		0	NC	4		8.61	3.44	
Fiber, total dietary g	2.5		0		1		1.8	0.7	
Sugars, total g	2.46		0	BFSN	4		1.72	0.69	
Starch g									
Minerals:									
Calcium, Ca mg	4	0.433	6		1		3	1	
Iron, Fe mg	0.87	0.022	6		1		0.61	0.24	
Magnesium, Mg mg	5		1		1		4	1	
Phosphorus, P mg	19		1		1		13	5	
Potassium, K mg	118	0.241	6		1		83	33	
Sodium, Na mg	8	1.260	4		1		6	2	
Zinc, Zn mg	0.38		1		1		0.27	0.11	
Copper, Cu mg	0.100		1		1		0.070	0.028	
Manganese, Mn mg	0.161		0		4		0.113	0.045	
Selenium, Se µg	0.7		0	CAZN	4		0.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3	0.065	6		1		0.9	0.4	
Thiamin mg	0.011	0.006	6		1		0.008	0.003	
Riboflavin mg	0.024	0.011	6		1		0.017	0.007	
Niacin mg	0.360	0.024	6		1		0.252	0.101	
Pantothenic acid mg	0.221		0		4		0.155	0.062	
Vitamin B-6 mg	0.159		0		4		0.111	0.045	
Folate, total µg	6		0		4		4	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		4		4	2	
Folate, DFE µg	6		0	NC	4		4	2	
Choline, total mg	18.5		0	BFSN	4		13.0	5.2	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	BFSN	4		0	0	
Carotene, alpha µg	0		0	BFSN	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSN	4		0	0	
Vitamin A, IU IU	0		0	NC	4		0	0	
Lycopene µg	0		0	BFSN	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.50		0	O	4		0.35	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.1	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11590

Waterchestnuts, chinese, canned, solids and liquids

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0		4		0.011	0.004	
4:0....g	0.000		0		4		0.000	0.000	
6:0....g	0.000		0		4		0.000	0.000	
8:0....g	0.000		0		4		0.000	0.000	
10:0....g	0.001		0		4		0.001	0.000	
12:0....g	0.002		0		4		0.001	0.001	
13:0....g									
14:0....g	0.001		0		4		0.001	0.000	
15:0....g									
16:0....g	0.010		0		4		0.007	0.003	
17:0....g									
18:0....g	0.002		0		4		0.001	0.001	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.001		0		4		0.001	0.000	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		4		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.001		0		4		0.001	0.000	
20:1....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.026		0		4		0.018	0.007	
18:2 undifferentiated....g	0.019		0		4		0.013	0.005	
18:3 undifferentiated....g	0.006		0		4		0.004	0.002	
18:4....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: .5 cup slices

Measure 2 = 28g: 4 waterchestnuts

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11591
Watercress, raw
Nasturtium officinale

Refuse: 8% Tough stems and ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	95.11		2		1		32.34	2.38	23.78
Energy kcal	11		0	NC	4		4	0	3
Energy kJ	46		0		4		16	1	12
Protein (N x 6.25) g	2.30		1		1		0.78	0.06	0.58
Total lipid (fat) g	0.10		1		1		0.03	0.00	0.03
Ash g	1.20		0		1		0.41	0.03	0.30
Carbohydrate, by difference g	1.29		0	NC	4		0.44	0.03	0.32
Fiber, total dietary g	0.5		0	BFSN	4		0.2	0.0	0.1
Sugars, total g	0.20		0	T	4		0.07	0.01	0.05
Starch g									
Minerals:									
Calcium, Ca mg	120		1		1		41	3	30
Iron, Fe mg	0.20		1		1		0.07	0.01	0.05
Magnesium, Mg mg	21		2		1		7	1	5
Phosphorus, P mg	60		1		1		20	2	15
Potassium, K mg	330		2		1		112	8	83
Sodium, Na mg	41		2		1		14	1	10
Zinc, Zn mg	0.11		0		4		0.04	0.00	0.03
Copper, Cu mg	0.077		0		4		0.026	0.002	0.019
Manganese, Mn mg	0.244		0		4		0.083	0.006	0.061
Selenium, Se µg	0.9		0	CAZN	4		0.3	0.0	0.2
Vitamins:									
Vitamin C, total ascorbic acid mg	43.0		1		1		14.6	1.1	10.8
Thiamin mg	0.090		1		1		0.031	0.002	0.023
Riboflavin mg	0.120		1		1		0.041	0.003	0.030
Niacin mg	0.200		1		1		0.068	0.005	0.050
Pantothenic acid mg	0.310		0		1		0.105	0.008	0.078
Vitamin B-6 mg	0.129		0		1		0.044	0.003	0.032
Folate, total µg	9		0		4		3	0	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9		0		4		3	0	2
Folate, DFE µg	9		0	NC	4		3	0	2
Choline, total mg	9.0		0	BFSN	4		3.1	0.2	2.3
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	160		0	NC	4		54	4	40
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	1914		0	BFSN	4		651	48	479
Carotene, alpha µg	0		0	BFSN	4		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	3191		0	NC	4		1085	80	798
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	5767		0	BFSN	4		1961	144	1442
Vitamin E (alpha-tocopherol) mg	1.00		0	O	4		0.34	0.03	0.25
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	250.0		0	T	4		85.0	6.3	62.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11591
Watercress, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.027		0		1		0.009	0.001	0.007
4:0....g	0.000		0		1		0.000	0.000	0.000
6:0....g	0.000		0		1		0.000	0.000	0.000
8:0....g	0.000		0		1		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.000		0		1		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	0.000
15:0....g									
16:0....g	0.024		3		1		0.008	0.001	0.006
17:0....g									
18:0....g	0.003		3		1		0.001	0.000	0.001
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.008		0		1		0.003	0.000	0.002
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.002		3		1		0.001	0.000	0.001
17:1....g									
18:1 undifferentiated....g	0.006		3		1		0.002	0.000	0.002
20:1....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.035		0		1		0.012	0.001	0.009
18:2 undifferentiated....g	0.012		3		1		0.004	0.000	0.003
18:3 undifferentiated....g	0.023		3		1		0.008	0.001	0.006
18:4....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.030		5		1		0.010	0.001	0.008
Threonine....g	0.133		2		1		0.045	0.003	0.033
Isoleucine....g	0.093		2		1		0.032	0.002	0.023
Leucine....g	0.166		2		1		0.056	0.004	0.042
Lysine....g	0.134		6		1		0.046	0.003	0.034
Methionine....g	0.020		6		1		0.007	0.001	0.005
Cystine....g	0.007		1		1		0.002	0.000	0.002
Phenylalanine....g	0.114		2		1		0.039	0.003	0.029
Tyrosine....g	0.063		1		1		0.021	0.002	0.016
Valine....g	0.137		2		1		0.047	0.003	0.034
Arginine....g	0.150		1		1		0.051	0.004	0.038
Histidine....g	0.040		1		1		0.014	0.001	0.010
Alanine....g	0.137		1		1		0.047	0.003	0.034
Aspartic acid....g	0.187		1		1		0.064	0.005	0.047
Glutamic acid....g	0.190		1		1		0.065	0.005	0.048
Glycine....g	0.112		1		1		0.038	0.003	0.028
Proline....g	0.096		1		1		0.033	0.002	0.024
Serine....g	0.060		1		1		0.020	0.002	0.015
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11591
Watercress, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 cup, chopped

Measure 2 = 2.5g: 1 sprig

Measure 3 = 25g: 10 sprigs

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11895
Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.06		0		1		168.11		
Energy kcal	11		0	NC	4		20		
Energy kJ	48		0	NC	4		83		
Protein (N x 6.25) g	0.40		0		1		0.70		
Total lipid (fat) g	0.20		0		1		0.35		
Ash g	0.89		0	O	4		1.56		
Carbohydrate, by difference g	2.45		0	NC	4		4.29		
Fiber, total dietary g	1.0		0	BFZN	4		1.8		
Sugars, total g	1.18		0	BFSN	4		2.07		
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1		32		
Iron, Fe mg	0.38		0		1		0.67		
Magnesium, Mg mg	10		0		4		18		
Phosphorus, P mg	17		0		1		30		
Potassium, K mg	5		0		1		9		
Sodium, Na mg	343		0		4		600		
Zinc, Zn mg	0.59		0		4		1.03		
Copper, Cu mg	0.022		0		4		0.039		
Manganese, Mn mg	0.056		0		4		0.098		
Selenium, Se µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.5		0		1		18.4		
Thiamin mg	0.034		0		1		0.060		
Riboflavin mg	0.001		0		1		0.002		
Niacin mg	0.384		0		1		0.672		
Pantothenic acid mg	0.121		0		4		0.212		
Vitamin B-6 mg	0.032		0		4		0.056		
Folate, total µg	4		0		4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	4		0		4		6		
Folate, DFE µg	4		0	NC	4		6		
Choline, total mg	4.9		0	BFSN	4		8.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	O	4		0		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	0		0	NC	4		0		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	197		0	BFSN	4		345		
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.8		0	BFSN	4		4.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11895

Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.028		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.011		0		1		0.019		
17:0....g									
18:0....g	0.005		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.065		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.037		0		1		0.065		
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0		1		0.154		
18:2 undifferentiated....g	0.088		0		1		0.154		
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.004		
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.009		0		1		0.016		
Methionine....g	0.003		0		1		0.005		
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11895

Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 175g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11594
Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.06		0		1		168.11		
Energy kcal	14		0	NC	4		24		
Energy kJ	56		0	NC	4		98		
Protein (N x 6.25) g	0.40		0		1		0.70		
Total lipid (fat) g	0.20		0		1		0.35		
Ash g	0.30		0		1		0.53		
Carbohydrate, by difference g	3.04		0	NC	4		5.32		
Fiber, total dietary g	1.0		0		4		1.8		
Sugars, total g	1.18		0	BFSN	4		2.07		
Starch g									
Minerals:									
Calcium, Ca mg	18		0		1		32		
Iron, Fe mg	0.38		0		1		0.67		
Magnesium, Mg mg	10		0		4		18		
Phosphorus, P mg	17		0		1		30		
Potassium, K mg	5		0		1		9		
Sodium, Na mg	107		0		1		187		
Zinc, Zn mg	0.59		0		4		1.03		
Copper, Cu mg	0.022		0		4		0.039		
Manganese, Mn mg	0.056		0		4		0.098		
Selenium, Se µg	0.2		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	10.5		0		1		18.4		
Thiamin mg	0.034		0		1		0.060		
Riboflavin mg	0.001		0		1		0.002		
Niacin mg	0.384		0		1		0.672		
Pantothenic acid mg	0.121		0		4		0.212		
Vitamin B-6 mg	0.032		0		4		0.056		
Folate, total µg	4		0		4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	4		0		4		6		
Folate, DFE µg	4		0	NC	4		6		
Choline, total mg	4.9		0	BFSN	4		8.6		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	BFSN	4		0		
Cryptoxanthin, beta µg	0		0	BFSN	4		0		
Vitamin A, IU IU	0		0		1		0		
Lycopene µg	0		0	BFSN	4		0		
Lutein + zeaxanthin µg	197		0	BFSN	4		345		
Vitamin E (alpha-tocopherol) mg	0.08		0	BFSN	4		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.8		0	BFSN	4		4.8		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11594

Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.016		0		1		0.028		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.011		0		1		0.019		
17:0....g									
18:0....g	0.005		0		1		0.009		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.065		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.037		0		1		0.065		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.088		0		1		0.154		
18:2 undifferentiated....g	0.088		0		1		0.154		
18:3 undifferentiated....g	0.000		0		1		0.000		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		0		1		0.004		
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.009		0		1		0.016		
Methionine....g	0.003		0		1		0.005		
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11594

Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 cup, cubes

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11593

Waxgourd, (chinese preserving melon), raw

Benincasa hispida

Refuse: 29% Stem, center and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	96.10		0		1		126.85	5477.70	
Energy kcal	13		0	NC	4		17	741	
Energy kJ	54				4		72	3100	
Protein (N x 6.25) g	0.40		0		1		0.53	22.80	
Total lipid (fat) g	0.20		0		1		0.26	11.40	
Ash g	0.30		0		1		0.40	17.10	
Carbohydrate, by difference g	3.00		0	NC	4		3.96	171.00	
Fiber, total dietary g	2.9		0		4		3.8	165.3	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	19		0		1		25	1083	
Iron, Fe mg	0.40		0		1		0.53	22.80	
Magnesium, Mg mg	10		0		4		13	570	
Phosphorus, P mg	19		0		1		25	1083	
Potassium, K mg	6		0		1		8	342	
Sodium, Na mg	111		0		1		147	6327	
Zinc, Zn mg	0.61		0		4		0.81	34.77	
Copper, Cu mg	0.023		0		4		0.030	1.311	
Manganese, Mn mg	0.058		0		4		0.077	3.306	
Selenium, Se µg	0.2		0	CAZN	4		0.3	11.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	13.0		0		1		17.2	741.0	
Thiamin mg	0.040		0		1		0.053	2.280	
Riboflavin mg	0.110		0		1		0.145	6.270	
Niacin mg	0.400		0		1		0.528	22.800	
Pantothenic acid mg	0.133		0		4		0.176	7.581	
Vitamin B-6 mg	0.035		0		4		0.046	1.995	
Folate, total µg	5		0		4		7	296	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		7	296	
Folate, DFE µg	5		0	NC	4		7	296	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11593
Waxgourd, (chinese preserving melon), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.016		0		1		0.021	0.912	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g									
15:0....g									
16:0....g	0.011		0		1		0.015	0.627	
17:0....g									
18:0....g	0.005		0		1		0.007	0.285	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.037		0		1		0.049	2.109	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.037		0		1		0.049	2.109	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.087		0		1		0.115	4.959	
18:2 undifferentiated....g	0.087		0		1		0.115	4.959	
18:3 undifferentiated....g									
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.002		1		1		0.003	0.114	
Threonine....g									
Isoleucine....g									
Leucine....g									
Lysine....g	0.009		1		1		0.012	0.513	
Methionine....g	0.003		1		1		0.004	0.171	
Cystine....g									
Phenylalanine....g									
Tyrosine....g									
Valine....g									
Arginine....g									
Histidine....g									
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11593
Waxgourd, (chinese preserving melon), raw

Common Measures:

Measure 1 = 132g: 1 cup, cubes

Measure 2 = 5700g: 1 waxgourd

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate**3.57

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11597

Winged bean leaves, raw

Psophocarpus tetragonolobus

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.85		2		1				
Energy kcal	74		0	NC	4				
Energy kJ	310				4				
Protein (N x 6.25) g	5.85		2		1				
Total lipid (fat) g	1.10		2		1				
Ash g	2.10		2		1				
Carbohydrate, by difference g	14.10		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	224		2		1				
Iron, Fe mg	4.00		2		1				
Magnesium, Mg mg	8		0		1				
Phosphorus, P mg	63		2		1				
Potassium, K mg	176		0		1				
Sodium, Na mg	9		0		4				
Zinc, Zn mg	1.28		0		4				
Copper, Cu mg	0.456		0		4				
Manganese, Mn mg	1.367		0		4				
Selenium, Se µg	0.9		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	45.0		0		4				
Thiamin mg	0.833		0		4				
Riboflavin mg	0.602		0		4				
Niacin mg	3.472		0		4				
Pantothenic acid mg	0.136		0		4				
Vitamin B-6 mg	0.232		0		4				
Folate, total µg	16		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	16		0		4				
Folate, DFE µg	16		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	405		0		4				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8090		0		4				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11597
Winged bean leaves, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.272		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1				
15:0....g									
16:0....g	0.076		0		1				
17:0....g									
18:0....g	0.044		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.285		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.284		0		1				
20:1....g									
22:1 undifferentiated....g	0.002		0		1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.213		0		1				
18:2 undifferentiated....g	0.187		0		1				
18:3 undifferentiated....g	0.026		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.116		8		1				
Threonine....g	0.182		8		1				
Isoleucine....g	0.204		8		1				
Leucine....g	0.359		8		1				
Lysine....g	0.228		8		1				
Methionine....g	0.064		6		1				
Cystine....g	0.075		6		1				
Phenylalanine....g	0.188		6		1				
Tyrosine....g	0.126		6		1				
Valine....g	0.245		8		1				
Arginine....g	0.178		6		1				
Histidine....g	0.082		6		1				
Alanine....g	0.172		6		1				
Aspartic acid....g	0.517		6		1				
Glutamic acid....g	0.389		6		1				
Glycine....g	0.149		6		1				
Proline....g	0.168		6		1				
Serine....g	0.149		6		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11597
Winged bean leaves, raw
Common Measures:

Calories Factors: Protein 2.44 **Fat** 8.37 **Carbohydrate** 3.57

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11599
Winged bean tuber, raw
Psophocarpus tetragonolobus

Refuse:

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.40		1		1				
Energy kcal	148		0	NC	4				
Energy kJ	619				4				
Protein (N x 6.25) g	11.60		0		1				
Total lipid (fat) g	0.90		1		1				
Ash g	2.00		1		1				
Carbohydrate, by difference g	28.10		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	30		1		1				
Iron, Fe mg	2.00		1		1				
Magnesium, Mg mg	24		0		4				
Phosphorus, P mg	45		1		1				
Potassium, K mg	586		0		4				
Sodium, Na mg	35		0		4				
Zinc, Zn mg	1.39		0		4				
Copper, Cu mg	1.386		0		4				
Manganese, Mn mg	0.532		0		4				
Selenium, Se µg	0.7		0	CAZN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0		4				
Thiamin mg	0.379		0		4				
Riboflavin mg	0.149		0		4				
Niacin mg	1.640		0		4				
Pantothenic acid mg	0.116		0		4				
Vitamin B-6 mg	0.075		0		4				
Folate, total µg	19		0		4				
Folic acid µg	0		0	Z	7				
Folate, food µg	19		0		4				
Folate, DFE µg	19		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	0		0		4				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11599
Winged bean tuber, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.222		0		1				
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1				
15:0....g									
16:0....g	0.062		0		1				
17:0....g									
18:0....g	0.036		0		1				
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.234		0		1				
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.232		0		1				
20:1....g									
22:1 undifferentiated....g	0.001		0		1				
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.174		0		1				
18:2 undifferentiated....g	0.153		0		1				
18:3 undifferentiated....g	0.021		0		1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.252		2		1				
Threonine....g	0.451		4		1				
Isoleucine....g	0.425		4		1				
Leucine....g	0.640		4		1				
Lysine....g	0.592		4		1				
Methionine....g	0.143		3		1				
Cystine....g	0.197		2		1				
Phenylalanine....g	0.451		3		1				
Tyrosine....g	0.353		3		1				
Valine....g	0.599		4		1				
Arginine....g	0.412		3		1				
Histidine....g	0.241		3		1				
Alanine....g	0.397		3		1				
Aspartic acid....g	1.735		3		1				
Glutamic acid....g	0.800		3		1				
Glycine....g	0.390		3		1				
Proline....g	0.679		3		1				
Serine....g	0.464		3		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11599
Winged bean tuber, raw

Common Measures:

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11896
Winged bean, immature seeds, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.11		0		1		55.87	27.93	
Energy kcal	37		0	NC	4		23	11	
Energy kJ	155		0	NC	4		96	48	
Protein (N x 6.25) g	5.31		0		1		3.29	1.65	
Total lipid (fat) g	0.66		0		1		0.41	0.20	
Ash g	0.71		1		1		0.44	0.22	
Carbohydrate, by difference g	3.21		0	NC	4		1.99	1.00	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	61		0		1		38	19	
Iron, Fe mg	1.09		0		1		0.68	0.34	
Magnesium, Mg mg	30		1		1		19	9	
Phosphorus, P mg	25		0		1		16	8	
Potassium, K mg	274		1		1		170	85	
Sodium, Na mg	240		0		4		149	74	
Zinc, Zn mg	0.28		0		4		0.17	0.09	
Copper, Cu mg	0.037		0		4		0.023	0.011	
Manganese, Mn mg	0.158		0		4		0.098	0.049	
Selenium, Se µg	1.1		0	BFSN	4		0.7	0.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	9.8		0		1		6.1	3.0	
Thiamin mg	0.086		0		1		0.053	0.027	
Riboflavin mg	0.072		0		1		0.045	0.022	
Niacin mg	0.652		1	A	1		0.404	0.202	
Pantothenic acid mg	0.041		0	BFZN	4		0.025	0.013	
Vitamin B-6 mg	0.082		1	A	1		0.051	0.025	
Folate, total µg	35		0	BFZN	4		22	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	35		0	BFZN	4		22	11	
Folate, DFE µg	35		0	NC	4		22	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4		0		1		2	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	88		0		1		55	27	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11896

Winged bean, immature seeds, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.101		0	NC	4		0.063	0.031	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.064		0		1		0.039	0.020	
17:0....g									
18:0....g	0.036		0		1		0.022	0.011	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.237		0	NC	4		0.147	0.073	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.236		0		1		0.146	0.073	
20:1....g									
22:1 undifferentiated....g	0.001		0		1		0.001	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.177		0	NC	4		0.110	0.055	
18:2 undifferentiated....g	0.156		0		1		0.097	0.048	
18:3 undifferentiated....g	0.021		0		1		0.013	0.007	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 cup

Measure 2 = 31g: .5 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11596
Winged beans, immature seeds, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.11		0		1		55.87		
Energy kcal	38		0	NC	4		24		
Energy kJ	159				4		99		
Protein (N x 6.25) g	5.31		0		1		3.29		
Total lipid (fat) g	0.66		0		1		0.41		
Ash g	0.71		1		1		0.44		
Carbohydrate, by difference g	3.21		0	NC	4		1.99		
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	61		0		1		38		
Iron, Fe mg	1.09		0		1		0.68		
Magnesium, Mg mg	30		1		1		19		
Phosphorus, P mg	25		0		1		16		
Potassium, K mg	274		1		1		170		
Sodium, Na mg	4		1		1		2		
Zinc, Zn mg	0.28		0		4		0.17		
Copper, Cu mg	0.037		0		4		0.023		
Manganese, Mn mg	0.158		0		4		0.098		
Selenium, Se µg	1.1		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	9.8		0		1		6.1		
Thiamin mg	0.086		0		1		0.053		
Riboflavin mg	0.072		0		1		0.045		
Niacin mg	0.652		0		1		0.404		
Pantothenic acid mg	0.041		0		4		0.025		
Vitamin B-6 mg	0.082		0		1		0.051		
Folate, total µg	35		0		4		22		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	35		0		4		22		
Folate, DFE µg	35		0	NC	4		22		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	4		0		1		3		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	88		0		1		55		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11596

Winged beans, immature seeds, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.181		0		1		0.112		
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001		
15:0....g									
16:0....g	0.051		0		1		0.032		
17:0....g									
18:0....g	0.029		0		1		0.018		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.189		0		1		0.117		
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.189		0		1		0.117		
20:1....g									
22:1 undifferentiated....g	0.001		0		1		0.001		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.142		0		1		0.088		
18:2 undifferentiated....g	0.125		0		1		0.078		
18:3 undifferentiated....g	0.017		0		1		0.011		
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 62g: 1 cup

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11595

Winged beans, immature seeds, raw

Psophocarpus tetragonolobus

Refuse: 2% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.04	1.253	8		1		38.30	13.93	
Energy kcal	49		0	NC	4		22	8	
Energy kJ	205		0		4		90	33	
Protein (N x 6.25) g	6.95	2.974	7		1		3.06	1.11	
Total lipid (fat) g	0.87	0.327	7		1		0.38	0.14	
Ash g	0.83	0.218	7		1		0.37	0.13	
Carbohydrate, by difference g	4.31		0	NC	4		1.90	0.69	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	84	27.278	7		1		37	13	
Iron, Fe mg	1.50		0		1		0.66	0.24	
Magnesium, Mg mg	34		0		1		15	5	
Phosphorus, P mg	37	3.552	7		1		16	6	
Potassium, K mg	223	21.595	3		1		98	36	
Sodium, Na mg	4	0.900	3		1		2	1	
Zinc, Zn mg	0.39		0		4		0.17	0.06	
Copper, Cu mg	0.051		0		4		0.022	0.008	
Manganese, Mn mg	0.218		0		4		0.096	0.035	
Selenium, Se µg	1.5		0	CAZN	4		0.7	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	18.3		0		4		8.1	2.9	
Thiamin mg	0.140		1		1		0.062	0.022	
Riboflavin mg	0.100		1		1		0.044	0.016	
Niacin mg	0.900		1		1		0.396	0.144	
Pantothenic acid mg	0.059		0		4		0.026	0.009	
Vitamin B-6 mg	0.113		1		1		0.050	0.018	
Folate, total µg	66		0		4		29	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	66		0		4		29	11	
Folate, DFE µg	66		0	NC	4		29	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg									
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	128		1		1		56	20	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11595
Winged beans, immature seeds, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.238		0		1		0.105	0.038	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.000	0.000	
15:0....g									
16:0....g	0.066		0		1		0.029	0.011	
17:0....g									
18:0....g	0.038		0		1		0.017	0.006	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.250		0		1		0.110	0.040	
14:1....g									
15:1....g									
16:1 undifferentiated....g									
17:1....g									
18:1 undifferentiated....g	0.248		0		1		0.109	0.040	
20:1....g									
22:1 undifferentiated....g	0.002		0		1		0.001	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.186		0		1		0.082	0.030	
18:2 undifferentiated....g	0.164		0		1		0.072	0.026	
18:3 undifferentiated....g	0.023		0		1		0.010	0.004	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 cup slices

Measure 2 = 16g: 1 pod

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

NDB No. 11897
Yam, cooked, boiled, drained, or baked, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.13	1.132	12		1		95.38	47.69	
Energy kcal	114		0	NC	4		155	78	
Energy kJ	477		0	NC	4		649	325	
Protein (N x 6.25) g	1.49	0.260	6		1		2.03	1.01	
Total lipid (fat) g	0.14	0.100	6		1		0.19	0.10	
Ash g	1.25		0	O	4		1.70	0.85	
Carbohydrate, by difference g	26.99		0	NC	4		36.71	18.35	
Fiber, total dietary g	3.9		0		4		5.3	2.7	
Sugars, total g	0.49		0	BFSN	4		0.67	0.33	
Starch g									
Minerals:									
Calcium, Ca mg	14	4.137	6		1		19	10	
Iron, Fe mg	0.52	0.059	6		1		0.71	0.35	
Magnesium, Mg mg	18	2.082	6		1		24	12	
Phosphorus, P mg	49	4.506	6		1		67	33	
Potassium, K mg	670	36.100	6		1		911	456	
Sodium, Na mg	244		0		4		332	166	
Zinc, Zn mg	0.20	0.023	6		1		0.27	0.14	
Copper, Cu mg	0.152	0.014	6		1		0.207	0.103	
Manganese, Mn mg	0.371		0		4		0.505	0.252	
Selenium, Se µg	0.7		0	BFSN	4		1.0	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.1	3.014	12		1		16.5	8.2	
Thiamin mg	0.095	0.019	6		1		0.129	0.065	
Riboflavin mg	0.028	0.005	6		1		0.038	0.019	
Niacin mg	0.552	0.030	6		1		0.751	0.375	
Pantothenic acid mg	0.311	0.009	6		1		0.423	0.211	
Vitamin B-6 mg	0.228	0.011	6		1		0.310	0.155	
Folate, total µg	16	4.000	12		1		22	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16	4.000	12		1		22	11	
Folate, DFE µg	16		0	NC	4		22	11	
Choline, total mg	16.2		0	BFSY	4		22.0	11.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		8	4	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	73		0	BFSY	4		99	50	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	122		0	NC	4		165	83	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.34		0	BFSN	4		0.46	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.3		0	BFSN	4		3.1	1.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11897

Yam, cooked, boiled, drained, or baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.039	0.020	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.027		0		1		0.037	0.018	
17:0....g									
18:0....g	0.003		0		1		0.004	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.007	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.007	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0		1		0.082	0.041	
18:2 undifferentiated....g	0.050		0		1		0.068	0.034	
18:3 undifferentiated....g	0.009		0		1		0.012	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.016	0.008	
Threonine....g	0.052		0		1		0.071	0.035	
Isoleucine....g	0.050		0		1		0.068	0.034	
Leucine....g	0.094		0		1		0.128	0.064	
Lysine....g	0.058		0		1		0.079	0.039	
Methionine....g	0.020		0		1		0.027	0.014	
Cystine....g	0.018		0		1		0.024	0.012	
Phenylalanine....g	0.069		0		1		0.094	0.047	
Tyrosine....g	0.039		0		1		0.053	0.027	
Valine....g	0.060		0		1		0.082	0.041	
Arginine....g	0.124		0		1		0.169	0.084	
Histidine....g	0.033		0		1		0.045	0.022	
Alanine....g	0.061		0		1		0.083	0.041	
Aspartic acid....g	0.151		0		1		0.205	0.103	
Glutamic acid....g	0.176		0		1		0.239	0.120	
Glycine....g	0.052		0		1		0.071	0.035	
Proline....g	0.053		0		1		0.072	0.036	
Serine....g	0.079		0		1		0.107	0.054	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11897

Yam, cooked, boiled, drained, or baked, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, cubes

Measure 2 = 68g: .5 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11602
Yam, cooked, boiled, drained, or baked, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.13	1.132	12		1		95.38	47.69	
Energy kcal	116		0	NC	4		158	79	
Energy kJ	486		0	NC	4		660	330	
Protein (N x 6.25) g	1.49	0.260	6		1		2.03	1.01	
Total lipid (fat) g	0.14	0.100	6		1		0.19	0.10	
Ash g	0.76		0	O	4		1.03	0.52	
Carbohydrate, by difference g	27.48		0	NC	4		37.37	18.69	
Fiber, total dietary g	3.9		0		4		5.3	2.7	
Sugars, total g	0.49		0	BFSN	4		0.67	0.33	
Starch g									
Minerals:									
Calcium, Ca mg	14	4.137	6		1		19	10	
Iron, Fe mg	0.52	0.059	6		1		0.71	0.35	
Magnesium, Mg mg	18	2.082	6		1		24	12	
Phosphorus, P mg	49	4.506	6		1		67	33	
Potassium, K mg	670	36.100	6		1		911	456	
Sodium, Na mg	8	1.156	6		1		11	5	
Zinc, Zn mg	0.20	0.023	6		1		0.27	0.14	
Copper, Cu mg	0.152	0.014	6		1		0.207	0.103	
Manganese, Mn mg	0.371		0		4		0.505	0.252	
Selenium, Se µg	0.7		0	BFSN	4		1.0	0.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	12.1	3.014	12		1		16.5	8.2	
Thiamin mg	0.095	0.019	6		1		0.129	0.065	
Riboflavin mg	0.028	0.005	6		1		0.038	0.019	
Niacin mg	0.552	0.030	6		1		0.751	0.375	
Pantothenic acid mg	0.311	0.009	6		1		0.423	0.211	
Vitamin B-6 mg	0.228	0.011	6		1		0.310	0.155	
Folate, total µg	16	4.000	12		1		22	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	16	4.000	12		1		22	11	
Folate, DFE µg	16		0	NC	4		22	11	
Choline, total mg	16.2		0	BFSY	4		22.0	11.0	
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		8	4	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	73		0	BFSY	4		99	50	
Carotene, alpha µg	0		0	BFSY	4		0	0	
Cryptoxanthin, beta µg	0		0	BFSY	4		0	0	
Vitamin A, IU IU	122		0	NC	4		165	83	
Lycopene µg	0		0	BFSY	4		0	0	
Lutein + zeaxanthin µg	0		0	BFSY	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.34		0	BFSN	4		0.46	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg	2.3		0	BFSN	4		3.1	1.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11602

Yam, cooked, boiled, drained, or baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.029		0		1		0.039	0.020	
4:0....g	0.000		0		1		0.000	0.000	
6:0....g	0.000		0		1		0.000	0.000	
8:0....g	0.000		0		1		0.000	0.000	
10:0....g	0.000		0		1		0.000	0.000	
12:0....g	0.000		0		1		0.000	0.000	
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.027		0		1		0.037	0.018	
17:0....g									
18:0....g	0.003		0		1		0.004	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		1		0.007	0.003	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.007	0.003	
20:1....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.060		0		1		0.082	0.041	
18:2 undifferentiated....g	0.050		0		1		0.068	0.034	
18:3 undifferentiated....g	0.009		0		1		0.012	0.006	
18:4....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.012		0		1		0.016	0.008	
Threonine....g	0.052		0		1		0.071	0.035	
Isoleucine....g	0.050		0		1		0.068	0.034	
Leucine....g	0.094		0		1		0.128	0.064	
Lysine....g	0.058		0		1		0.079	0.039	
Methionine....g	0.020		0		1		0.027	0.014	
Cystine....g	0.018		0		1		0.024	0.012	
Phenylalanine....g	0.069		0		1		0.094	0.047	
Tyrosine....g	0.039		0		1		0.053	0.027	
Valine....g	0.060		0		1		0.082	0.041	
Arginine....g	0.124		0		1		0.169	0.084	
Histidine....g	0.033		0		1		0.045	0.022	
Alanine....g	0.061		0		1		0.083	0.041	
Aspartic acid....g	0.151		0		1		0.205	0.103	
Glutamic acid....g	0.176		0		1		0.239	0.120	
Glycine....g	0.052		0		1		0.071	0.035	
Proline....g	0.053		0		1		0.072	0.036	
Serine....g	0.079		0		1		0.107	0.054	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 11602

Yam, cooked, boiled, drained, or baked, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 cup, cubes

Measure 2 = 68g: .5 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11601
Yam, raw
Dioscorea spp.

Refuse: 14% Skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.60	0.962	12		1		104.40		
Energy kcal	118		0	NC	4		177		
Energy kJ	494		0	NC	4		741		
Protein (N x 6.25) g	1.53	0.268	6		1		2.30		
Total lipid (fat) g	0.17	0.073	6		1		0.26		
Ash g	0.82	0.048	6		1		1.23		
Carbohydrate, by difference g	27.88		0	NC	4		41.82		
Fiber, total dietary g	4.1		0		4		6.2		
Sugars, total g	0.50		0	T	4		0.75		
Starch g									
Minerals:									
Calcium, Ca mg	17	4.934	6		1		26		
Iron, Fe mg	0.54	0.066	6		1		0.81		
Magnesium, Mg mg	21	2.634	6		1		32		
Phosphorus, P mg	55	3.522	6		1		83		
Potassium, K mg	816	72.323	6		1		1224		
Sodium, Na mg	9	1.430	6		1		14		
Zinc, Zn mg	0.24	0.030	6		1		0.36		
Copper, Cu mg	0.178	0.020	6		1		0.267		
Manganese, Mn mg	0.397		0		4		0.596		
Selenium, Se µg	0.7		0	CAZN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.1	5.245	6		1		25.7		
Thiamin mg	0.112	0.024	6		1		0.168		
Riboflavin mg	0.032	0.005	6		1		0.048		
Niacin mg	0.552	0.030	6		1		0.828		
Pantothenic acid mg	0.314	0.007	6		1		0.471		
Vitamin B-6 mg	0.293	0.040	6		1		0.440		
Folate, total µg	23	4.000	12		1		35		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	23	4.000	12		1		35		
Folate, DFE µg	23		0	NC	4		35		
Choline, total mg	16.5		0	BFSN	4		24.7		
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	7		0	NC	4		10		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	83		0	T	4		124		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	138		0	NC	4		206		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.35		0	BFSN	4		0.52		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	2.3		0	BFSN	4		3.5		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11601
Yam, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.037		0		1		0.056		
4:0....g	0.000		0		1		0.000		
6:0....g	0.000		0		1		0.000		
8:0....g	0.000		0		1		0.000		
10:0....g	0.000		0		1		0.000		
12:0....g	0.000		0		1		0.000		
13:0....g									
14:0....g	0.000		0		1		0.000		
15:0....g									
16:0....g	0.034		0		1		0.051		
17:0....g									
18:0....g	0.004		0		1		0.006		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.006		0		1		0.009		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000		
17:1....g									
18:1 undifferentiated....g	0.006		0		1		0.009		
20:1....g	0.000		0		1		0.000		
22:1 undifferentiated....g	0.000		0		1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.076		0		1		0.114		
18:2 undifferentiated....g	0.064		0		1		0.096		
18:3 undifferentiated....g	0.012		0		1		0.018		
18:4....g	0.000		0		1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		1		0.000		
20:5 n-3 (EPA)....g	0.000		0		1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000		
22:6 n-3 (DHA)....g	0.000		0		1		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg	10		0		1		15		
Amino Acids:									
Tryptophan....g	0.012		40		1		0.018		
Threonine....g	0.054		72		1		0.081		
Isoleucine....g	0.052		72		1		0.078		
Leucine....g	0.096		72		1		0.144		
Lysine....g	0.059		74		1		0.089		
Methionine....g	0.021		73		1		0.032		
Cystine....g	0.019		16		1		0.029		
Phenylalanine....g	0.071		72		1		0.107		
Tyrosine....g	0.040		72		1		0.060		
Valine....g	0.062		72		1		0.093		
Arginine....g	0.127		72		1		0.191		
Histidine....g	0.034		72		1		0.051		
Alanine....g	0.063		71		1		0.095		
Aspartic acid....g	0.155		71		1		0.233		
Glutamic acid....g	0.181		71		1		0.272		
Glycine....g	0.053		71		1		0.080		
Proline....g	0.054		71		1		0.081		
Serine....g	0.081		71		1		0.122		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 11601
Yam, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 cup, cubes

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11898
Yambean (jicama), cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.07		0		1				
Energy kcal	36		0	NC	4				
Energy kJ	150		0	NC	4				
Protein (N x 6.25) g	0.72		0		1				
Total lipid (fat) g	0.09		0		1				
Ash g	0.89		0	O	4				
Carbohydrate, by difference g	8.23		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0		1				
Iron, Fe mg	0.57		0		1				
Magnesium, Mg mg	11		0		1				
Phosphorus, P mg	16		0		1				
Potassium, K mg	135		0		1				
Sodium, Na mg	242		0		4				
Zinc, Zn mg	0.15		0		1				
Copper, Cu mg	0.046		0		1				
Manganese, Mn mg	0.057		0		1				
Selenium, Se µg	0.7		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	14.1		0		1				
Thiamin mg	0.017		0		1				
Riboflavin mg	0.028		0		1				
Niacin mg	0.190		0		1				
Pantothenic acid mg	0.121		0		1				
Vitamin B-6 mg	0.040		0		1				
Folate, total µg	8		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	8		0		1				
Folate, DFE µg	8		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	19		0	NR	4				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11898

Yambean (jicama), cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.018		0		1				
Isoleucine....g	0.016		0		1				
Leucine....g	0.025		0		1				
Lysine....g	0.026		0		1				
Methionine....g	0.007		0		1				
Cystine....g	0.006		0		1				
Phenylalanine....g	0.017		0		1				
Tyrosine....g	0.012		0		1				
Valine....g	0.022		0		1				
Arginine....g	0.037		0		1				
Histidine....g	0.019		0		1				
Alanine....g	0.020		0		1				
Aspartic acid....g	0.200		0		1				
Glutamic acid....g	0.043		0		1				
Glycine....g	0.016		0		1				
Proline....g	0.025		0		1				
Serine....g	0.025		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11604
Yambean (jicama), cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.07		0		1				
Energy kcal	38		0	NC	4				
Energy kJ	159				4				
Protein (N x 6.25) g	0.72		0		1				
Total lipid (fat) g	0.09		0		1				
Ash g	0.30		0		1				
Carbohydrate, by difference g	8.82		0	NC	4				
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	11		0		1				
Iron, Fe mg	0.57		0		1				
Magnesium, Mg mg	11		0		1				
Phosphorus, P mg	16		0		1				
Potassium, K mg	135		0		1				
Sodium, Na mg	4		0		1				
Zinc, Zn mg	0.15		0		1				
Copper, Cu mg	0.046		0		1				
Manganese, Mn mg	0.057		0		1				
Selenium, Se µg	0.7		0	BFSN	4				
Vitamins:									
Vitamin C, total ascorbic acid mg	14.1		0		1				
Thiamin mg	0.017		0		1				
Riboflavin mg	0.028		0		1				
Niacin mg	0.190		0		1				
Pantothenic acid mg	0.121		0		1				
Vitamin B-6 mg	0.040		0		1				
Folate, total µg	8		0		1				
Folic acid µg	0		0	Z	7				
Folate, food µg	8		0		1				
Folate, DFE µg	8		0	NC	4				
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7				
Vitamin A, RAE µg	1		0		1				
Retinol µg	0		0	Z	7				
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	19		0		1				
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7				
Vitamin D IU	0		0	Z	7				
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11604

Yambean (jicama), cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g									
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7				
Cholesterol....mg	0		0	Z	7				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.018		0		1				
Isoleucine....g	0.016		0		1				
Leucine....g	0.025		0		1				
Lysine....g	0.026		0		1				
Methionine....g	0.007		0		1				
Cystine....g	0.006		0		1				
Phenylalanine....g	0.017		0		1				
Tyrosine....g	0.012		0		1				
Valine....g	0.022		0		1				
Arginine....g	0.037		0		1				
Histidine....g	0.019		0		1				
Alanine....g	0.020		0		1				
Aspartic acid....g	0.200		0		1				
Glutamic acid....g	0.043		0		1				
Glycine....g	0.016		0		1				
Proline....g	0.025		0		1				
Serine....g	0.025		0		1				
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11603
Yambean (jicama), raw
Pachyrhizus spp.

Refuse: 8% Ends and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	90.07	0.819	3		1		108.08	117.09	1080.84
Energy kcal	38		0	NC	4		46	49	456
Energy kJ	159		0		4		191	207	1908
Protein (N x 6.25) g	0.72		2		1		0.86	0.94	8.64
Total lipid (fat) g	0.09		2		1		0.11	0.12	1.08
Ash g	0.30		2		1		0.36	0.39	3.60
Carbohydrate, by difference g	8.82		0	NC	4		10.58	11.47	105.84
Fiber, total dietary g	4.9		0		4		5.9	6.4	58.8
Sugars, total g	1.80		0	BFSN	4		2.16	2.33	21.55
Starch g									
Minerals:									
Calcium, Ca mg	12		2		1		14	16	144
Iron, Fe mg	0.60		1		1		0.72	0.78	7.20
Magnesium, Mg mg	12	2.117	3		1		14	16	144
Phosphorus, P mg	18		2		1		22	23	216
Potassium, K mg	150	13.229	3		1		180	195	1800
Sodium, Na mg	4	1.719	3		1		5	5	48
Zinc, Zn mg	0.16		2		1		0.19	0.21	1.92
Copper, Cu mg	0.048		2		1		0.058	0.062	0.576
Manganese, Mn mg	0.060		2		1		0.072	0.078	0.720
Selenium, Se µg	0.7		0	CAZN	4		0.8	0.9	8.4
Vitamins:									
Vitamin C, total ascorbic acid mg	20.2		2		1		24.2	26.3	242.4
Thiamin mg	0.020		2		1		0.024	0.026	0.240
Riboflavin mg	0.029		2		1		0.035	0.038	0.348
Niacin mg	0.200		2		1		0.240	0.260	2.400
Pantothenic acid mg	0.135		2		1		0.162	0.176	1.620
Vitamin B-6 mg	0.042	0.003	3		1		0.050	0.055	0.504
Folate, total µg	12		2		1		14	16	144
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	12		2		1		14	16	144
Folate, DFE µg	12		0	NC	4		14	16	144
Choline, total mg	13.6		0	BFSN	4		16.3	17.6	162.7
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	1		0	NC	4		1	1	13
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	13		0	O	4		15	16	151
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	21		0	NC	4		25	27	252
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.46		0	O	4		0.55	0.59	5.48
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	0.0
Vitamin D IU	0		0	Z	7		0	0	0
Vitamin K (phylloquinone) µg	0.3		0	O	4		0.4	0.4	3.6
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 11603
Yambean (jicama), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	0.021		0		4		0.025	0.027	0.252
4:0....g	0.000		0		4		0.000	0.000	0.000
6:0....g	0.000		0		4		0.000	0.000	0.000
8:0....g	0.000		0		4		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.000		0		4		0.000	0.000	0.000
13:0....g									
14:0....g	0.000		0		4		0.000	0.000	0.000
15:0....g									
16:0....g	0.018		0		4		0.022	0.023	0.216
17:0....g									
18:0....g	0.002		0		4		0.002	0.003	0.024
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.005		0		4		0.006	0.007	0.060
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
17:1....g									
18:1 undifferentiated....g	0.005		0		4		0.006	0.007	0.060
20:1....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.043		0		4		0.052	0.056	0.516
18:2 undifferentiated....g	0.029		0		4		0.035	0.038	0.348
18:3 undifferentiated....g	0.014		0		4		0.017	0.018	0.168
18:4....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	0.000
Cholesterol....mg	0		0	Z	7		0	0	0
Phytosterols....mg									
Amino Acids:									
Tryptophan....g									
Threonine....g	0.018		0		1		0.022	0.023	0.216
Isoleucine....g	0.016		0		1		0.019	0.021	0.192
Leucine....g	0.025		0		1		0.030	0.033	0.300
Lysine....g	0.026		0		1		0.031	0.034	0.312
Methionine....g	0.007		0		1		0.008	0.009	0.084
Cystine....g	0.006		0		1		0.007	0.008	0.072
Phenylalanine....g	0.017		0		1		0.020	0.022	0.204
Tyrosine....g	0.012		0		1		0.014	0.016	0.144
Valine....g	0.022		0		1		0.026	0.029	0.264
Arginine....g	0.037		0		1		0.044	0.048	0.444
Histidine....g	0.019		0		1		0.023	0.025	0.228
Alanine....g	0.020		0		1		0.024	0.026	0.240
Aspartic acid....g	0.200		0		1		0.240	0.260	2.400
Glutamic acid....g	0.043		0		1		0.052	0.056	0.516
Glycine....g	0.016		0		1		0.019	0.021	0.192
Proline....g	0.025		0		1		0.030	0.033	0.300
Serine....g	0.025		0		1		0.030	0.033	0.300
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 11603
Yambean (jicama), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 120g: 1 cup slices

Measure 2 = 130g: 1 cup

Measure 3 = 1200g: 1 large

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 4.03

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11899
Yardlong bean, cooked, boiled, drained, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.47		2		1		90.97	12.25	
Energy kcal	47		0	NC	4		49	7	
Energy kJ	196		0	NC	4		204	27	
Protein (N x 6.25) g	2.53		1		1		2.63	0.35	
Total lipid (fat) g	0.10		1		1		0.10	0.01	
Ash g	0.73		1		1		0.76	0.10	
Carbohydrate, by difference g	9.17		0	NC	4		9.54	1.28	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	44		1		1		46	6	
Iron, Fe mg	0.98		1		1		1.02	0.14	
Magnesium, Mg mg	42		1		1		44	6	
Phosphorus, P mg	57		1		1		59	8	
Potassium, K mg	290		1		1		302	41	
Sodium, Na mg	240		0		4		250	34	
Zinc, Zn mg	0.36		0		4		0.37	0.05	
Copper, Cu mg	0.047		0		4		0.049	0.007	
Manganese, Mn mg	0.201		0		4		0.209	0.028	
Selenium, Se µg	1.5		0	BFSN	4		1.6	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.2		1		1		16.8	2.3	
Thiamin mg	0.085		1		1		0.088	0.012	
Riboflavin mg	0.099		1		1		0.103	0.014	
Niacin mg	0.630		1		1		0.655	0.088	
Pantothenic acid mg	0.051		0		4		0.053	0.007	
Vitamin B-6 mg	0.024		0		4		0.025	0.003	
Folate, total µg	45		0		4		46	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	45		0		4		46	6	
Folate, DFE µg	45		0	NC	4		46	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	23		0		1		24	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	450		0		1		468	63	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11899

Yardlong bean, cooked, boiled, drained, with salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.027	0.004	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.021		0		1		0.022	0.003	
17:0....g									
18:0....g	0.003		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.009	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.005	0.001	
20:1....g									
22:1 undifferentiated....g	0.003		0		1		0.003	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.044	0.006	
18:2 undifferentiated....g	0.024		0		1		0.025	0.003	
18:3 undifferentiated....g	0.017		0		1		0.018	0.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.030	0.004	
Threonine....g	0.094		0		1		0.098	0.013	
Isoleucine....g	0.135		0		1		0.140	0.019	
Leucine....g	0.180		0		1		0.187	0.025	
Lysine....g	0.166		0		1		0.173	0.023	
Methionine....g	0.036		0		1		0.037	0.005	
Cystine....g	0.038		0		1		0.040	0.005	
Phenylalanine....g	0.139		0		1		0.145	0.019	
Tyrosine....g	0.103		0		1		0.107	0.014	
Valine....g	0.146		0		1		0.152	0.020	
Arginine....g	0.177		0		1		0.184	0.025	
Histidine....g	0.082		0		1		0.085	0.011	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11899

Yardlong bean, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 104g: 1 cup slices

Measure 2 = 14.0g: 1 pod

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11200
Yardlong bean, cooked, boiled, drained, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.47		2		1		90.97	12.25	
Energy kcal	47		0	NC	4		49	7	
Energy kJ	197				4		205	28	
Protein (N x 6.25) g	2.53		1		1		2.63	0.35	
Total lipid (fat) g	0.10		1		1		0.10	0.01	
Ash g	0.73		1		1		0.76	0.10	
Carbohydrate, by difference g	9.18		0	NC	4		9.55	1.29	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	44		1		1		46	6	
Iron, Fe mg	0.98		1		1		1.02	0.14	
Magnesium, Mg mg	42		1		1		44	6	
Phosphorus, P mg	57		1		1		59	8	
Potassium, K mg	290		1		1		302	41	
Sodium, Na mg	4		1		1		4	1	
Zinc, Zn mg	0.36		0		4		0.37	0.05	
Copper, Cu mg	0.047		0		4		0.049	0.007	
Manganese, Mn mg	0.201		0		4		0.209	0.028	
Selenium, Se µg	1.5		0	BFSN	4		1.6	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	16.2		1		1		16.8	2.3	
Thiamin mg	0.085		1		1		0.088	0.012	
Riboflavin mg	0.099		1		1		0.103	0.014	
Niacin mg	0.630		1		1		0.655	0.088	
Pantothenic acid mg	0.051		0		4		0.053	0.007	
Vitamin B-6 mg	0.024		0		4		0.025	0.003	
Folate, total µg	45		0		4		46	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	45		0		4		46	6	
Folate, DFE µg	45		0	NC	4		46	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	23		1		1		23	3	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	450		1		1		468	63	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11200

Yardlong bean, cooked, boiled, drained, without salt

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.026		0		1		0.027	0.004	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.000		0		1		0.000	0.000	
15:0....g									
16:0....g	0.021		0		1		0.022	0.003	
17:0....g									
18:0....g	0.003		0		1		0.003	0.000	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.009		0		1		0.009	0.001	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		1		0.000	0.000	
17:1....g									
18:1 undifferentiated....g	0.005		0		1		0.005	0.001	
20:1....g									
22:1 undifferentiated....g	0.003		0		1		0.003	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.042		0		1		0.044	0.006	
18:2 undifferentiated....g	0.024		0		1		0.025	0.003	
18:3 undifferentiated....g	0.017		0		1		0.018	0.002	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.029		0		1		0.030	0.004	
Threonine....g	0.094		0		1		0.098	0.013	
Isoleucine....g	0.135		0		1		0.140	0.019	
Leucine....g	0.180		0		1		0.187	0.025	
Lysine....g	0.166		0		1		0.173	0.023	
Methionine....g	0.036		0		1		0.037	0.005	
Cystine....g	0.038		0		1		0.040	0.005	
Phenylalanine....g	0.139		0		1		0.145	0.019	
Tyrosine....g	0.103		0		1		0.107	0.014	
Valine....g	0.146		0		1		0.152	0.020	
Arginine....g	0.177		0		1		0.184	0.025	
Histidine....g	0.082		0		1		0.085	0.011	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11200

Yardlong bean, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 104g: 1 cup slices

Measure 2 = 14.0g: 1 pod

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11199

Yardlong bean, raw

Vigna unguiculata subsp. sesquipedalis

Refuse: 5% Ends

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	87.85	0.606	3		1		79.94	10.54	
Energy kcal	47		0	NC	4		43	6	
Energy kJ	197				4		179	24	
Protein (N x 6.25) g	2.80		1		1		2.55	0.34	
Total lipid (fat) g	0.40		1		1		0.36	0.05	
Ash g	0.60		0		1		0.55	0.07	
Carbohydrate, by difference g	8.35		0	NC	4		7.60	1.00	
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	50		1		1		46	6	
Iron, Fe mg	0.47		2		1		0.43	0.06	
Magnesium, Mg mg	44		2		1		40	5	
Phosphorus, P mg	59		1		1		54	7	
Potassium, K mg	240		2		1		218	29	
Sodium, Na mg	4		2		1		4	0	
Zinc, Zn mg	0.37		0		4		0.34	0.04	
Copper, Cu mg	0.048		0		4		0.044	0.006	
Manganese, Mn mg	0.205		0		4		0.187	0.025	
Selenium, Se µg	1.5		0	CAZN	4		1.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	18.8		2		1		17.1	2.3	
Thiamin mg	0.107		2		1		0.097	0.013	
Riboflavin mg	0.110		2		1		0.100	0.013	
Niacin mg	0.410		2		1		0.373	0.049	
Pantothenic acid mg	0.055		0		4		0.050	0.007	
Vitamin B-6 mg	0.024		0		4		0.022	0.003	
Folate, total µg	62		0		4		56	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	62		0		4		56	7	
Folate, DFE µg	62		0	NC	4		56	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	43		2		1		39	5	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	865		2		1		787	104	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11199
Yardlong bean, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.105		0		1		0.096	0.013	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.001		0		1		0.001	0.000	
15:0....g									
16:0....g	0.084		0		1		0.076	0.010	
17:0....g									
18:0....g	0.013		0		1		0.012	0.002	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.036		0		1		0.033	0.004	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.001		0		1		0.001	0.000	
17:1....g									
18:1 undifferentiated....g	0.021		0		1		0.019	0.003	
20:1....g									
22:1 undifferentiated....g	0.013		0		1		0.012	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.169		0		1		0.154	0.020	
18:2 undifferentiated....g	0.096		0		1		0.087	0.012	
18:3 undifferentiated....g	0.070		0		1		0.064	0.008	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.032		0		1		0.029	0.004	
Threonine....g	0.104		0		1		0.095	0.012	
Isoleucine....g	0.150		0		1		0.137	0.018	
Leucine....g	0.200		0		1		0.182	0.024	
Lysine....g	0.184		0		1		0.167	0.022	
Methionine....g	0.040		0		1		0.036	0.005	
Cystine....g	0.042		0		1		0.038	0.005	
Phenylalanine....g	0.154		0		1		0.140	0.018	
Tyrosine....g	0.115		0		1		0.105	0.014	
Valine....g	0.162		0		1		0.147	0.019	
Arginine....g	0.196		0		1		0.178	0.024	
Histidine....g	0.090		0		1		0.082	0.011	
Alanine....g									
Aspartic acid....g									
Glutamic acid....g									
Glycine....g									
Proline....g									
Serine....g									
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 11199
Yardlong bean, raw

Common Measures:
Measure 1 = 91g: 1 cup slices
Measure 2 = 12.0g: 1 pod

Calories Factors: Protein 3.47 **Fat** 8.37 **Carbohydrate** 4.07

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 11991
Yautia (tannier), raw
Xanthosoma sagittifolium

Refuse: 14% Peel

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.06	1.457	4	JA	6		98.63	222.83	
Energy kcal	98		0	NC	4		133	299	
Energy kJ	411		0	NC	4		555	1253	
Protein (N x 6.25) g	1.46		2	A	1		1.97	4.44	
Total lipid (fat) g	0.40		2	A	1		0.55	1.23	
Ash g	1.45		2	A	1		1.96	4.42	
Carbohydrate, by difference g	23.63		0	NC	4		31.90	72.08	
Fiber, total dietary g	1.5	0.024	4	JA	6		2.1	4.7	
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	9		2	A	1		12	28	
Iron, Fe mg	0.98		2	A	1		1.32	2.99	
Magnesium, Mg mg	24		2	A	1		32	73	
Phosphorus, P mg	51		2	A	1		69	155	
Potassium, K mg	598		2	A	1		807	1823	
Sodium, Na mg	21		2	A	1		28	64	
Zinc, Zn mg	0.50		2	A	1		0.68	1.53	
Copper, Cu mg	0.257		2	A	1		0.347	0.784	
Manganese, Mn mg	0.186		2	A	1		0.250	0.566	
Selenium, Se µg	0.7		0	CAZN	4		0.9	2.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2		2	A	1		7.0	15.8	
Thiamin mg	0.097		2	A	1		0.130	0.294	
Riboflavin mg	0.040		2	A	1		0.054	0.122	
Niacin mg	0.667		2	A	1		0.900	2.033	
Pantothenic acid mg	0.209		2	A	1		0.282	0.637	
Vitamin B-6 mg	0.237		2	A	1		0.320	0.723	
Folate, total µg	17		2	A	1		23	51	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	17		2	A	1		23	51	
Folate, DFE µg	17		0	NC	4		23	51	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		1	1	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	5	1.588	3	A	1		6	15	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	8		0	AS	1		11	24	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	Z	7		0	0	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 11991
Yautia (tannier), raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total saturated....g	0.082		0	BFFN	4		0.111	0.250	
Fatty acids, total monounsaturated....g									
Fatty acids, total polyunsaturated....g									
Fatty acids, total trans....g	0.000		0	Z	7		0.000	0.000	
Cholesterol....mg	0		0	Z	7		0	0	
Phytosterols....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, sliced

Measure 2 = 305g: 1 root

Calories Factors: Protein 2.78 **Fat** 8.37 **Carbohydrate** 3.84

Food Group: 11 Vegetables and Vegetable Products

USDA National Nutrient Database for Standard Reference, Release 28 (2015)

NDB No. 43406
Yeast extract spread

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	40.90		1	A	1		2.45		
Energy kcal	185		0	NC	4		11		
Energy kJ	775		0	NC	4		47		
Protein g	23.88		1	A	1		1.43		
Total lipid (fat) g	0.90		1	A	1		0.05		
Ash g	13.90		1	A	1		0.83		
Carbohydrate, by difference g	20.42		0	NC	4		1.23		
Fiber, total dietary g	6.5		1	A	1		0.4		
Sugars, total g	1.60		1	A	1		0.10		
Sucrose g	0.00		1	A	1		0.00		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	1.60		1	A	1		0.10		
Galactose g	0.00		1	A	1		0.00		
Starch g	0.00		1	A	1		0.00		
Minerals:									
Calcium, Ca mg	67		1	A	1		4		
Iron, Fe mg	4.04		1	A	1		0.24		
Magnesium, Mg mg	180		0		4		11		
Phosphorus, P mg	104		1	A	1		6		
Potassium, K mg	2100		1	A	1		126		
Sodium, Na mg	3380		0	LC	8		203		
Zinc, Zn mg	4.19		1	A	1		0.25		
Copper, Cu mg	0.245		1	A	1		0.015		
Manganese, Mn mg	0.261		1	A	1		0.016		
Selenium, Se µg	27.6		1	A	1		1.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	23.375		1	A	1		1.403		
Riboflavin mg	17.500		1	A	1		1.050		
Niacin mg	127.500		1	A	1		7.650		
Pantothenic acid mg	4.600		1	A	1		0.276		
Vitamin B-6 mg	0.000		1	A	1		0.000		
Folate, total µg	3786		1	A	1		227		
Folic acid µg	2993		1	A	1		180		
Folate, food µg	793		1	A	1		48		
Folate, DFE µg	5881		0	NC	4		353		
Choline, total mg	65.1		0	BFSN	4		3.9		
Betaine mg									
Vitamin B-12 µg	0.50		0		4		0.03		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	Z	7		0		
Carotene, beta µg	0		1	A	1		0		
Carotene, alpha µg	0		1	A	1		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		1	A	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.00		1	A	1		0.00		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 43406
Yeast extract spread

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	Z	7		0		
Vitamin K (phylloquinone)....µg	0.0		0	O	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.000		0		4		0.000		
4:0....g	0.000		0		4		0.000		
6:0....g	0.000		0		4		0.000		
8:0....g	0.000		0		4		0.000		
10:0....g	0.000		0		4		0.000		
12:0....g	0.000		0		4		0.000		
13:0....g									
14:0....g	0.000		0		4		0.000		
15:0....g									
16:0....g	0.000		0		4		0.000		
17:0....g									
18:0....g	0.000		0		4		0.000		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.000		0		4		0.000		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.000		0		4		0.000		
17:1....g									
18:1 undifferentiated....g	0.000		0		4		0.000		
20:1....g	0.000		0		4		0.000		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.000		0		4		0.000		
18:2 undifferentiated....g	0.000		0		4		0.000		
18:3 undifferentiated....g	0.000		0		4		0.000		
18:4....g	0.000		0		4		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g	0.000		0	Z	7		0.000		
Cholesterol....mg	0		0	Z	7		0		
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0		7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 tsp

Calories Factors: Protein Fat Carbohydrate

NDB No. 43406
Yeast extract spread

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 28 (2015)